

The **Chargers Basketball Fundamentals Academy** will give young female and male athletes the opportunity to develop their basketball skills so they will become better players with their school programs.

There is not a more advanced program, which will build confidence, increase physical abilities and emphasize the development and the improvement of your basketball skills.

Positive attitude, correct skill development and sound game knowledge will provide young athletes with a strong foundation upon which to build their basketball success and to fulfill their dreams.



WAIVER AND MEDICAL RELEASE

I acknowledge participation in basketball and competitive athletics has an inherent risk. I certify athlete named above is in good health and they are able to participate in the academy activities without limitation. I hereby authorize the directors and instructors of the Chargers Basketball Fundamentals Academy program to act for me according to their best judgment in any emergency requiring medical attention.

I hereby agree not to sue and to waive the coaches and the directors of the Chargers Basketball Fundamentals Academy, the PISE gym facility and its directors, the South Vancouver Island Basketball Association and its directors, the St. Margaret's School and its board of directors and any guest coaches or presenters from any and all liability which may arise from my child's participation in this program, including playing in the sessions and while traveling to and from these events. I acknowledge I am responsible for any and all medical expenses incurred due to my child's illness or injury during their participation in this program.

We realize all monies paid will be forfeited without claim if the athlete is removed from the academy for their behaviour or if they decide to cease participation with the program for any reason. We agree to follow all the coaches' reasonable rules and instructions for the duration of this Chargers Basketball Fundamentals Academy program.

PARENT / GUARDIAN SIGNATURE: _____

DATE: _____

Chargers Basketball Fundamentals Academy Head Instructors



Brett Westcott

Camosun College Women's Coach

- 2008, 2009, 2010 B.C. College Coach of the Year
- Won 2009 B. C. College Championship
- Qualified for 2009 and 2010 CCAA national tourney
- Reached 2008, 2009, 2010 B.C. championship game
- Coached Camosun to 2008 and 2009 B.C. College League regular-season titles
- Five consecutive PacWest playoff appearances
- Won 1994 B.C. Junior Girls and 1995 B.C. AAA Senior Girls championships
- Reached B.C. championship game - 1993, 2004, 2005
- Eight Vancouver Island jr. & sr. girls championships
- NCCP Level 3 Certification (technical / practical)
- Coached over 100 girls who have advanced to play post-secondary basketball in Canada and the U. S., including five Canadian National Team Program athletes (Natalie Doma, Sarah McKay, Lindsay Anderson, Carli Halpenny and Christine Rigby)



Craig Price

Camosun College Men's Coach

- Camosun College men's head coach, 2008-2011
- Two consecutive PacWest playoff appearances
- University of Victoria men's assistant coach, 2005-2008
- University of Lethbridge men's assistant coach, 2001-2005
- Lethbridge Collegiate high-school coach, 2003-2004
- NCCP Level 4 Certification (National Coaching Institute)
- BA in Kinesiology from University of Lethbridge

For further information please contact:

Brett Westcott: H- 250-388-9807, westcott@shaw.ca

Craig Price: H- 250-483-5126, pricecw@gmail.com

Get Charged

2012

Chargers Basketball Fundamentals Academy



Jordan Elvedahl -3rd Year Guard



Caitlin Marshall -4th Year Guard

Improve your basketball skills
to become a better player!

"If it is to be, it is up to me!"
George Raveling, NCAA Coach

Chargers Basketball Fundamentals Academy

*Youth Development Girls (grades 6-8)
9:30 – 11:00 a. m.

*High-School Elite Girls (grades 9-12)
9:30 – 11:00 a. m.

*Youth Development Boys (grades 6-8)
11:00 – 12:30 p. m.

*High-School Elite Boys (grades 9-12)
11:00 – 12:30 p. m.

*All Academy sessions will be held
Sundays at the scheduled site.

*Scheduled Academy Session Dates:

September 30

October 7, 14, 21, 28

November 4, 11, 18, 25

December 2

*All Academy sessions will be held at
St. Margaret's School New Gym or PISE

* Session dates/times subject to possible change.

The following athletes played for the Academy coaches and experienced great success at the highest levels of basketball in Canada:

Blake Mansbridge

-2011 BCCAA league all-star

Nick Adair

-2009 BCCAA Men's Rookie of the Year, UVic

Chelsea McMullen and Aija Salvador

-2011 BCCAA league all-stars

Aija Salvador

-2011 BCCAA Women's Rookie of the Year

Chelsea McMullen, Teresa Hartrick

-2010 BCCAA league all-stars

Carmen Laphorne

-2009 BCCAA Women's Player of the Year and

All-Canadian selection, UVic

Carmen Laphorne, Teresa Hartrick

-2009 BCCAA league all-stars

Ashley Mackay, Kate Carlson, Jill Proudfoot

-2008 BCCAA league all-stars

Natalie Doma

- 2005 Big Sky rookie of the year, Idaho State, Switzerland

Cait Haggarty

- 2004 Canada West rookie of the year, UBC, Germany

Lindsay Anderson

-1999 Canada West rookie of the year, UVic

Chargers Basketball Fundamentals Academy athletes receive individual and group training in the following areas:

*Shooting Mechanics and Drills

*Ballhandling and Dribbling

*1 on 1 Moves

*Offensive and Defensive Footwork

*Post and Perimeter Play

*Defensive Movement and Positioning

*Rebounding Techniques

*Nutrition and Physical Conditioning

*Sports Psychology and Mental Training

Chargers Basketball Fundamentals Academy athletes receive the following:

*Academy Reversible Practice Jersey

*Academy Shorts

*Individual Skills and Drills Manual

*Season Pass to Chargers Home Games

*Receipt for Government Recreation Tax Credit

*Instruction from the Camosun College Chargers

Women's and Men's Basketball Athletes

and Coaching Staffs

10 Sessions, 15 Hours of Instruction

Cost: \$225

All proceeds benefit
Camosun College Chargers Men's and
Women's Basketball Programs.



CHARGERS BASKETBALL FUNDAMENTALS ACADEMY

Registration Form

NAME: _____

BIRTHDATE: _____ AGE: _____

GRADE: _____ SCHOOL: _____

COACH: _____

ADDRESS: _____

CITY: _____

POSTAL CODE: _____

HOME PHONE: _____

CELL PHONE: _____

EMAIL ADDRESS _____

PARENTS/GUARDIANS NAMES:

EMERGENCY CONTACT:

NAME: _____

PHONE: _____

INDICATE SESSION YOU WISH TO ATTEND:

YOUTH DEVELOPMENT – GIRLS _____
(grades 6-8)

HIGH-SCHOOL ELITE – GIRLS _____
(grades 9-12)

YOUTH DEVELOPMENT – BOYS _____
(grades 6-8)

HIGH-SCHOOL ELITE – BOYS _____
(grades 9-12)

ADULT JERSEY SIZE: _____

ADULT SHORTS SIZE: _____

Athletes will be contacted by email with
confirmation of registration.

MAKE REGISTRATION CHEQUES FOR **\$225**
PAYABLE TO: **Camosun College Basketball**

Complete and Return Form with Payment to:

Brett Westcott, Chargers Coach

#441-40 Gorge Road West

Victoria, B. C., V9A-1L8