

## Camp Application

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

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

City/State/Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

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

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

Parent's Name(s): \_\_\_\_\_

Grade (Next Year): \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Roommate Preferences (up to 3 names): \_\_\_\_\_

I would like to enroll in . . .

**Skill Development Mini Camps (Grades 1–9)**

- Shooting Camp June 14-15 (9am–3pm) \$105
- Ball Handling Camp June 16 (9am–3pm) \$55

**Advance Instruction Camp (Grades 4–10)**

- July 11-14
- Overnight Camper \$390    Commuter Camper (9am–9pm) \$325

**Offensive Improvement Camps (Grades 1–9)**

- August 1-4
- Grades 1-9 (9am-3pm) \$200
- Grades 1-3 (9am-Noon option) \$125

Parent's/Guardian's Signature

A \$200 **non-refundable** deposit must accompany this application for the Advanced Instruction Camp. Applications received after May 14, 2011 must include the full amount of tuition for this camp. All other camps are required to be paid in full and must accompany this application. Space is limited. We cannot guarantee admission to any camp. Admission to a camp will be based on a first come, first serve basis. Make check or money order payable to:

Lake Forest Boys' Basketball Camp, LLC  
555 N. Sheridan Road  
Lake Forest, IL 60045

For more info please call: (847) 735-5298

### Location

Lake Forest is located on the tree-lined shores of Lake Michigan, 30 miles north of Chicago and just minutes east of Interstate 94.

### Overnight Accommodations

Campers will be housed in the college's dormitory rooms. Each quad houses four campers, has two separate rooms and its own personal washroom facility. Should you have a roommate preference, please indicate the name or names (up to four campers per room) and mail the applications in together. Every possible attempt will be made to accommodate your request. If you do not have a roommate preference, your son will be paired with other campers in his age group. The college cafeteria will provide excellent, all-you-can-eat meals for each camper.

### Athletic Facilities

The Lake Forest College Sports Center is the home to 17 intercollegiate sports. Lake Forest College opened a \$17-million dollar addition, in April 2010, featuring a new gymnasium with air conditioning. Campers will have access to six basketball courts and a swimming pool (overnight camp only).



### Coaching Staff

Entering his 16th year as Head Coach at Lake Forest College, Chris Conger and the Foresters have proven themselves as a force in the Midwest Conference. During his reign as the Foresters' coach, Conger has three times been named Midwest Conference Coach of the Year. In 2000, Conger was named National Association of Basketball Coaches Midwest region Coach of the Year. In his tenure, Conger has established himself as the school's winningest coach in the 100 year history of Lake Forest men's basketball. His career in collegiate basketball began at the University of Wisconsin–Madison where he played under current Orlando Magic Head Coach Stan Van Gundy and Vice President of the NBA Stu Jackson. The camps will be co-directed by the exceptional Lake Forest College men's basketball staff. Dewayne Evans, Kyle Taber, and Ken Davis all bring with them a wealth of camp knowledge. Coach Conger and his staff's experience and enthusiasm guarantees the 2011 Lake Forest Boys' Basketball Camp to be one of the most instructional and enjoyable camps in the Midwest.

# Lake Forest

## Boys' Basketball Camp with Head Coach Chris Conger

### Skill Development Mini Camps – Grades 1–9

Shooting Mini Camp June 14-15  
Ball Handling Mini Camp June 16

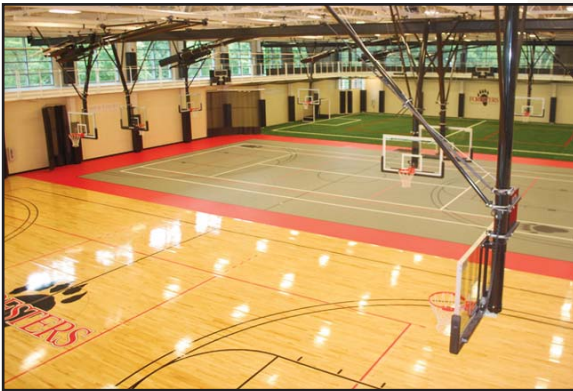
### Advanced Instruction Camp – Grades 4–10

July 11-14

### Offensive Improvement Camps – Grades 1–9

August 1-4





## Skill Development Mini Camps:

June 14-15 • 9am-3pm  
*Shooting Mini Camp (Grades 1-9)*

- Your shot will be videotaped and analyzed by Coach Conger and his staff
- Campers grouped according to age
- Demonstrations by current collegiate players
- Physical and mental techniques
- Correct form, footwork, and catch phrases for shooting success
- Station work with staff
- Post positioning and importance of working basketball inside out
- iMake shooting machine
- Receive detailed drills discussed in camp to use at home

June 16 • 9am-3pm  
*Ball Handling Mini Camp (Grades 1-9)*

- Attack series – basic to advanced individual offensive moves
- Stationary and change of pace ball handling drill work
- Learn how to create shots for yourself and teammates
- Dribble knockout contests
- Stresses importance of ball control and court vision
- Receive detailed drills discussed in camp to use at home



## Advanced Instruction Camp:

July 11-14 Grades 4-10  
*Check-In: July 11 at 8am*  
*Closing Ceremonies: July 14 at 11:45am*

- Overnight or commuter camp with all-you-can-eat meals
- Competition against other great players in your age group
- Daily lectures by Coach Conger
- League games coached by current collegiate players
- Learn and run the camp offense
- Scheduled substitutions – equal playing time for all campers
- Fundamental teaching stations and daily drill work
- Contests: Hot Shot, 3 on 3, Free Throw, Lightning, Buzzer-Beater

## Message from Coach Conger

I am absolutely thrilled about being the director of this year's camps once again. The first fourteen years were a huge success and I am looking forward to hosting even better camps this year. An exciting \$17-million dollar addition to our Sports Center will allow this year's campers to utilize one of the finest facilities in the Midwest. The staff and I continue our goal of making these the best fundamental camps in the Midwest. We enjoy teaching the campers game fundamentals in an enthusiastic way so they can enjoy the game to the fullest as they mature. I highly recommend mailing your application in as early as possible as we have reached our maximum enrollment the past couple of years.

*Chris Conger*

## Special Features of ALL CAMPS

- 8:1 Player to Coach Ratio
- Discuss Importance Of Nutrition & Fitness In Your Everyday Life
- Camp T-Shirt
- Personalized Evaluations
- Instructional Improvement Guide



## Day Camp:

August 1-4  
*Grades 1-9 Full Day Session 9am-3pm*  
*Grades 1-3 Half-Day Option 9am-Noon*

- Popular amongst campers who enrolled in either mini camp
- Measures progression of campers from early to late summer
- Enrollment in earlier mini camps is **not required**
- Campers grouped according to age
- Practice offensive advantage situations in fast break setting
- Learn different ways to screen, use screens, and 2<sup>nd</sup> action terminology
- Introduction of post moves and finishing school
- Attack series – dribble moves focusing on shooting mid-range jump shots
- Grades 1-3: continued emphasis on dribbling, passing, shooting, and rules

