

## 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 medical forms if they have not yet been received
- There will be a short awards ceremony on Friday following the last session. This will be on Thursday for the overnight camp!
- 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 9 years.

Prior to coaching at St. Thomas, she was a successful high school coach. With over 600 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 many different board positions within Minnesota basketball groups, she has maintained a connection with basketball throughout all age levels statewide.

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  
tommiepridecamp@gmail.com

### Get Registered!

- Go to [www.tommiepridebasketballcamps.com](http://www.tommiepridebasketballcamps.com) for online registration and payment (credit cards accepted online)
- Send in completed registration form and payment (checks payable: Tommie Pride Basketball Camp).
- A confirmation email will be sent upon processing of payment
- Overnight camp does fill up 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