


COACH VW CAMP AND CLINIC INFORMATION

General INFORMATION:	SKILLS & DRILLS CAMPS 4 TH - 7 TH	BALL-HANDLING CLINIC FOR EXPERIENCED PLAYERS ONLY	SHOOTING CLINIC FOR EXPERIENCED PLAYERS ONLY
<p>WHAT TO BRING: Bagged lunch, labeled basketball, labeled WATER BOTTLE, basketball sneakers, and money for drinks</p> <p>AWARDS CEREMONY: Parents are encouraged to attend the awards ceremonies at 1:40 p.m. on the Friday of 4th - 7th grade camp. (No awards for Jr. Skills & Drills)</p> <p>DISCOUNTS: Seton staff receive a 50% discount. Financial aid available for those in need. Sibling discount for same week camps.</p> <p>MORE INFO?? Contact Coach VW at 703-367-7871 OR e-mail him at setonschool@aol.com</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:</p> <ul style="list-style-type: none"> Shooting instruction Defensive concepts Footwork Stationary Moves Rebounding Free Throw Shooting Fast Break Team Offense & Team Defense Ball-handling 	<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:</p> <ul style="list-style-type: none"> knowledge confidence vision passing skills change of direction change of speed moves on the move <p>Skills:</p> <ul style="list-style-type: none"> penetrate pitch penetrate feed penetrate pull-up dribble wing entry attack the press run the primary and secondary fast break 	<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:</p> <ul style="list-style-type: none"> 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>** note the June camp begins at 2:00 and ends at 4:00</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>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 	<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 	

✉ Mail to:

CAMP/CLINIC APPLICATION FORM

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

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

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

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.** I release the camp, the director, the counselors, Seton School and Seton School's administration from any and all liability (particularly in cases related to Covid-19) during the week of camp that my son is attending. 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

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 22 - June 26~~ & Aug. 3 - 7

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 15** or **July 23**. *POSTPONED - new date TBA

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: ~~JUNE 15 - 19~~* from 2:00 - 4:00 p.m.

& **JULY 20 - 24** from 12:00 - 2:00 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 **June 8** or **July 13**. *POSTPONED - new date TBA



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 20 - 24 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 13**.

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 6 - 10

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 **June 29**.

ABOUT THE COACH:

Coach Dan Vander Woude has coached the varsity boys at Seton School for 27 years. His teams have been either regular season or tournament champions eleven times. His teams have made six 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 and their seven kids.

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 6 - 10

9:30 - noon

Skills & Drills Camp

(9 - 12 year old boys)

Postponed
June 22 - June 26 & Aug. 3 - 7

9:30 - 2:00 pm

Ball-Handling Clinic

For EXPERIENCED/MOTIVATED PLAYERS

(6th - 12th grade boys)

July 20 - 24 9:30 - 11:30

Shooting Clinic

For EXPERIENCED/MOTIVATED PLAYERS

(6th - 12th grade boys)

Postponed
June 15 - 19 2:00 - 4:00 pm

July 20 - 24 12:00 - 2:00 pm

held at

Seton School's JP II GYM
9314 Maple Street
Manassas, VA