



**Thiel College and HoopEd present**



# UP ONE

## GIRLS BASKETBALL WORKOUTS

***HoopEd, the year round basketball camp company, has teamed up with Thiel College to bring to you UP ONE BASKETBALL WORKOUTS***

The *UP ONE* Basketball Workouts are designed to provide an intense individual skills workout for any basketball player aspiring to get *UP ONE* on the level of her opponent. Specific emphasis will be on offensive and defensive footwork, passing, moving without the ball, shooting, scoring, and ball handling. The goal of *SESSION I* will be to simulate an intense basketball environment and teaching skills comparable to a high level college practice. *SESSION II* will be for the younger, developing player looking to add to their fundamentals and establish a strong foundation to their game. Sessions will be directed by HoopEd staff as well as Thiel College coaches and players.

SESSION I      Advanced Workouts  
                         Girls Grades 7 -12  
                         Tuesday Evenings (March 30, April 6, 13, 20, 27)  
                         6 pm – 8 pm

SESSION II      Intermediate Workouts  
                         Girls Grades 4-8  
                         Thursday Evenings (April 1, 8, 15, 22, 29)  
                         3:30 pm – 5:30 pm

**Where:**            **Thiel College Beeghly Gym, 75 College Ave, Greenville, PA 16125**  
**Cost:**             **\$100 paid in full or \$25 a night**

-----  
**Registration Form – UP ONE Basketball Sessions**

Name \_\_\_\_\_ Session \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

**Email Address** \_\_\_\_\_

**Medical Release:** I, the undersigned, individually and as a parent and/or guardian of \_\_\_\_\_, a minor, ask that he/she be admitted to participate in the 2010 Thiel College and HoopEd clinics. In consideration of such admission, I do hereby agree to release, discard, and hold harmless Thiel College and its employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor’s attendance at the camp or in the course of competition and/or activities held in connection with the camp.

Signed (parent or guardian): \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Make checks payable to HoopEd and return with registration to:

David Saur  
Attn: HoopEd clinic  
Thiel College Women’s Basketball Office  
75 College Avenue  
Greenville, PA 16125

*For more info or to register online go to [www.hoopeducation.com/carroll\\_county](http://www.hoopeducation.com/carroll_county) or Contact Coach David Saur at 443-340-3260 or DSaur@Thiel.edu with any questions.*