



Helena Girls Summer Basketball Camp

Camps led by the Helena High Girls Basketball Coaching Staff along with current and past players!

June 28 – July 1

✓ **Grade levels are as of Fall 2021** ✓ **Each camp is limited to 50 participants**

Grade Level	Camps	Time	Location	Cost
1 st – 3 rd Grade	Lil Ballers	8:30a – 10:00a	Helena High	\$50
4 th – 6 th Grade	Junior Ballers	10:30a – 12:30p	Helena High	\$70
7 th & 8 th Grade	Rising Ballers	1:30 – 3:30p	Helena High	\$70

- Strong skill development focus*
- Footwork*
- Shooting fundamentals*
- Game speed reps*
- Advanced shooting drills*
- 1v1 moves*
- Beginner & Advanced ball handling*
- Emphasis on Movement w/o ball*
- Quickness drills*
- 5v5 game play*

Registration

***All camp proceeds directly support HHS girls' program players**

Campers Name: _____
 Grade in Fall: _____ Emergency Contact Phone: _____
 Email (for future updates on Helena High Girls Basketball) _____ (if desired)
 Shirt Size: Youth or Adult (circle one) S M L XL (circle one)

The undersigned parent / guardian of a participant in the Helena Girl's Basketball Camp acknowledges that there are certain dangers inherent in any athletic activity and that bodily injury could occur while playing basketball at camp. The undersigned agrees that the undersigned's child listed above will hold the Helena Girl's Basketball Camp, it's directors and staff free from any and all liability for any and all accidents or injuries occurring of the participant as a result of participation in the camp, and hereby release the Helena Girl's Basketball Camp, directors and staff from any and all such liability. Parent/Guardian _____ Date: _____
 Medical Insurance _____ Policy No. _____
 Emergency Contact _____ Phone _____

Send registration form and checks payable to:

Ben Dudek
 665 Stadler Rd
 Helena, MT 59602

- You may also reserve your spot by emailing Coach Dudek (bdudek@helenaschools.org).
- Venmo payments also available @ Ben-Dudek-4

Email at bdudek@helenaschools.org for more information or questions