

# ABOVE THE RIM

The camp is located at Arcadia University. The facilities are perfect for a local camp that staffs some of the best teachers of the game.

**Above the Rim** will focus on each athlete's strengths and weaknesses. Athletes will learn valuable skills of the game while being taught lessons in leadership and goal setting, in order to be successful student-athletes.

## CAMP SCHEDULE

<u>TIME</u>	<u>EVENT</u>
8:00 — 9:00 AM	Breakfast
9:00 — 11:30 AM	Morning Skills Session- Fundamentals
11:30 — 12:30 PM	Lunch
12:30 — 3:00 PM	Game strategies- Defense, Offense, & Transition Game
3:00 — 5:00 PM	Swimming / Free Time / Individual Skill Instruction / Goal Setting and Leadership workshop
5:00 — 6:00 PM	Dinner
6:00 — 7:00 PM	Guest Speaker
7:00 — 9:30 PM	Team Games / Camp Contests
9:30 — 11:00 PM	Free Time - dorms
11:00 PM	LIGHTS OUT!

**CHECK IN AND OUT INFORMATION**  
**TUESDAY JUNE 24, 2008 — 12:00 NOON**  
**FRIDAY JUNE 27, 2008 — 12:00 NOON**

## WE OFFER



### DAILY FUNDAMENTALS

Conducted during morning sessions.

### LEADERSHIP AND GOAL SETTING



This session will help players understand the necessity of preparing and setting individual goals for success. Players will also learn how to set team goals.

### SMALL GAME INSTRUCTION



Afternoon sessions are devoted to teaching game strategies. We will discuss and teach team defense, offensive strategies, and transition play.

### INDIVIDUAL INSTRUCTION



During the early evening session, athletes have the opportunity to get individual work with camp staff. A specific skill will be covered each day.

### GUEST SPEAKERS



Athletes will have the opportunity to listen to 2 guest speakers. They will discuss the game and give examples of how they set goals for success.

### AWARDS



Athlete recognition will occur on the last day of camp.

### SWIMMING POOL



Athletes will have the opportunity to cool off each day during free swim at the pool.

### REVERSIBLE PRACTICE SHIRT



Every athlete will be given a reversible camp shirt on the first day of camp.



# GIRLS BASKETBALL CAMP

June 24<sup>TH</sup> - 27<sup>TH</sup>

**GRADES 7-12**

OPEN TO:

- **INDIVIDUAL & TEAMS**
- **OVERNIGHT & COMMUTERS**

Arcadia University  
 450 S. Easton Road  
 Glenside, PA 19038  
 215 - 572 - 2978

# PLAYER REGISTRATION

**Please make note:** Please indicate on this form the player's insurance coverage. There will be an athletic trainer on site **AT ALL TIMES** to care for minor injuries. Players must rely on their guardian's medical services for injuries that need professional medical attention. Arcadia University waives all responsibilities for treatment of camp related injuries. In the event of an emergency players will rely on guardian coverage.

Name Phone

Address

School School Grade (Sept 08) Position

Emergency Contact and Phone

Parent's Name Parent's Email

NOTE ANY SPECIAL MEDIAL CONDITIONS

I authorize staff of Above the Rim to act for my child in the accordance with their best judgment in an emergency requiring medical attention, and hereby waive and release Arcadia University and the camp staff from any and all liability for injuries incurred at camp. I have no acknowledge of any physical impairment that would be affected by the above name camper's participation in the camp program.

Parent or Guardian Signature Date

Name of Health Insurance Provider

Agreement (ID) #

Group Number

FOR CAMP STAFF

Amount Paid Date Check Number

# MEET THE DIRECTORS

## COLLEEN CARNEY

**HEAD COACH 2007 — Present**

Arcadia University Women's Field Hockey

**ASST. VAR./ JV BASKETBALL COACH**

**2005 — Present**

Bishop Shanahan High School

**AAU BASKETBALL COACH 2004 — 2007**

In July 2007 Colleen's 15U Girl's team finished 2nd in the Nation at DII Nationals in Orlando, FL.

**UCONN 1988– 1992**

**WILLIAM TENNENT H.S— WARMINSTER, PA**

Colleen brings a wealth of coaching, mentoring, and athletic achievement as one of the Camp Directors.

### ATHLETIC ACHIEVEMENTS

Full Athletic Scholarship

UCONN Field Hockey

Basketball 1567 points in 3 years -

William Tennent H.S

High School All American — Field Hockey

All Big East — UCONN Field Hockey 90-91

All American Honorable Mention -

UCONN Field Hockey 91

## SHANNON HOWLEY

**HEAD COACH 2006 — Present**

Arcadia University Women's Basketball

**ASSISTANT COACH 2001— 2005**

Marymount University - Shannon's teams at Marymount tallied an overall record of 90-30, including an appearance in the Final Four, Elite 8 and Sweet 16 rounds.

**ASSISTANT COACH 1999 — 2001**

Catholic University

### MEMBER

Women's Basketball Coaches Association

**SOCCER STANDOUT &**

**BS DEGREE - COMMUNICATIONS**

Radnor University

**Make check payable and send with player registration to:**

**Arcadia University  
Women's Basketball  
450 S. Easton Road  
Glenside, PA 19038**

# CAMP RATES

## OVERNIGHT INDIVIDUAL

\$285.00

## OVERNIGHT TEAM

\$275.00 per athlete  
(8 players minimum)

### INCLUDES:

4 Days / 3 Nights

3 meals daily

Reversible practice shirt

Player Evaluation (end of camp)

## COMMUTER

\$250.00 per athlete

### INCLUDES:


Lunch Daily

Reversible Practice Shirt

Player Evaluation (end of camp)

**25% Discount if registered by 6/1/08**  
**15% Discount—multiple family members**

# WHAT TO BRING

- |  |  |
|--|--|
|  \$\$ CAMP STORE    |  BASKETBALL SHOES |
|  TOILETRIES         |  SWIM SUIT        |
|  INSECT REPELLENT   |  BEDDING          |
|  HOOP PRACTICE GEAR |  PAJAMAS          |
|  TOWELS (bath/swim) |  |

**Questions? Call or email:**

Shannon Howley  
howleys@arcadia.edu  
215-572-2978