



South Atlantic
Champions

2000-01

2002-03

2003-04

NCAA II Regionals

2000-01

2002-03

2003-04

2011-12

2013-14

Angie Morton

WBB Head Coach

Catawba College

Camp Director

19 years of Camp Experience!

CAT-U GIRLS
BASKETBALL CAMPS
CATAWBA COLLEGE
2300 W. INNES ST.
SALISBURY, NC 28144

CATAWBA COLLEGE

WOMEN'S BASKETBALL



JULY 10-13

AGES 7-14

Cost

Day 150

Resident 250



For more information go online to gocatawbaindians.com and click on the camps link, or call Angie Morton for brochures at 704-637-4471 or Terrence Baxter at 704-637-4226

The purpose of the Fundamental Camp is to provide girls with top quality instruction to enhance their skill development in all areas of the game.

FUNDAMENTAL SKILLS

- Offensive and Defensive Footwork
 - Body Balance
- Shooting: form (mechanics)
 - Jumps shots, 3 pointers,
 - Off the dribble, free throws
- Passing
- Ball handling (stationary, full court)
 - Rebounding
 - On ball defense
- Progressive teaching development:
 - One on one
 - Two on two
 - Three on three
- Movement without the ball

Sample Daily Camp Schedule

- 9-11 Skill Work
- 11-12 Contests (swimming optional)
 - 12-1 Lunch
 - 1-1:30 Contests
 - 1:30 -3 Skill work
- 3-4 Competitive Games
- 4 Day camp ends
- 5-6 Dinner for resident campers
- 7-9 skill work/competitive games for resident campers

ARRIVAL/DEPARTURE:

Day and Resident campers will register between 8:00-8:45 am on Monday July 10th at Goodman Gym Lobby. The first session will start at 9:00 pm. Camp will end at 12 pm on Thursday. Resident campers need to bring:

- *Pillow and sheets for single bed*
- *Shower items, towels, etc.*



Please complete and return with payment:

Cat-U Girls Basketball Camp
Angie Morton
2300 W. Innes St.
Salisbury, NC 28144

Name _____

Address _____

Phone _____

Age ____ School _____

Grade ____ Position _____

Adult T-Shirt size (circle) S M L XL

Make checks payable to:
Angie Morton, camp director

(Check the camp you will be attending)
50.00 deposit due by June 30th
Fundamental Camp (July 10-13)
\$250 Resident ____ \$150 Day ____

Insurance—Each camp participant will be covered by secondary insurance while attending the camp. The insurance provides coverage secondary to the individual's family policy. If secondary insurance is used, the participant is responsible for the amount of the deductible.

Policy Holder's Name _____

Insurance Company's Name and Address _____

Policy No. _____

Emergency Contact Person _____

Phone number _____

The parent, by signing this enrollment form, hereby releases the camp and its instructors from liability for accident, injury, sickness, etc., which may occur.

Parent signature _____

Call Angie Morton 704-637-4471 for more info or
Terrence Baxter 704-637-4226