

**Do you want to be “stretched” in the Post? All the way out to the Perimeter!!!**



**Malinda (Lynch) Larson  
1995 5A MVP**

**Two Time State Champion at Bingham High School '94, '95  
Gatorade Circle of Champions Utah Player of the Year 1995**

**Two time 1<sup>st</sup> team All State**

**WBCA Top 30 National Team 1995**

**Three Year Starting Center for the University of Washington**

**UW ranked nationally as high as 7<sup>th</sup> throughout her career**

**1997, 1998, 1999 Most Inspirational Player at Washington**

**1999 UW Community Service Athlete of the Year**

**PAC 10 All-Academic Team**

**7th Year UVU Women's Basketball Assistant Coach**

### **PLAYERS, PARENTS AND COACHES,**

It's hard to believe that another season has gone by! I hope that you felt that your work last summer paid off and it made a difference in your play. Summer time is coming again, and it is the time of the year that you are able to build confidence, work on weaknesses and make even more strengths. I love watching and being a part of that growing process! Every year I watch teams with the intent to think about what post players and teams need

in high school as well as those players going to the next level. I try to use that inspiration to design POST CAMP. This year, can you tell from the picture what I felt we needed? You got it! This year Post camp is focusing on being strong and a threat from all spots on the floor, especially the HIGH POST and PERIMETER! Those players who are versatile and can play on the perimeter, as well as the inside, guards or posts, have a great advantage. I have seen the dilemma of players in High School who are their team's biggest player so they play in the post, but in college they will be better in size out on the perimeter. I have also seen guards who are big enough that they are sometimes posted up on their defender. I have also seen the effects of this on the defensive end. A bigger post is given the challenge to guard someone smaller out on the perimeter. Knowing how to close out and use your body to your advantage is a great skill! This Post Camp is to address these situations, offensively and defensively, and to develop skills and drills to help you be confident and strong on the inside and the perimeter.

Some of the things we will be working on are perimeter moves, fakes, drives, dives, cuts, passes, shots and seals that will give you an advantage when you are given the opportunity offensively to be faced up to the basket. On the defensive end we will work on close outs, body control, and forcing the offense to do what you want them to do, when you are on the perimeter, where you may not have been as confident as in the low block!

Last year we worked on the 2 man game with guards. This year the content of attacking and defending the perimeter is equally beneficial for both positions. I don't want to leave any one out that wants to get better. Guards if you would like to come work on these skills, you are welcome!

Like every year, I also will touch on recruiting, academics, and life skills that we gain from the game of basketball! That's what this is all about...Life! My life goals include becoming a better woman, and I know that we can all help each other to do that even in the game of basketball! I can't wait to work with you this summer! Finish the school year strong!

Please let me know early your registration plans. I really like to be organized and prepared for you. It helps me to be able to know you better when you get to camp. When I have time to think of you coming, I can research your situations out and be able to plan ahead. Thank you! See you soon!

Post Power!

Malinda Larson

# Malinda Larson's Post Camp Registration Form

*Bingham High School*

Tuesday June 10, 2008 1:00pm - 7:00pm

**\$60.00 per player: Includes skills packet and a T-shirt**

**Please detach this form and send with payment to:**

Malinda Larson Post Camp  
800 W. University Parkway ms #104  
Orem, UT 84058

If you have further questions you can email: [larsonml@uvsc.edu](mailto:larsonml@uvsc.edu)

**Registration Due Date: *May 20, 2008***

Name: \_\_\_\_\_ School: \_\_\_\_\_

Grade: \_\_\_\_\_ Graduation Date: \_\_\_\_\_

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

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

Email address: (Helpful for correlating quickly before camp.) \_\_\_\_\_

T-shirt Size: circle category and size: Adult size: XL L M SM

Payment Type (\$60.00) : Check Cash

Things you specifically want to work on:

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Any other comments or questions:

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*After your registration and payment is received, you will receive a confirmation by email. As camp draws closer further information will also be sent such as directions. Thank you so much! We are excited to get better together!!*