

camp Descriptions

Cleveland State Women's Basketball Individual Specialty Camps

Post Camp:

The CSU Post Camp is designed to help those girls who play in the paint! A variety of post techniques will be taught and worked on: how to properly post up, footwork, how to use your body to work for the basketball, low-block post moves, and high-post shots and moves, post defense, and rebounding. This camp will provide an opportunity to focus on the skills needed to play the forward and center positions.

Shooting Camp:

The CSU Shooting Camp will offer each camper the opportunity to become a better pure shooter. This camp follows the philosophy that pure shooters are made, not born. Skills that will be taught include form shooting (with individual shot breakdown), jump shooting, shooting off the catch, shooting off the dribble, getting into your shot quicker and dozens of take-home drills to work on. This camp will divide campers by age and be a benefit to players of all levels.

Skills Camp:

Six intense hours of unbelievable technique and drill programs that will get the athlete to the next level. Quality fundamental instruction will be given on all aspects of the game with heavy emphasis on ball handling, dribbling and foot work. Technique will be taught in individual breakdown sessions and competitive drills. If you are serious about taking your game to the next level then this **Drill 4 Skill Camp** is for you!

- ⊗ What: 2008 Cleveland State Women's Basketball Individual Specialty Camps
- ⊗ Who: Girls Grades 4-12
- ⊗ When: June 30th -Post
July 1st -Shooting
July 2nd -Drill 4 Skill
- ⊗ Where: Wolstein Center
2000 Prospect Ave.
Cleveland, OH 44115
- ⊗ Time: One day camps run
from 9 am-3 pm
- ⊗ Cost: \$50 per camp
\$130 for all three Camps

Come see the 2008-09
Cleveland State Vikings play at the
CSU Wolstein Center located at:
2000 Prospect Ave.
Cleveland, Ohio 44115

Camp Directors

Assistant Coach Angie Russell:

As a former collegiate power forward, Coach Russell understands that the skills needed to play the post position are much different than those fundamentals generally taught at the high school level. Russell played power forward at Eastern Illinois University from 1997-2001.

Assistant Coach Amy Wright:

Understanding the importance of fundamentals, Coach Wright will direct the Drills 4 Skills Camp. Wright was a point guard for the University of Arkansas. She holds the all-time assist record, number of games played, and set the single season assist record for Arkansas. Wright played guard at the University of Arkansas from 1998-2002.

Camp Instructor Brittany Korth:

As a starting guard for the Cleveland State University women's basketball team, during the past four seasons, Brittany Korth will direct the shooting camp. Korth is known for her ability to get the ball to open teammates in scoring positions. She was one of the best three-point shooters on the team and she was named 2007-08 Playmaker of the year. Korth played from 2004-2008.