

Camp Dates & Fees

Residential & Commuter Camp

University of St. Thomas

Get ready for the total Tommie Basketball experience! Residential campers will 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 all day, but leave at 8 p.m. every night and return the next morning at 8:30 a.m. Camp runs **June 18-22**. Sign up soon as space is limited!

Residential: \$395 (before May 1, 2017)
\$415 (after May 1, 2017)
Commuter: \$315 (before May 1, 2017)
\$330 (After May 1, 2017)

___ **Residential**
Grades 5 – 9
June 18-22

___ **Commuter**
Grades 5 – 9
June 18-22

Full Day Camps (9:00am – 3:00pm)

*Full payment due with registration

___ **SESSION 1**
Grades 5 – 9
June 26 – 30: \$230
McCarthy Gym
St. Thomas

___ **SESSION 2**
Grades 5 – 9
July 10 – 14: \$230
McCarthy Gym
St. Thomas

___ **SESSION 3**
Grades 5-9
July 17 – 21: \$230
Visitation High School

___ **SESSION 4**
Grades 5-9
July 24 - 28 \$230
Hill-Murray High School

Camp Information

Please visit
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, and individual instruction.
- Camp t-shirt
- Interactive motivational sessions
- Daily fundamental skill instruction
- Individual certificate of achievement



Coach Ruth Sinn Tommie Pride Basketball Camps



Camps For Girls Of All Skill
Levels Grades 5-9



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 Anderson Sports Complex 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!
- Day Camp ends at 3:00pm

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. Coach Sinn has over 20 years of experience coaching teams and directing basketball camps in the state of Minnesota.

She has multiple coaching honors locally and nationally from coach of the year to winning conference titles and N.C.A.A. post season appearances. The University of St. Thomas is the winningest College Women's program in the State of Minnesota over the last 7 seasons.

Prior to coaching at St. Thomas, she was a successful high school coach. With over 500 career victories at the high school and collegiate level Coach Sinn brings hands on experience in developing players at all levels of basketball.

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. Having held a variety of board positions within Minnesota basketball groups, she has maintained a connection with basketball throughout all age levels state wide.

Coach Sinn has helped develop many players into All-American, 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) _____ Residential / 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