

Application

Please send in this form with your check,
made out to CGPS to:

Camper's Name: _____

Home Address: _____

T-Shirt Size (Circle One): **S M L XL**

Emergency Contacts:

Name 1: _____

Phone: _____

Name 2: _____

Phone: _____

Does your daughter have any medical issues I should know about? If yes, please attach an explanation of what to do in the event of a problem
YES _____ NO _____

I waive and release both Columbia Grammar and Preparatory School and Lady Lions Basketball Camp and its staff from any and all liabilities from injury and illness as a result of my child's participation. I hereby give permission for emergency medical treatment in the event that I cannot be reached.

Signature of Parent/Guardian:

Date: _____

Detach Here

Location

Columbia Prep School
4 West 93rd Street
New York, NY 10025

Time

Monday – Thursday
June 12 – 15
3:30 pm – 8:00 pm

Grades 7-11

Cost: \$625

Players are expected to bring proper basketball attire and to provide their own dinner.

Any players who do not attend Columbia Prep must submit a physical examination form.



Presenting the 2023

**Lady Lions
Basketball Camp**

June 12-15

Head Coach: Andy Chappell
Call 617 519 9505 or
Email achappell@cgps.org



Director

Andy Chappell is in his eighteenth year as head coach of the girls' program at Columbia Prep.

Program

The Lady Lions Basketball Camp is for players who are looking to improve their offensive skills and decision-making abilities.

Each participant will be conditioned to become a better player through drills that put them in game situations and prepare them to be successful team members. Emphasis will be placed on learning how to read defenders and react with confidence and composure.

Fundamentals will also be stressed, especially in the realm of player control and finishing at the rim.

Players will have ample opportunity for competition in both one-on-one and team settings to allow them to apply the skills they are learning to game settings.

Goal

Our goal is to instill a passion for playing the game of basketball with intensity in all of the campers and to improve both their skills and understanding of the game in the process.

Other Benefits

The camp will include a free camp T-shirt for every player.

In addition, the players will be given a strength-training program that will begin during the week of the camp. They will be given all the information necessary to continue to progress with the program after the camp is over. The players will improve their strength, quickness and agility. The program will feature jump-training which is key, not only to add explosiveness to their game but also in the prevention of ACL injuries, which are very common in female athletes.

Staff

The camp will be staffed by members of the Columbia Prep girls' basketball staff, in addition to other experienced basketball coaches.



Please fill out the application on the reverse side, detach, and return to Coach Chappell.



Questions? Reach Andy Chappell at

617 519 9505

or

achappell@cgps.org