

COACH VW CAMP AND CLINIC INFORMATION

ADVANCED CAMP <i>HIGH SCHOOL</i>	SKILLS & DRILLS CAMPS <i>4TH - 7TH</i>	BALL-HANDLING CLINIC <i>FOR EXPERIENCED PLAYERS ONLY</i>	SHOOTING CLINIC <i>FOR EXPERIENCED PLAYERS ONLY</i>
<p>Daily Schedule: 9:30 Prayer/Opening Thoughts 9:35 Ball Handling drills 9:55 Stations 10:20 Fundamental & Drill 10:50 Team Competition 11:30 Lunch Break 12:00 Shooting Drills 12:20 Individual Contests 1:00 Team Competition 2:00 Dismissal</p> <p>Team Concepts: * Man to Man Defense: • ball pressure • help side • rebounding * Man to Man Offense • screening • cutting • passing * Fast Break Offense * Fast Break Defense</p>	<p>Daily Schedule: 9:30 Prayer/Opening Thoughts 9:35 Ball Handling drills 9:55 Stations 10:20 Fundamental & Drill 10:50 Team Competition 11:30 Lunch Break 12:00 Shooting Drills 12:20 Individual Contests 1:00 Team Competition 2:00 Dismissal</p> <p>Skills: • Shooting instruction • Defensive concepts • Footwork • Stationary Moves • Rebounding • Free Throw Shooting • Fast Break • Team Offense & Team Defense • Ball-handling</p>	<p>Daily Schedule: 9:30 Prayer/Stretch 9:40 Shooting Progression 9:55 Stations 10:20 Fundamental & Drill/ Contest/ Competition 11:30 Dismissal</p> <p>To Develop: • knowledge • confidence • vision • passing skills • change of direction • change of speed • moves on the move</p> <p>Skills: • penetrate pitch • penetrate feed • penetrate pull-up • dribble wing entry • attack the press • run the primary and secondary fast break</p>	<p>Daily Schedule: ** 12:00 Prayer/Stretch 12:10 Ball Handling Drills 12:20 Stations 12:50 Shooting & Drill/ Contest/ Competition 2:00 Dismissal</p> <p>Skills: • Footwork • Balance • Elbow position • Concentration • Release • Follow through • Stationary shooting • Pull-up jumper • 3 pointer • Free throw • Great cutting ability • Ability to read the "D"</p> <p>** note the August camp begins at 1:00 and ends at 3:00</p>
<p>ADVANCED CAMP HIGHLIGHTS Station Champion 1-on-1 champion Hot shot champion Long shot champion Free Throw champion Team champion Daily Prizes</p>	<p>SKILLS & DRILLS HIGHLIGHTS Station Champion 1-on-1 champion Hot shot champion Long shot champion Free Throw champion Daily Prizes</p>	<p>CLINIC HIGHLIGHTS Hot shot championship 3 pt. Championship Free Throw Championship Elbow/Pull-up Championship Daily Prizes</p>	
<p>ADVANCED CAMP GOALS</p> <ul style="list-style-type: none"> ★ To learn how to be a team player in the three main phases of the game: a) offense; b) defense; and c) transition ★ To experience a lot of team competition ★ To grow in virtue through sports 	<p>SKILLS & DRILLS GOALS</p> <ul style="list-style-type: none"> ★ to have fun ★ to develop individual skills ★ to develop a team attitude ★ to encourage sportsmanship ★ to grow in virtue through sports 	<p>CLINIC GOALS</p> <ul style="list-style-type: none"> ★ To develop a great workout routine ★ To improve through technical training ★ To go to the next level with your abilities ★ To grow in virtue through sports 	



WHAT TO BRING:

Bagged lunch, basketball, basketball sneakers, and money for drinks

AWARDS CEREMONY:

Parents are encouraged to attend the awards ceremonies at 1:00 p.m. on the Friday of each camp. (No awards for Jr. Skills & Drills)

DISCOUNTS:

Seton staff receive a 50% discount. Financial aid available for those in need. **Sibling discount for same week camps.**

MORE INFO??

Contact Coach VW at 703-367-7871
OR
 e-mail him at setonschool@aol.com

✉ Mail to:

CAMP/CLINIC APPLICATION FORM

Coach Dan Vander Woude
 c/o Seton School
 9314 Maple Street
 Manassas, VA 20110

For Office Use Only
 Deposit Paid _____
 Balance Due _____

Name:	Phone:	Age in June:
Address:	Work#:	
City/Zip	E-mail:	

registering for: (Please ✓)

- | | |
|---|---|
| <input type="checkbox"/> Jr. Skills & Drills | <input type="checkbox"/> Shooting Clinic JULY |
| <input type="checkbox"/> Skills & Drills JUNE | <input type="checkbox"/> Ball-Handling Clinic |
| <input type="checkbox"/> Skills & Drills AUGUST | <input type="checkbox"/> Shooting Clinic AUGUST |
| <input type="checkbox"/> Advanced Camp | |

Enclosed is a deposit for \$20.00 (**make checks payable to Dan Vander Woude**) as a non-refundable registration fee. **The balance is due during registration on the Monday of the camp from 9:00 - 9:20.** In case of an accident involving my son, I release the camp, the director, the counselors, and Seton School from any and all liability. I hereby authorize the directors of the Skills and Drills Basketball Camp to act for me according to their best judgment in an emergency requiring medical attention.

X _____

Parent Signature

Note: 2nd child discount applies to **SAME** week camps.

CAMP DATES & INFORMATION

SKILLS & DRILLS FOR BOYS



Description: Skills and Drills works on the fundamentals of defense and offense in a fun competitive atmosphere. The camp works on individual skills, development of a team attitude, and good sportsmanship.

Offered: June 26 - June 30 & Aug. 7 - 11

Ages: 4th to 7th grade boys (Both Rising)

Time: 9:30 a.m. - 2:00 p.m.

Cost: \$80.00 (\$50 for second child)

Deadline: Campers accepted on a first come first serve basis.

Guaranteed registration if registered by **June 16** or **July 31**.

ADVANCED CAMP: Playing Team

Offense and Defense at a Higher Level

Description: This older session of Skills and Drills works on the fundamentals of team offense and defense in a fun competitive atmosphere. Campers will learn the offensive and defensive systems used by the Seton boys' varsity team. The camp works on the principles of motion offense (including passing, screening and cutting); as well as the rules of man-to-man defense.

Offered: June 19 - 23 from 9:30 a.m. - 2:00 p.m.

Ages: 8th - 11th grade boys (Both rising)

Cost: \$80.00 (\$50 for second child)

Deadline: Campers accepted on a first come first serve basis.

Guaranteed registration if registered by **June 12**.

CLINIC INFORMATION

SHOOTING CLINIC

Description: The Shooting Clinic is for motivated basketball players who want to master the technique of shooting, develop a workout routine, and become a consistent threat to score.

Offered: July 10 - 14 from 12:00 - 2:00 p.m.

& Aug. 14 - 18 from 1 - 3:00 p.m.

Ages: 6th to 12th Grade boys (both rising)

Cost: \$65.00 (\$45 for second child)

Deadline: Campers accepted on a first come first serve basis.

Guaranteed registration if registered by **July 3** or **Aug 7**.



BALL-HANDLING CLINIC

Description: The Ball-Handling Clinic trains motivated players to develop: knowledge of the game, confidence, vision, passing skills, change of direction, change of speed, and moves on the move.

Offered: July 10 - 14 from 9:30 a.m. - 11:30

Ages: 6th to 12th Grade boys (both rising)

Cost: \$65.00 (\$45 for second child)

Deadline: Campers accepted on a first come first serve basis.

Guaranteed registration if registered by **July 3**.

JUNIOR SKILLS & DRILLS

HALF DAY CAMP!

Description: Skills and Drills works on the fundamentals of defense and offense in a fun competitive atmosphere. The camp works on individual skills, development of a team attitude, and good sportsmanship.

Offered: July 17 - 21

Ages: 6 - 8 year old boys

Time: 9:30 AM - noon

Cost: \$65 (\$45 for second child)

Bring: 6 yo. Bring a mini ball, 7 - 8 yo. bring a 27.5" ball

Deadline: First come first serve basis. Guaranteed registration by **July 12**

ABOUT THE COACH:

Coach Dan Vander Woude has coached the varsity boys at Seton School for 24 years. His teams have been either regular season or tournament champions eleven times. His teams have made five appearances in the VIS State Tournament, most notably in 2000 where they were runners-up. Coach Vander Woude was selected DAC Coach of the Year in 1995, 2000, 2004, and 2010. As a player, Dan played high school basketball at Seton under his father, Tom. Starting on the varsity in eighth grade, he amassed over 3,300 career points. His senior year he averaged 33 pts and 7 assists. He then went on to start as point guard all four years at Christendom College in Front Royal, Virginia where he scored over 1000 career points. Coach Vander Woude lives in Nokesville with his wife, Maryan, their daughter Marion, and their six sons John Paul, Bobby, Michael, Luke, Philip, and Jimmy.

God's Hall of Fame

To have your name inscribed up there
is greater yet by far,

Than all the halls of fame down here
and every man-made star.

This crowd on earth, they soon forget
the heroes of the past;

They cheer like mad until you fall
and that's how long you last.

I tell you friend, I would not trade
my name, however small,

If written there beyond the stars in that
celestial hall,

For any famous name on earth or
glory that they share:

I'd rather be an unknown here and
have my name up there.

— Walt Huntley



Coach Dan Vander Woude Seton Boys Varsity Coach

Jr. Skills & Drills Camp

(6 - 8 year old boys)

July 17 - 21

9:30 - noon

Skills & Drills Camp

(9 - 12 year old boys)

June 26 - June 30 & Aug. 7 - 11

9:30 - 2:00 pm

Advanced Camp: Playing Team Offense and Defense at a Higher Level

(Rising 8th - 11th grade boys)

June 19 - 23 9:30 - 2:00 pm

Ball-Handling Clinic

For EXPERIENCED/MOTIVATED PLAYERS

(6th - 12th grade boys)

July 10 - 14 9:30 - 11:30

Shooting Clinic

For EXPERIENCED/MOTIVATED PLAYERS

(6th - 12th grade boys)

July 10 - 14 12:00 - 2:00 pm

August 14 - 18 1:00 - 3:00 pm

held at

Seton School's JP II GYM

9314 Maple Street

Manassas, VA