



# 2019 Girls' High School Camp



## Camp Features

Our approach to High School Camp is different than the other age groups. While we understand that the players have several commitments throughout the summer, it is imperative that they attend as many of the camp periods as possible. This will ensure that they are fine-tuning skills that will allow them to grow as players and prepare them for the basketball season. Each day will consist of different drills: offensive, defensive, and strength training. An emphasis will be placed on improving both individual and team skills. Age groups will be determined by the grade campers are entering in fall 2019.

### Grades 9-12

#### Session I

The Valley weight room is available daily. See coach Sigrist for team lifting times.



**Head Coach: Joe Sigrist**  
[sigristj@wdmcs.org](mailto:sigristj@wdmcs.org)

### Team Camp

Tuesdays and Thursdays  
in June

### Fieldhouse

8-10 a.m.

### Creighton Team Camp

June 21-23

### Simpson Team Camp

June 25

## Camp Fees and Registration Information

### Camp Fees

Individual fee is \$100 per player or \$175 per family.

### Registration Deadlines

Please register by mail by June 1, 2019. Walk-ups are welcome.

## Tiger Girls' Basketball Future Camp

Cut off and return

### 2019 Registration Form

(Please Fill Out One Form Per Athlete)

Name

Address

City

State

Zip

Grade – Fall 2019



Parent's Release and Indemnity Agreement In consideration of the acceptance of this application for enrollment in the Tiger Basketball Camp, I intend to be legally bound and release any and all rights and claims for damages I may have against West Des Moines Community School, all sponsors and all employees of the Tiger Basketball Camp for any damages which may be sustained and suffered in connection with participating in camp. I hereby grant permission for my child to be a participant in the Tiger Basketball Camp and if any injury should occur during traveling to, participating in or returning from camp, I agree to pay for all costs, present and future, through my medical insurance policy and/or personal finances.

Parent/Guardian Signature

Insurance Carrier

Pease return form with check made payable to:

Valley Athletics-Girls' Basketball Camp  
3650 Woodland Ave.  
West Des Moines, IA 50266