



# Helena Girls Summer Basketball Camp 2023

## June 26 – 29

## Grade levels = Fall 2023

Grade Level	Time	Location	Cost
Freshman (incoming)	8:00 – 9:30a	Helena High	\$30
6 <sup>th</sup> – 8 <sup>th</sup> Grade	9:30 – 12:00p	Helena High	\$80
3 <sup>rd</sup> – 5 <sup>th</sup> Grade	1:00a – 3:30p	Helena High	\$80

*Camps led by the Helena High Girls Basketball Coaching Staff along with current and past players!*

### Skill Development Focus

- ☼ **Shooting Drills & Fundamentals**
- ☼ **Ball Handling & Change of Direction**
- ☼ **Footwork, Quickness, & Agility**
- ☼ **Finishing, Passing, & more...**

### Game Play Focus

- ☼ **Off Ball Movement**
- ☼ **Screening & Reading Screens**
- ☼ **1on1 Moves & Contact Finishing**
- ☼ **On and Off Ball Defense**

## Registration

Campers Name: \_\_\_\_\_  
 Grade in Fall 2023: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_  
 Email (for future updates on Helena High Girls Basketball) \_\_\_\_\_ (if desired)  
 Shirt Size: YS YM YL S M L XL (circle one)

The undersigned parent / guardian of a participant in the Helena Girl's Basketball Camp acknowledges that there are certain dangers inherent in any athletic activity and that bodily injury could occur while playing basketball at camp. The undersigned agrees that the undersigned's child listed above will hold the Helena Girl's Basketball Camp, it's directors and staff free from any and all liability for any and all accidents or injuries occurring of the participant as a result of participation in the camp, and hereby release the Helena Girl's Basketball Camp, directors and staff from any and all such liability. Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_

Medical Insurance \_\_\_\_\_ Policy No. \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

### Send registration form and checks payable to:

Ben Dudek  
 665 Stadler Rd  
 Helena, MT 59602

- You may also reserve your spot by emailing Coach Dudek ([bdudek@helenaschools.org](mailto:bdudek@helenaschools.org)).
- Venmo payments also available @ Ben-Dudek-4

Email at [bdudek@helenaschools.org](mailto:bdudek@helenaschools.org) for more information or questions