

BASKETBALL SHOOTING/OFFENSIVE SKILLS CAMP

July 6-8, 2010 9:00 am-12:00 pm

Valley Catholic High School

Who: Any boy or girl grades 3rd through 12th (fall 2009)

Cost: \$75 per camper

Purpose: This three day intensive camp is designed to improve each player's fundamentals of shooting the basketball. There will be age specific points of emphasis for each group, including lower baskets for our younger participants. All skill levels are welcome, from beginners to varsity basketball players. The emphasis of the camp will be to improve on your offensive abilities through fundamentals and repetition.

Highlights:

*Shot charts for each individual camper that will be compiled throughout the week.

*Video will be used to improve their shooting technique.

*Individual workouts will be given to each participant to follow throughout the summer .

* "The Gun", a revolutionary rebounding and passing machine will be used to increase repetition and performance.

*A variety of work on different elements of shooting including: shot preparation, stationary shooting, shooting off of the dribble, free throws, and situational shooting.

*Written evaluation of each camper.

Registration: Registration will be accepted at the door. Please reserve your spot early by completing the insurance/registration form on the back and sending a check payable to Jeff Gallagher at 4275 SW 148th Ave. Beaverton, OR 97007. If you have any questions please email Coach Gallagher at jgallagher@valleycatholic.org

Coaches-

Josh Unruh

Coach Unruh was the 1993 Large Classification State Player of the Year while playing for Barry Adams at South Salem High School. After graduation Josh was a three year starter for St. Mary's where he played for Ernie Kent. As a player for the Gaels Josh was an important part of their 1997 NCAA tournament team. Following his time at St. Mary's Josh spent one year as an assistant coach on Ernie Kent's staff at the University of Oregon. In the last couple of years Josh has assisted at Beaverton High School and has coached his own AAU select team.

Jeff Gallagher, Head Boys Basketball Coach Valley Catholic High School

Coach Gallagher just finished his sixth year as the head coach at Valley Catholic High School. In that time he has become the school's all-time leader in wins and has earned league and state coach of the year honors. In 2007 he led Valley Catholic to their first ever state championship. Prior to coming to Valley Catholic Coach Gallagher was an assistant coach for two seasons at Pacific University.

Leroy Ellis Jr., Varsity Boys Basketball Assistant Valley Catholic High School

Coach Ellis is the varsity assistant for Valley Catholic and was a member of their coaching staff for their 2007 state championship season. As a player Coach Ellis was a national champion at Kentucky Wesleyan and a 3rd team All-American.

Larry Gallagher, Varsity Boys Basketball Assistant Valley Catholic High School

Coach Gallagher was also an assistant on the 2007 state championship team. Prior to coming to Valley Catholic he was a head coach for 15 seasons at Bremerton High School in Bremerton, Washington. During that time he won three league championships and one district championship.

Medical Consent and Release of Liability Form

We, the undersigned parents or guardians, hereby grant permission for our child, _____ to participate in the Valley Catholic Shooting Camp. In consideration of being permitted to use the facilities, I hereby release said Valley Catholic School and its trustees, administrators, and employees from any and all liability for any damage or injury that any participant or my child may receive while on the premises of said school, both as to any right of action that may accrue to myself, my heirs and personal representative. This release includes all claims, demands, rights, and causes of whatsoever kind of nature, arising from, and by reason of, any and all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property and the consequences thereof, and hereafter may be sustained. It is further understood and agreed that, I hereby authorize Valley Catholic basketball coaches and its employees to secure the necessary services for my child in the event of an accident or illness. Further, I will be solely responsible for the payment of those services.

Parent/Guardian Signature: _____

Date: _____

The participant has liability insurance with: _____ Policy

#: _____

Family Doctor: _____ Dr. Phone

Number: _____

Does the player wear contacts? Yes _____ No _____ Is the player allergic to bee stings? Yes _____

No _____

Registration Information

Name: _____

Address: _____

Phone: _____

Age: _____ Grade in Fall (09) : _____

School Attending: _____

Parents Name/Contact Phone Number: _____