



**S O U T H
L A K E S
S E A H A W K S**

Former campers include:

Jasmine Dixon (UNC- Greensboro)

Kim Franklin (Univ. of Pennsylvania)

Shelita Burks (Lehigh University)

Christine Cole (Univ. of Delaware)

Courtney Hall (George Mason Univ.)

Samantha Sybert (Virginia Tech)

Jai Cole (UNC-Greensboro)

Kia Cole (St. Johns Univ/ JMU)

Shelley Harrison (Smith College)

South Lakes Girls Basketball Camp is very proud of its former campers. Many of our athletes have graduated from South Lakes and gone on to play collegiate basketball.

(Divisions I, II and III).



South Lakes Girls Basketball
South Lakes High School
Attention: Girls Basketball
11400 South Lakes Drive
Reston, Virginia 20191

**South Lakes Girls
Basketball Camp**

**July 6-10, and
July 13-17, 2009**

(at South Lakes High School)

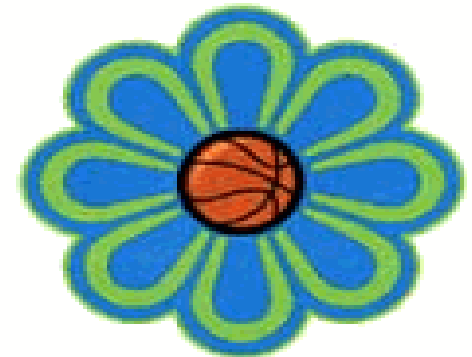
Register on-line!

www.seahawkboosters.com

For Girls Only

Ages 7-16

All Skill Levels



South Lakes High School
Attention: Girls Basketball
11400 South Lakes Drive
Reston, Virginia 20191

Phone: 703-715-4500
Fax: 703-715-4688
Email: cdoubleus51@yahoo.com

P A S S I O N . . . P U R P O S E . . . P R I D E .

South Lakes Girls Basketball Camp



Summer 2009 will be the 16th year that South Lakes has run a basketball camp for girls.

Our camp is an informative week full of basketball fundamentals, teaching and building of

self confidence,

individual skills, and team play.

We welcome players of all skill levels.

All players will receive individualized instruction.



DAILY SCHEDULE

- 9:00-9:15 Warm-up/Stretch
- 9:15-10:00 Stations (Fundamental Skill Breakdown)
- 10:00-11:00 5-on-5 Games
- 11:00-11:30 Lunch
- 11:30-12:15 Staff Demonstrations/Speakers
- 12:15-12:45 Free throws/ Group competitions
- 12:45-1:45 5-on-5 Games
- 1:45-2:00 Closing

- Each camper will receive a free camp T-shirt.
- There will be participatory awards given on the last day of camp.
- Championship teams will be awarded a trophy.
- Daily giveaways!

COACH CHRISTY WINTERS SCOTT

This is Coach Scott's fourth year as the Seahawks Camp Director. She has just completed her fourth season as the South Lakes Girls' Varsity Basketball Coach. This past season, the team won the Liberty District Regular Season Title, with an overall record of 19-4. Coach Scott has 15 years experience as a NCAA Division I player, (Maryland-Hall of fame inductee, 2006), and coach (George Mason, Maryland and Georgetown). Coach Scott is a long-time resident of Reston and resides there with her husband and three young children. She is a graduate of Hunters Woods Elementary, Langston Hughes Intermediate, and South Lakes High School, (Hall of Fame inductee, 2006). She was a member of the undefeated, 29-0, Virginia State Championship team for the Seahawks in 1986. She is currently an NBA analyst for the Washington Wizards as well as a women's college basketball analyst, and serves as the color analyst for the Washington Mystics on Comcast Sports Net.

STAFF

The camp will be conducted by members of the South Lakes Coaching Staff. Additional instruction and support will be provided by current and former South Lakes student-athletes.

Application Form 2009

__Session One: July 6-10, 2009 __Session Two: July 13-17, 2009

Cost Per Camper/Per Session

- 1 Camper- \$105.00
- 2 Campers- \$195.00 (in the same family)
- 3 Campers- \$285.00 (in the same family)

Method of Payment

- Check: # _____
- Cash: _____
- Total Amount Due: \$ _____

Make checks payable to: **South Lakes High School Booster Club**

Camper's Name _____ Age _____ Grade in fall _____

Address _____ State _____ Zip Code _____

Adult T-Shirt Size S M L XL



Medical Consent

I hereby state that my child is in good health, and has my permission to participate in all activities. In addition, I authorize the Lady Seahawks Camp Staff to act for me in securing medical treatment for my child in the event of injury or sickness. A registration requires that a parent/guardian sign below to agree that in case of an accident involving my child while attending the Lady Seahawks Basketball Camp, they release the Camp, School, Sponsors, Counselors and Director from any and all liability.

Parental /Guardian Signature _____

Date _____

Cell Phone _____

Email _____

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