

# COACH VW CAMP AND CLINIC INFORMATION

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



**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](mailto: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 \_\_\_\_\_

|                 |                |                     |
|-----------------|----------------|---------------------|
| <b>Name:</b>    | <b>Phone:</b>  | <b>Age in June:</b> |
| <b>Address:</b> | <b>Work#:</b>  |                     |
| <b>City/Zip</b> | <b>E-mail:</b> |                     |

**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: 2<sup>nd</sup> 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 25 - June 29 & Aug. 6 - 12

**Ages:** 4<sup>th</sup> to 7<sup>th</sup> 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 15** or **July 30**.

### 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 18 - 22 from 9:30 a.m. - 2:00 p.m.

**Ages:** 8<sup>th</sup> - 11<sup>th</sup> 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 11**.

## 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 9 - 13 from 12:00 - 2:00 p.m.

& Aug. 13 - 17 from 1 - 3:00 p.m.

**Ages:** 6<sup>th</sup> to 12<sup>th</sup> 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 2** or **Aug 6**.



### 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 9- 13 from 9:30 a.m. - 11:30

**Ages:** 6<sup>th</sup> to 12<sup>th</sup> 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 2**.

## 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 16 - 20

**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 9**.

### ABOUT THE COACH:

Coach Dan Vander Woude has coached the varsity boys at Seton School for 25 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 16 - 20

9:30 - noon

#### Skills & Drills Camp

(9 - 12 year old boys)

June 25 - June 29 & Aug. 6 - 10

9:30 - 2:00 pm

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

(Rising 8<sup>th</sup> - 11<sup>th</sup> grade boys)

June 18 - 22 9:30 - 2:00 pm

#### Ball-Handling Clinic

For EXPERIENCED/MOTIVATED PLAYERS

(6<sup>th</sup> - 12<sup>th</sup> grade boys)

July 9 - 13 9:30 - 11:30

#### Shooting Clinic

For EXPERIENCED/MOTIVATED PLAYERS

(6<sup>th</sup> - 12<sup>th</sup> grade boys)

July 9 - 13 12:00 - 2:00 pm

August 13 - 17 1:00 - 3:00 pm

held at

Seton School's JPII GYM

9314 Maple Street

Manassas, VA