

# UMass Lowell

UMass Lowell has provided a wealth of first-rate academic programs since its inception. The University of Lowell was created in 1975 through the merger of Lowell State College and Lowell Technological Institute.

Our Women's Basketball program is one of the 17 NCAA division II programs at UML, along with division I men's hockey, making intercollegiate athletics an integral part of the UML's history. We are also a member of the Northeast 10 conference, which is one of the top division II programs with highly competitive schedules. There are often many teams that represent from our conference in the national tournament.

## Camp Highlights

- Daily lectures by special guests
- Top notch camp staff providing quality instruction, supervision, & mentoring
- Daily drill stations & individual help stations
- Competition according to age & skill level
- Individual player evaluations
- Athletic Trainer
- FREE CAMP T-SHIRT AND BASKETBALL

*UMass Lowell River Hawk Clinic*



UMass Lowell  
All Sports Clinic  
Kathy O'Neil, Director  
Costello Gym  
One University Ave.  
Lowell, MA 01854



# UMASS LOWELL WOMEN'S BASKETBALL

## Camps

**Day Camp**

**July 26<sup>th</sup> – 29<sup>th</sup>**

**9:00am-3:00pm**

**3:00–4:00pm Pool and/or  
Gym Time**

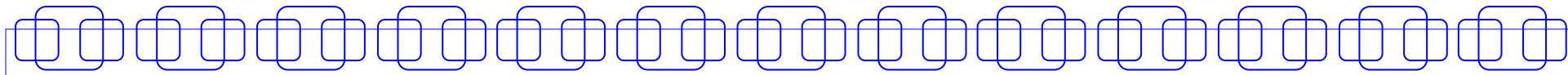
**Shooting Clinic**

**July 30<sup>th</sup>, 2010**

**9:00am – 2:00pm**



**Phone: 978-934-2326**  
**[www.goriverhawks.com](http://www.goriverhawks.com)**



## Girl's Day Camps

### Daily Schedule

- 9:00 Camp Meeting
- 9:10 Mini Lecture
- 9:30 Stations/Individual Work
- 10:00 Instructional Game
- 10:30 Team Practice
- 11:00 Games
- 12:00 Lunch
- 12:45 Guest Lecture
- 1:30 Team Stations
- 2:00-3:00 Pool/Gym time/Pick-up

## Camp Philosophy

**"IT'S THE LITTLE THINGS"**

This has long been the motto of Head Coach Kathy O'Neil and UML women's basketball. Our philosophy is to provide individuals with quality instruction in the fundamentals or "little things" that lead to success on the basketball court. Just as important, we motivate and inspire our players to continue to improve and enjoy the game of basketball. Fundamental skills such as passing, catching, ball handling, pivoting, screening, rebounding, and shooting will be demonstrated through lectures and reinforced in daily drill station instruction with all individuals. Many of the drills done at the clinic are those done by the UML women every day in practice. Through a highly organized curriculum of instruction and competition, our goal is to maximize each player's talents and abilities, while providing the most enjoyable clinic experience possible!

## Girl's Day Camp

### Four Day Clinics (Monday thru Thursday)

Ages 7 -16

Cost \$150 each

### Shooting Fundamentals Clinic

Friday

Cost \$30.00

### Both Four Day and Shooting Clinics

Monday-Friday (July 26-July 30)

Cost \$170

Discounts (FUNdamental Clinic)  
 \$10 off children of Faculty/Staff,  
 \$10 off for any returning camper

(A \$30 advance non-refundable deposit is required with balance payable prior to the morning session on first day of the clinic.

Only one discount per person, either faculty/staff or returning player discount may be taken.)

Application also Online @[www.goriverhawks.com](http://www.goriverhawks.com)



Camper's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St.: \_\_\_\_\_ Zip: \_\_\_\_\_

Age (April 2010): \_\_\_\_\_ Gender: M \_\_ F \_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Wk Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Wk Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

### Insurance Information

All participants must have their own medical coverage (the clinic will provide supplemental insurance.)

Participants will not be permitted to play unless the following information is submitted and this form is signed by a parent or legal guardian.

Participant's Insurance CO. \_\_\_\_\_

Policy Number \_\_\_\_\_

Subscriber's Name \_\_\_\_\_

Phone Number \_\_\_\_\_

### Medical Treatment Authorization

I, the undersigned, for ourselves, our heirs, executors, and administrators, waive, release, and forever is charge FUNDamental Basketball Clinic and its staff, officers, agents, employees, representatives, successors, and assignees of and from all rights and claims for damages, injuries, or loss of personal property which may be sustained or occur during participation in Clinic activities or while at the clinic.

In case of medical emergency, I hereby give permission to hospitalize, to secure proper treatment for, and to order injection or minor surgery for my child as named above.

Signature \_\_\_\_\_

CIRCLE CAMPS/CLINICS

4 DAY SHOOTING CLINIC BOTH