

# Apple Valley Girls Summer Basketball Academy

**A 2 week camp that focuses on fundamentals, individual and team skills that will improve the competitive basketball player.**

**WEEK 1: June 16-20  
8:30-10:45am**

**WEEK 2: July 14-18  
12:15-3:00pm**



### **SPECIAL SESSIONS**

These sessions will focus on specific fundamentals. These are optional but would be very beneficial for anyone interested!

**Week 1: Shooting Form & Footwork  
10:45-11:30am**

**Week 2: Positional Work  
Guards 11:45-12:15pm  
Posts 3:00-3:30**

**For Girls  
in Grades  
6-12  
(2008-2009  
School Year)**

If you have questions please contact Lynn Dalhed (952)232-2326 or [lynn.dalhed@district196.org](mailto:lynn.dalhed@district196.org)

**ALL SESSIONS WILL BE HELD AT SCOTT HIGHLANDS MIDDLE SCHOOL**

APPLE VALLEY HEAD GIRLS BASKETBALL COACH LYNN DALHED, HER STAFF, AND PLAYERS WILL BE INSTRUCTING.

NAME: \_\_\_\_\_ GRADE (08-09) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

REGISTERING FOR: CHECK ALL THAT APPLY

WEEK 1 CAMP ONLY (\$70)  WEEK 2 CAMP ONLY(\$70)  BOTH WEEKS (\$125)

SHOOTING SPECIAL SESSION \$25  POSITIONAL SPECIAL SESSION \$25

2 WEEKS OF CAMP AND BOTH SPECIALS SESSIONS \$150  TSHIRT: S M L XL

I hereby acknowledge the health of my child to be ready for basketball camp and authorize the director to secure any emergency treatment deemed necessary to the health of my child and waive and release the clinic from any and all liability for any injuries incurred while participating at the summer camp.

Parent Name and Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

Please make checks payable to AVBBC  
Send registration to Lynn Dalhed  
c/o Apple Valley High School 14450 Hayes Rd. AV 55124