

## Camp Dates & Fees

### Overnight Camp – University of St. Thomas

Enjoy the complete Tommie Basketball experience! Overnight campers will stay on the UST campus and enjoy first-class facilities where they will have the opportunity to bring their game to a whole new level. Commuter campers will be with the overnight campers each day. **A \$100 deposit is due at registration for both overnight and commuter campers.** Sign up fast as space is limited!

#### SESSION 1 OVERNIGHT CAMP

Girls: Grades 5 – 9  
June 21 – 25

**\$365** (before May 1, 2015)

**\$385** (after May 1, 2015)

St. Thomas



#### COMMUTER CAMP

(8:30 am – 8:00 pm) - **\$290**  
St. Thomas

#### SESSION 2

Team Camp  
Varsity Teams  
June 29-30: \$500  
9:00 am – 4:00 pm  
St. Thomas

#### SESSION 3

Elite Skills Camp  
Grades 10-12  
July 1 – 2: \$125  
9:00 am – 3:00 pm  
St. Thomas

#### SESSION 4

Positional Skills Camp  
Grades 7-9  
July 1 – 2: \$125  
9:00 am – 3:00 pm  
St. Thomas

### Full Day Camps (9:00am – 3:00 pm)

\*Full payment due with registration

#### SESSION 5

Grades 5 – 9  
July 6 – 10: \$215  
Visitation

#### SESSION 6

Grades 5 – 9  
July 13 – 17: \$215  
St. Thomas

#### SESSION 7

Grades 5 - 9  
July 27 – July 31: \$215  
Hill Murray High



## Camp Information

Please visit  
[www.tommiepridebasketballcamps.com](http://www.tommiepridebasketballcamps.com) for more information!

### Overnight Camp:

- Tommie Pride drills and skill, scrimmages, fundamentals of offense and defense, and individual instruction.
- Daily activities and competitions
- Interactive motivational sessions
- Daily fundamental and advanced skill instruction
- Meals from breakfast on Monday to breakfast on Thursday (Lunch and dinner will be included Monday to Wednesday for commuters)
- Safe, secure dorm rooms shared with another camper
- Camp t-shirt
- Camper evaluation and individual certificate of achievement
- Commuter option for campers who do not wish to spend the night
- An amazing, fun-filled basketball week!

### Full Day Camp:

- 5 days of hands-on instructional basketball
- Tommie Pride drills, scrimmages, offense and defense fundamentals, with individual instruction.
- Camp t-shirt
- Interactive motivational sessions
- Daily fundamental skill instruction
- Individual certificate of achievement

### Positional Camp:

- 2 days of specific, highly skilled positional instruction
- Learn all aspects of your position
- Instruction and competition will reinforce spacing and movement in the game
- Camp t-shirt



*Coach Ruth Sinn*  
**Tommie Pride  
Basketball Camps  
2015**



**Camps For Girls Of All Skill  
Levels Grades 5-12**

[www.tommiepridebasketballcamps.com](http://www.tommiepridebasketballcamps.com)

## Camp Philosophy

**The Tommie Pride Basketball Camps** purpose is to provide a positive experience by combining interactive activities geared around basketball both on and off the court. Our goal is to leave the campers with skill development, an increased confidence in both basketball and themselves, and most importantly a memorable experience.

Tommie Pride Camp is run by experienced, positive, caring role models who know the game of basketball and how to teach it to all levels of ability. More importantly, we take great pride in providing a lasting experience for our campers.

### First Day Check-In Information

- Check in begins at **8:30 am** in gymnasium for day camps, and **4:30 pm** in Koch Commons for overnight/commuter camp.
- Turn in the completed health history form
- There will be a short awards ceremony on Friday following the last session. This will be on Thursday for the overnight camp!
- Parents are welcome to attend the awards ceremony and watch any of the basketball activities during the week

### Typical Tommie Day Camp

9:00 am – Theme for the day. Fun Run/Stretch  
9:30 am – Basic Fundamentals / Technique Shooting  
10:00 am – Scrimmage 3v3  
10:45 am – Competition Drill  
11:00 am – 1v1 League  
11:25 am – Circuit  
12:00 pm – Lunch  
12:30 pm – Shot Club / Team Competitions  
1:00 pm – Passing. Scrimmage 3v3  
1:25 pm – Defense  
1:30 pm – Fast Break Concepts  
2-3 pm – 5v5 Scrimmage

**Overnight Camp** includes all meals, housing four nights, guard/post breakdowns, special events, open shooting, and individual instruction. 11 pm is lights out! For a detailed schedule, visit our website.

## Camp Director

**Ruth Sinn** is the University of St. Thomas head women's basketball coach. Western Region D3 coach of the year 2011-2012. She coached the U.S.T. women to a 3<sup>rd</sup> place finish out of 430 teams in the Nation in 2012. Perennial NCAA Tournament Qualifiers. Chosen twice as the M.I.A.C. Coach of the year. No Minnesota Women's College Basketball team at any level has won more games than St. Thomas over the past 5 seasons.

A member of the University of St. Thomas Athletic Hall of Fame: Coach Sinn has over 20 years of experience coaching teams and directing basketball camps in the state of Minnesota.

Prior to coaching at St. Thomas, she was the girls' basketball coach at Apple Valley High School where she accumulated a record of 290-170, three state tournament trips, coached in eight section championships and was a five time Section Coach of the Year.

Coach Sinn is an honored member in the Minnesota State Coaches Association Hall Of Fame for her contributions to Girls Basketball and coaching success in the state of Minnesota. She has been a featured speaker multiple times at the Minnesota State Girls High School Coaches Associations annual meetings

Coach Sinn has helped develop many players into All-Conference, All-State, MN All Star performers as well as players who were voted Ms. Basketball for the state of Minnesota as the top high school player in the state.



To contact Coach Sinn:  
651-962-5931  
rasinn@stthomas.edu

### Get Registered!

- Send in completed registration form and payment (checks payable: Tommie Pride Basketball Camp). Once application and payment are processed, you will receive a confirmation email with additional camp information and health form.
- Spots are limited and are available on a first come-first serve basis, so register early!
- **Cancellation Policy:** A \$25 service charge will be held from all refunds. Refunds are permitted for up to 2 weeks before the camp session starts. Within 2 weeks, only verified medical reasons will be accepted. Once camp starts no refunds will be given.

## Registration

Please print clearly.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Session(s) \_\_\_\_\_ Overnight / Commuter (circle)

Roommate (residential only) \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

(C) \_\_\_\_\_

Email \_\_\_\_\_

Graduation Year \_\_\_\_\_ School \_\_\_\_\_

Height \_\_\_\_\_ Age (start of Camp) \_\_\_\_\_

### Parent Agreement:

In case of an emergency, I hereby give my permission to the physician selected by the camp director to hospitalize, secure treatment for, and take all necessary measures to maintain her safety and health. I will be financially responsible for all medical claims for my child and do not hold the University of St. Thomas or Camp Directors liable for any injuries sustained as a result of their participation in the camp. A recent physical examination (within 2 years) for my child indicated no reason she should not participate at camp.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Please make checks payable to:  
**TOMMIEPRIDE BASKETBALL CAMPS**  
Ruth Sinn  
University of St. Thomas  
ARC 100  
2115 Summit Ave.  
St. Paul, MN 55105

Mail To