

**Dates:** Aug 30-31, Sept 2-3  
6:00-8:30 p.m.

**Location:**

Woodland Christian High School,  
Breslau, ON

**Age Group:** Girls from Grades 8-12  
**Fees:** \$90/player

Each player will receive high-level coaching from experienced coaches and players from the Woodland community and surrounding area. Each player will have opportunities to advance her individual skills and fitness as well as develop a better understanding of team offensive and defensive systems.

**Registration Deadline:**

JUNE 25<sup>th</sup> or first 25 applicants to apply.

**Goals**

During your week of camp, you will be encouraged towards three goals:

1. To practice and develop sound basketball fundamentals.
2. To improve ability to excel within offensive and defensive systems.
3. To learn to apply skills at a high level in a fast-paced game.

**Schedule:**

- Aug 30** -Registration  
-Fitness, skill testing  
-Ball handling, shooting
- Aug 31** -Positional work:  
Guards, forwards  
-Defense, rebounding
- Sept 2** -Offensive and defensive fundamentals  
-Game situations
- Sept 3** -3-on-3 play  
-Skill testing  
-Final tournament

**Note to players:** *Please be dressed and warmed up by 6:00 each evening.*

**Awards:**

**T-shirts**

All participants will receive a camp t-shirt.

**Game Ball**

At the closing of the camp, the coaches will award a new game ball to the player who has worked the hardest and shown significant improvement over the course of the week.

**Contact Information:**

Jon Berends 519.277.5611  
jeberends@gmail.com



## Coaching Staff

### Head Coach:

**Jon Berends:** Head Coach of Woodland Cavaliers Boy's Basketball; former Toronto high school basketball all-star.

### Guest coaches:

**TJ Grant:** Three-year point guard for University of Waterloo basketball team; Former D8 basketball MVP and all-star.

**Andrew Atkinson:** High level player from Guelph University.

**Melodee Buchanan:** Junior Varsity college basketball player in the U.S.; four-year player and all-star at HDCH.

**Scott Kooy:** Woodland Basketball coach.



## Woodland Cavaliers Girls' Basketball Clinic



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