

2009 A-B-Cs of College Basketball Application (Please print clearly.)

Name _____

Address _____

City _____ State _____ Zip _____

Home telephone _____ Emergency telephone number _____

E-mail _____

Date of birth _____ Age _____ Height _____

Name of parent or guardian _____

School _____ Grade (Sept. '09) _____

► Please check shirt size

Adult S M L XL

I hereby give permission for _____ to participate in the Keene State College A-B-Cs of College Basketball. My daughter is in good physical condition, and I understand that she will participate in rigorous activity and play. The clinic will safeguard the health of the student, but will not be responsible for accident or sickness. I hereby request that my above child be admitted into camp, and I authorize the directors to act for me in any emergency requiring medical attention. I assume responsibility for payment for any such attention.

Parent/Guardian Signature _____

► Payment

Cost: \$85. Late registration (after June 25, 2009) \$100.

Online registration at www.keeneowls.com. Using e-check or your credit card, follow the easy step-by-step instructions provided for you. Online registration will be available beginning Feb. 9.

Amount enclosed: \$ _____ check

or charge \$ _____ to VISA MasterCard

Cardholder's name _____

Cardholder's signature _____

Address _____

City/State/Zip _____

Telephone _____

Account number and expiration date _____

Send completed form and payment to:

Keith Boucher, Women's Basketball
Keene State College, 229 Main Street
Keene, NH 03435-2301

Please make checks payable to Keene State College
Women's Basketball/A-B-Cs of College Basketball

For office use only

- Amt. _____
- Date _____
- Reply _____
- Disc. _____

NONPROFIT ORG
U.S. POSTAGE PAID
PERMIT NO. 383
KEENE, NH 03431

A-B-Cs of College Basketball 2009

Keene State College • 229 Main St. • Keene, NH 03435-2301

Online registration at www.keeneowls.com



Keene State College
Women's Basketball Team Presents

The A-B-Cs of College Basketball

Saturday, August 8, 2009, 8 a.m.–6 p.m.
For girls, ages 13–18

Keene State College

229 Main Street, Keene, NH 03435-2301
603-358-2802 • kboucher@keene.edu
fax: 603-358-2888 • www.keeneowls.com

Register online at: www.keeneowls.com
See online instructions.

Meet the Staff



John Ratliff

John Ratliff has been the Keene State Director of Athletics and Recreational Sports for the past 14 years. He has worked in athletic administration for the past 28 years.



Keith Boucher

Coach Boucher is entering his twentieth year at the helm of the Keene State College women's basketball program and his tenth year as camp director.



Kevin Justice

Kevin Justice is associate coach with the Keene State men's basketball program. He also serves as the school's admission counselor for multicultural recruitment.



Sarah Testo

Assistant director of the Keene State Fitness and Aerobics Center, Sarah Testo begins her sixth year as the strength and conditioning coach and her fifth season as assistant soccer coach at Keene State.



Features

This unique, intensive one-day clinic covers all the bases in regards to:

Athletics: John Ratliff, Keene State College athletic director, will address all the campers on what they should know about the recruitment process in relation to NCAA rules and regulations.

Admissions/Academics: Kevin Justice, Keene State College admissions counselor, will speak on the nuts and bolts of the application process and the academic requirements for college placement.

Basketball: Keith Boucher, Keene State College head women's basketball coach, along with KSC assistant coaches and players will conduct an intensive, competitive drills and skills instructional clinic. The focus will be on teaching the advanced skills that are necessary to be a successful player at the collegiate level. The players will be divided into guards and forwards and will work with college coaches and players during this segment. The day will conclude with a fast-break clinic and games coached by Keene State players.

\$ Costs: A Keene State College financial-aid officer will explain the FAFSA application process, including how to submit these important Federal financial aid documents and how to meet the critical timelines.

Conditioning: Sarah Testo, assistant director of the Keene State College Fitness and Aerobics Center, has her M.E.D in applied exercise science—strength and conditioning. She will put the players through an agility conditioning program and walk them through a strength-training regime that will prepare them for the physical play of the college game.

Note: This will be a very intense, mentally and physically challenging day. Only those players who want to lay the foundations for play at the college level should participate!

Who: Girls, ages 13–18

Where: Spaulding Gymnasium, Keene State College

When: Saturday, Aug. 8, 8:00 a.m.–6:00 p.m.

Cost: \$85. Late Registration: After June 25, 2009, the cost will increase to \$100.

Highlights: Each camper will receive a Keene State College Camp T-Shirt and a packet with a copy of all the information the speakers presented.

The Day's Schedule

- 8:00 a.m. Registration
- 8:30 a.m. John Ratliff, athletic director at Keene State College
- 9:00 a.m. Kevin Justice, admissions counselor at Keene State College
- 9:30 a.m. Sarah Testo, assistant director of the Keene State College Fitness and Aerobics Center, agility and stretching
- 10:15 a.m. Ball handling, all players
- 10:45 a.m. Guards, wing series
Forwards, post moves
- 11:15 a.m. Guards, 3 in a row
Forwards, 2 in a row
- 11:30 a.m. Getting open without the use of a screen
- 12:00 p.m. Lunch — on your own
- 1:00 p.m. Bird lay-ups
- 1:30 p.m. Sarah Testo, basketball sport-specific strength training
- 2:00 p.m. Guards, shot selection on fast break
Forwards, flash-put back and outlet
- 2:20 p.m. Guards, decision making on fast break
Forwards, high post series
- 2:40 p.m. Corner series
- 2:50 p.m. The art of passing & catching
- 3:05 p.m. Setting and using screens
- 3:30 p.m. Ten-minute break — grab a coach and ask questions
- 3:40 p.m. Box-outlet and run
- 3:55 p.m. Pressure shooting
- 4:05 p.m. Fast-break lay-up selection
- 4:20 p.m. Fast-break build up
- 4:50 p.m. Split into teams with coaches for games
- 5:00 p.m. Games
- 6:00 p.m. Closing remarks

