

# **2019 Oak Harbor High School Summer Ball and Team Camp**

## **May 28 – July 31**



- **For current 7<sup>th</sup> – 11<sup>th</sup> Graders (incoming 8<sup>th</sup> – 12<sup>th</sup> graders)**
- **\$200.00 For Summer Team Camp (JV Players)**
- **\$400.00 For Summer Team Camp (Varsity Players going on California Retreat)**
- **Players do not have to go to Camp to Participate - Practice games only = Free**
- Team CAMP and Summer Basketball is VERY important to our team! 25% of our preparation for the upcoming season takes place in June and July.
  - Players will play an average of 28 games during this time
  - Learn our system and our Language
  - Shooting Specific days to work on our shooting form
- Players will learn speed-, strength-, and skill-building drills that will help them become better athletes. Weight room times guided by a Strength and Condition Coach (Can attend even if not playing basketball)
- Players will learn a large number of the team's plays, on both offense and defense, in an encouraging and constructive environment on the OHHS campus.
- Players will receive coaching in the following areas:
  - Shooting Form
  - Speed and strength Training
  - Footwork
  - Individual Skills
  - In-Game Situations
- In order to gain the maximum benefit from Spring Camp, players are expected to attend every practice unless they have an excused absence.

**Coaches – Jon Atkins, Head Girls Basketball Coach**

**(360) 279-5725/ 360-720-6429**

**jatkins@ohsd.net**

**Steven Bratt, JV Coach, Coach Guards/Wings**

**Todd Showalter, Frosh Coach, Coach Forwards/PG's**

**Danielle Atkins, Volunteer Coach C-team/Post**

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### **2019 OHHS Girls Summer Basketball Key Dates**

Everything Listed is for both teams unless otherwise noted

#### **May 20th 7:30 pm OHHS Gym Parent Meeting**

#### **May 28th - July 31st Summer Practice**

See Attached Calendar

Practices after June 20th will be held directly before Girls Weight Room

#### **May 31-June 2 Snohomish Tournament-Times TBD**

#### **Monday June 3rd or Wednesday June 5th (Double Headers)**

Skagit Valley Parks and Rec summer League-Times TBD

#### **June 24th - June 27th Soap Lake Team camp - We will need parents to help carpool to camp**

#### **Jul 1- July 3rd Kids Camp**

Oak Harbor High School (Pre k - 5th Grade Students)

#### **July 12th Storm Night Out - TBA**

Watching Seattle Storm v. Dallas Wings

#### **July 17 - July 22 Varsity California Retreat**

Plan goals for next year

Get to know each other and bond as a team

Visit Disney and other California attractions

Practice Basketball Skills

**Once you have decided to play have you parents email coach Atkins at**

**[jatkins@ohsd.net](mailto:jatkins@ohsd.net)**

**Please pay for camp before June 1st, 2019 check can be made out to WIYBBA.**

**There will be a link to sign up as well after the Parent meeting May 20th**

