



2010 GIRLS' BASKETBALL TRAINING CAMP

Dear Camper,

I am happy to inform you that you have been accepted to attend the Hartwick College Girls' Basketball Training Camp.

- **Camp Dates: Wednesday, July 21st - Friday, July 23rd**
- **Registration: Wednesday, July 21st at 8:30 - 9:30 a.m. in Hilltop House.**
- **HEALTH EXAMINATION FORM (INCLUDING DOCUMENTATION OF IMMUNIZATIONS AND PHYSICAL EXAMINATION WITHIN THE PAST YEAR) AND MEDICATION SHEET MUST BE SUBMITTED ONE WEEK PRIOR TO YOUR ARRIVAL TO CAMP.**
- **FULL PAYMENT is due on or before registration.**
- **Camp Ends: Friday, July 23rd ... arrangements should be made to leave after the camp ceremony at 6:00 p.m.**

Daily Schedule

July 21st

8:30-9:30	Registration at Hilltop House
10:00	Camp Begins – Introductions
10:15 – 11:45	Stretching Techniques/Conditioning
11:45-1:15	Lunch
1:30 – 5:00	Basketball Fundamentals/Instruction/Strength Training
5:00-6:00	Dinner
6:00-8:00	Mental Psychology of the Game
10:30	Lights Out

We are looking forward to seeing you at camp this summer. If you have any questions, please do not hesitate to contact me.

Missy West
Camp Director
607-431-4709
WestM@Hartwick.edu

P.S. You may also contact the Summer Sports Camps Office 607-431-7000

Daily Schedule

July 22nd

7:30-8:30	Breakfast (Residents)
8:30-9:30	Free Shooting/Individual instruction in the gym/Commuters Arrive
9:30 – 11:45	Stretching/Conditioning/ Circuit Training – Agilities, Plyometrics
11:45-1:15	Lunch
1:30 – 5:00	Basketball Fundamentals/Instruction/Strength Training-circuit training
5:00-6:00	Dinner
6:00-8:00	Mental Psychology of the Game
10:30	Lights Out

Daily Schedule

July 23rd

7:30-8:30	Breakfast (Residents)
8:30-9:30	Free Shooting/Individual instruction in the gym/ Commuters Arrive
9:30 – 11:45	Stretching/Conditioning/Endurance Training.
11:45-1:15	Lunch
1:30 – 4:00	Basketball Fundamentals/Strength Training – Explosive Training
4:00-5:30	Mental Psychology of the Game
5:30-6:00	Ending Comments

GIRLS' BASKETBALL TRAINING CAMP CHECKLIST

The following checklist will help you prepare for your week at camp. As you can see this is a "training camp" so hydration is extremely important. Please make sure you supply your daughter with enough water and fluids for the three days. There are fountains near every location we will be training.

PARENT'S CHECKLIST

- _____ deposit receipt/billing statement
- _____ check for balance due
- _____ copy of Health Examination/Parent Authorization Form

CAMPER'S CHECKLIST – RECOMMENDED ITEMS:

NOTE: some items listed below may be specific to resident campers only

- _____ COMBINATION LOCK – mandatory item for commuters/day campers using locker room
- _____ sneakers (mid or high top basketball sneakers mandatory)
- _____ sweat socks (2 pair for each day)
- _____ gym shorts
- _____ T-shirts (3 minimum per day. We will be working hard)
- _____ sweatshirt & sweatpants
- _____ flip flops/shoes to wear in the dorm
- _____ light jacket
- _____ rain gear
- _____ swimsuit
- _____ fan (highly recommended)
- _____ window screen
- _____ fluids – water/gatorade/etc.
- _____ small clock
- _____ brush/hair ties/comb
- _____ laundry bag
- _____ sunscreen – mandatory item
- _____ soap
- _____ towels
- _____ shampoo
- _____ toothpaste/toothbrush
- _____ linens (sheets, pillows/blankets)
- _____ cell phone
- _____ change for phone calls/vending machines

We recommend that you do not bring radios, "boom boxes", jewelry, or other valuable items. We cannot assume liability for loss of such items. Each resident camper will have a key to her room. If you have any questions, please do not hesitate to contact the Summer Sports Camp Office at 607-431-7000.