


# COACH VW CAMP AND CLINIC INFORMATION

General INFORMATION:	SKILLS & DRILLS CAMPS <i>4<sup>TH</sup> - 7<sup>TH</sup></i>	BALL-HANDLING CLINIC <i>FOR EXPERIENCED PLAYERS ONLY</i>	SHOOTING CLINIC <i>FOR EXPERIENCED PLAYERS ONLY</i>
<p><b>WHAT TO BRING:</b> Bagged lunch, basketball, basketball sneakers, and money for drinks</p> <p><b>AWARDS CEREMONY:</b> Parents are welcome to attend the awards ceremonies at 1:45 p.m. on the Friday of camp. (No awards for Jr. Skills &amp; Drills or the clinics.)</p> <p><b>DISCOUNTS:</b> Seton staff receive a 50% discount. Financial aid available for those in need. Sibling discount for same week camps.</p> <p><b>MORE INFO??</b> Contact Coach VW at 703-367-7871</p>	<p><b>Daily Schedule:</b> 9:30 Prayer/Opening Thoughts 9:35 Ball Handling drills 9:55 Stations 10:20 Fundamental &amp; 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><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Shooting instruction</li> <li>Defensive concepts</li> <li>Footwork</li> <li>Stationary Moves</li> <li>Rebounding</li> <li>Free Throw Shooting</li> <li>Fast Break</li> <li>Team Offense &amp; Team Defense</li> <li>Ball-handling</li> </ul>	<p><b>Daily Schedule:</b> 9:30 Prayer/Stretch 9:40 Shooting Progression 9:55 Stations 10:20 Fundamental &amp; Drill/Contest/Competition 11:30 Dismissal</p> <p><b>To Develop:</b></p> <ul style="list-style-type: none"> <li>knowledge</li> <li>confidence</li> <li>vision</li> <li>passing skills</li> <li>change of direction</li> <li>change of speed</li> <li>moves on the move</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>penetrate pitch</li> <li>penetrate feed</li> <li>penetrate pull-up</li> <li>dribble wing entry</li> <li>attack the press</li> <li>run the primary and secondary fast break</li> </ul>	<p><b>Daily Schedule: **</b> 12:00 Prayer/Stretch 12:10 Ball Handling Drills 12:20 Stations 12:50 Shooting &amp; Drill/ Contest/Competition 2:00 Dismissal</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Footwork</li> <li>Balance</li> <li>Elbow position</li> <li>Concentration</li> <li>Release</li> <li>Follow through</li> <li>Stationary shooting</li> <li>Pull-up jumper</li> <li>3 pointer</li> <li>Free throw</li> <li>Great cutting ability</li> <li>Ability to read the "D"</li> </ul> <p><b>** note the August camp begins at 1:00 and ends at 3:00</b></p>
<p>OR</p> <p>e-mail him at setonschool@aol.com</p>	<p><b>SKILLS &amp; DRILLS HIGHLIGHTS</b></p> <p>Station Champion 1-on-1 champion Hot shot champion Long shot champion Free Throw champion Daily Prizes</p>	<p><b>CLINIC HIGHLIGHTS</b></p> <p>Hot shot championship 3 pt. Championship Free Throw Championship Elbow/Pull-up Championship Daily Prizes</p>	
	<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> </ul>	<p><b>CLINIC GOALS</b></p> <ul style="list-style-type: none"> <li>★ To develop a great workout routine</li> <li>★ To improve through technical training</li> <li>★ To go to the next level with your abilities</li> <li>★ To grow in virtue through sports</li> </ul>	

✉ 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 JULY |
| <input type="checkbox"/> Skills & Drills AUGUST | <input type="checkbox"/> Shooting Clinic AUGUST    |

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 27 - July 1 & Aug. 8 - 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 23**.

## 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 18 - 28** from 12:00 - 2:00 p.m.

& **AUGUST 15 - 19** from 1:00 - 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 1** or **August 1**.



### 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 18 - 22** 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 1**.

## 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 11 - 15

**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 28 years. His teams have been either regular season or tournament champions twelve times. His teams have made seven 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 and VCAC 2022. 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 children.

### 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 11 - 15

9:30 - noon

### Skills & Drills Camp

(9 - 12 year old boys)

June 27 - July 1 & Aug. 8-12

9:30 - 2:00 pm

### Ball-Handling Clinic

**For EXPERIENCED/MOTIVATED PLAYERS**

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

July 18 - 22 9:30 - 11:30

### Shooting Clinic

**For EXPERIENCED/MOTIVATED PLAYERS**

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

July 18 - 28 12:00 - 2:00 pm

August 15 - 19 1:00 - 3:00 pm

*held at*

**Seton School's JPII GYM**  
**9314 Maple Street**  
**Manassas, VA**