

Lady Stallion Basketball Camp is back for its



14th year!! We are set to have another camp filled with qualified coaches ready to give instruction. As in years' past we will provide a schedule that is sure to push any girl who wants to develop and improve in her basketball



fundamentals. Lady Stallion Camp is scheduled to start at 9am with warm

up at 8:30. This camp is for girls entering grades 3rd-8th. Expect to be challenged on offense and defense emphasizing fundamentals of the game.



Lady Stallion Camp Tentative Daily Schedule

Check-in /Early Drop off

Stretch and Warm-up

Fundamental Work

Game Play

Competition (Knock-out, Hot Shot, 1 on 1, Free throw)

Specialty Segment (Offensive/Defensive breakdown)

Games

All campers are grouped according to their ability.



Lady Stallion Basketball
Camp '11
June 13th -17th

Lady Stallion Camp 2009



Grades 3rd-8th
9:00-12:30
Early Drop-off and extended day
services available

\$100

Providence School
2701 Hodges Blvd.
Jacksonville, FL. 32224

Contact: Coach Gigi Bistrow
Tel: 223-5270 ext. 2164
Email: gbistrow@prov.org

Lady Stallion Camp 2011 Registration Form

Lady Stallion Basketball Camp
Please check if you are interested in:
 Early drop off
 Extended day

Name _____
 Age _____ Grade in school 11-12 _____
 School _____
 Attending _____
 Address _____
 City _____ ZIP _____
 Phone number (s) _____
T-Shirt size: (Circle size)
YOUTH: S M L
ADULT: S M L XL
 Insurance Company _____
 Policy Number _____
 Coverage: PPO HMO Other _____
 In case of emergency, call _____

MEDICAL RELEASE

I understand there is a risk of participation in any sport and the possibility of sustaining an injury exists. In consideration for acceptance of my child as a camper and for the use of the facilities, I, myself and for my child, do hereby agree that I shall be responsible for all costs associated with any injury or loss that may be sustained by my child as a result of this camp. In addition, I hereby indemnify and hold harmless Providence School, the staff therein and any third parties arising out of my child's attendance at the Lady Stallion Basketball Camp 2011.

Parent Signature _____
 Date _____

Mail form and payment to:
Gigi Bistrow/Lady Stallion Basketball
 P.O. Box 50873
 Jacksonville Beach, FL . 32240



GIGI BISTROW/CAMP DIRECTOR

Coach Bistrow has been the Lady Stallion Varsity head coach since the inception of the school 14 years ago. She emphasizes that camp is a time to learn and apply fundamentals—she is concerned about the quality of instruction and has members of her staff as well as area high school coaches teaching the fundamentals at her camp.

If you want to work hard, improve on your fundamentals and have fun playing basketball—don't miss Lady Stallion Camp. Each day will stress instruction and play utilizing the time spent at camp for development of each camper's individual skills as well teaching team concepts.



GRADUATES/ PLAYERS/Staff

There will be area coaches and various graduates returning to help coach as well as current high school players acting as counselors assisting in the camp. These young ladies are tremendous examples to the campers that come to Lady Stallion Basketball camp. They are energetic and enthusiastic and certain to leave a positive mark on those with whom they come in contact.

