



Helena Girls Summer Basketball Camp

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

June 27 – 30

✓ **Grade levels are as of Fall 2022**

Grade Level	Time	Location	Cost
1 st – 3 rd Grade	9:00a – 10:00a	Helena High	\$40
4 th – 6 th Grade	10:30a – 12:30p	Helena High	\$80
7 th & 8 th Grade	1:00 – 3:00p	Helena High	\$80

✿ **Skill Development Focus**

✿ **Shooting Fundamentals**

✿ **Advanced Shooting Drills**

✿ **Beginner & Advanced Ball Handling**

✿ **Footwork**

✿ **Game Speed Reps**

✿ **Game Play Break Down**

✿ **Quickness**

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