

## CAMP APPLICATION

Early (Before June 5th)      Late (After June 5th)

Overnight (housing & all meals)      \$275      \$300  
Commuter (lunch & dinner provided)      \$225      \$250  
(Non-refundable \$100 deposit per camper due with application)

### \*Individual & Elite Camp—June 16-19, 2010\*

Open to any & all entrants, limited only by number, age, grade level and/or gender.

Camper Name: \_\_\_\_\_

Grade in Fall '10: \_\_\_\_\_ T-Shirt Size (adult): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Parents/Guardian Names: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_

Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy #: \_\_\_\_\_

School attending in Fall: \_\_\_\_\_

### Consent to Treat and Release

I hereby give permission to Liberty University and the Lady Flames Basketball Camp, its officers, employees, agents, trainers, or staff members to take whatever action is necessary for the health and welfare of my child including consenting on my behalf to any and all medical treatments, procedures, operations, and/or hospitalizations. I further agree to hold them harmless and indemnify them for all medical bills incurred for the treatment of my child. I understand that basketball is a very physical sport that can result in serious injury. I hold Liberty University and Lady Flames Basketball Camp, its officers, employees, agents, trainers, or staff members harmless and hereby release them from liability for any injury to my child while attending camp.

\_\_\_\_\_  
Parent/Guardian's Printed Name      Date

\_\_\_\_\_  
Parent/Guardian's Signature      Date

**Make Checks Payable to:**

**LADY FLAMES BASKETBALL CAMP**



Phone: 434-582-2907 or 877-FLAMES & Fax: 434-582-2908  
Email: [hstephens@liberty.edu](mailto:hstephens@liberty.edu)  
website: [www.libertyflames.com](http://www.libertyflames.com)



**Send Application and Deposit to:**  
Lady Flames Basketball Camp

Attn: Heather Stephens-Camp Director

1971 University Blvd

Lynchburg, VA 24502

# LIBERTY

## Women's Basketball



### High School Girls Individual & Elite Camp

**\*\*June 16 - June 19, 2010\*\***

**Come learn from the BEST!!**



## Lady Flames Summer Basketball Individual & Elite Camp

Coach Carey Green's goal for all campers is to develop their fundamental skills specific to post and perimeter positions through the incorporation of individual and team competition and games. Having a team of fundamental players has allowed Coach Green to guide the Women's Basketball program to a total of ten Big South Championships in his eleven years of coaching at Liberty!! Campers will have the opportunity to receive individual instruction from the women's basketball coaching staff as well as both current and former players. This year the Individual Camp (grades 9-12) will coincide with the Elite Camp (grades 11-12) by combining general instruction then separating for skill-level appropriate progression and competition.

Come learn from the 2010 Big South Champs-  
Liberty Lady Flames!



## Camp Highlights

- ◆ Individualized instruction from Liberty coaches and players.
- ◆ Awards given for individual competition and games.
- ◆ Daily instructional clinics designed to educate campers about topics like NCAA Eligibility Center/Academic requirements, Strength and Conditioning Training, Footwork and Agility Development.
- ◆ Camp t-shirt, evaluation form, & participation certificate for each camper.
- ◆ Daily devotionals from players and staff.
- ◆ Experiencing Liberty's campus and basketball, housing and dining facilities

### Sample Daily Schedule

- 8:00am—Wake-up/Breakfast
- 9:00am—Warm-up (Commuters arrive)
- 9:30am—Fundamental Stations
- 11:00am—Offensive Concepts
- 11:45am—Individual Competitions/Games
- 12:00pm—Lunch
- 1:45pm—Instructional Clinic (Strength & Agility)
- 2:30pm—Stretch & Warm-up
- 2:45pm—Position Development
- 4:00pm—Team Concepts
- 5:00pm—Dinner & Camp Devotional
- 6:45pm—Defensive Concepts
- 8:00pm—Camp Meeting (Commuters Leave)
- 10:30pm—Room Check
- 11:00pm—Lights Out

### Camp Registration

Campers can complete check-in from 12:00-1:00pm on June 16, 2010, in the Vines Center.  
Camp starts at 1:30pm.

## Staff



### Carey Green—Head Coach

Has led Liberty's team to 10 NCAA appearances and 10 Big South Championships in his 11 years at Liberty. Entering his 12th year as head coach, Coach Green believes that good players are those who spend the time in the off season developing and perfecting their skills.

### Heather Stephens

Camp Director/Asst. Coach

Entering her 8th season with program and 5th as camp director, Coach Stephens believes that camps are a great way for aspiring ball players to sharpen their skills and take their game to the next level.



### Alexis Sherard

Asst. Coach/ Co-Recruiting Coordinator

Entering his 4th season with the program.



### Andrea "Andy" Bloodworth

Asst. Coach/ Co-Recruiting Coordinator

Entering her 4th season with the program.