

SUMMER SKILLS MERCY GIRLS BASKETBALL CAMP
Our Lady of Mercy - School for Young Women

Dates: Monday, June 27th - Thursday, June 30th

Session 1: 8:30 - 11:30 AM Session 2: 12:30-3:30 PM

Registration for camp is now open!

The goal for camp is to teach and reinforce basic and advanced fundamentals of basketball which include:

- **Ball Handling:** Improve the ability to handle the ball under pressure and in the open court.
- **Proper Shooting Form:** Improve shooting accuracy and range by working with a coach and receiving individual feedback on shooting mechanics.
- **Finishing Moves:** Improve layup mechanics, learn different finishes at the basket, and practice going strong and reading the defender.
- **Guard/Forward Breakdown:** Work with coaches on positional moves that work for guards and forwards.
- **Transition:** Players will participate in drills that promote floor spacing, reading defenders, and proper finishes in a transition scenario.
- **Defensive Principles:** Work on proper man to man defensive concepts for on ball defense as well as helpside defense.

Along with these fundamental skills, players will be able to put their skills to the test in live 5 v 5 scrimmages throughout the week!

The experienced coaching staff includes Mercy's head coach Kara Ingalls and assistant coaches who have coached both girls' and boys' basketball at the highschool and collegiate level as well as played basketball at the collegiate level.



Disclaimer: Mercy reserves the right to suspend or cancel the camp for reasons of public health and safety.

2022 Summer Skills Mercy Girls Basketball Camp Registration Form:

Player Last Name: _____ Player First Name: _____

Phone: _____ Emergency Contact #: _____

Parent's Name: _____ E-Mail: _____

Grade Entering in Sept 2022: _____ School Attending in Sept. 2022: _____

Current Basketball Team/Level: _____ (i.e. CYO, AAU - School/Club Name - Level)

T-Shirt Size (Circle One): YM YL S M L XL XXL

Check appropriate session attending:

_____ Session 1: For players entering grades 5-8 Fee:\$125 8:30-11:30 am

_____ Session 2: For players entering grades 9-12 Fee: \$125 12:30-3:30 pm

Registration Fee & Deadlines:

- All players must pre-register, as the number is limited to ensure a low player-to-coach ratio
 - **We will be accepting a max of 50 players per session**
- The deadline for registration is Monday, June 13th, 2022
- Late registration fee is an additional \$25.00 after June 13th, 2022 if spots are available
- **Please make check payable to Lady Monarchs Basketball** and mail to: Kara Ingalls 58 Hunters Run, Pittsford, NY 14534

Please direct all inquiries to Kara Ingalls at: kingalls@mercyhs.com

An email will be sent out a week prior with more specific camp instructions.

