



EMERGENCY INFORMATION

Mother's Name _____

Father's Name _____

Emergency Contact Phone Numbers (Cell):

1. _____

2. _____

MEDICAL CONCERNS

PARENTAL PERMISSION

I agree that in case of an accident involving my child while attending this camp, and with full awareness that basketball is an activity which may involve risk or injury, I release the Lancers Girls Basketball Camp and its staff from any and all liability. I understand every precaution will be taken to provide a safe environment and authorize the camp staff to act for me according to their best judgment in the event my child needs emergency medical attention. Furthermore, I understand the Lancer Girls Basketball Camp DOES NOT provide medical coverage and that is my responsibility to do so.

Signature _____

Date _____

Medical Insurance Company:



TRADITION, HONOR, & PASSION

The Lancer Girls Basketball Camp was created to provide young women with the essential fundamental skills needed to become successful players. The emphasis will be placed on improving campers fundamentals with our instruction aimed at improving individual skills such as shooting, passing, ball handling, rebounding, individual offense and individual defense. We hope to provide an experience that leaves your camper excited and passionate about the game of basketball. There are a number of important character traits that our camp will be focusing on such as, positive attitude, strong work ethic, commitment, self-confidence and the concept of team. These traits and values will help build success in athletics and in life itself. It is our hope that by learning character traits and fundamental skills of the game, young women will develop a love for the game and will continue to strive for their true po-



2019 LANCER GIRLS BASKETBALL Camp

Linganore High School

**12013 Old Annapolis Road
Frederick, MD 21701
240-566-9840**

Date: June 24th-27th

Time: 1:00pm to 5:00pm

♦ **For girls currently in grades 3 - 8**

Sponsored by LHS Boosters

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STAFF

Rachael Easterday - Director

Varsity Girls Basketball Coach-5 Years

- ◆ Played at Linganore 1992-1996
- ◆ State Championship 1995
- ◆ Played at Shepherd College 1997-1998
- ◆ Student Assistant Coach Shepherd College 1998-1999
- ◆ Linganore Girls Varsity Assistant 2000-2003
- ◆ Hood College Girls Assistant 2003-2004
- ◆ Tuscarora Girls Head Coach 2004-2007
- ◆ Mid-Maryland Girls Varsity Head Coach 2013-2014



OTHER STAFF MEMBERS:

Rick Conner

Jessica Dixon

Jen Mitchell

Mike Daw

Linganore Girl Players - Current & Past

Note: Different coaches and players will be present each week

This camp is not sponsored by BOE of Frederick County or Linganore HS

CAMP ACTIVITIES & HIGHLIGHTS

- Staff includes LHS coaches, current and past LHS players
- Camp T-Shirt
- 3-on-3 games
- 5-on-5 games
- Individual instruction
- Speed and agility
- Group Instruction
- Emphasis on skill development
 - Rebounding, shooting, passing, defensive techniques, post moves, ball handling, and guard offensive moves



ITEMS TO BRING:

- Basketball shoes
- Water
- Snack



CAMP APPLICATION

Please fill out both sides of this form and mail it along with payment (payable to LHS Boosters) and parent signature to:

Lancers Girls Basketball Camp
7175 Kimmel Road
Mt. Airy, MD 21771

COST:

_____ \$100.00 Camp June 24th-27th

_____ \$180.00 2 Campers

PARTICIPANT INFORMATION

Name _____

Address _____

City _____

State _____ Zip _____

E-Mail _____

Grade (Fall of 19-20) _____

School (Fall of 19-20) _____

T-Shirt (Circle) Youth M L

Adult S M L XL