



## Lady Braves Basketball

### 7<sup>th</sup> & 8<sup>th</sup> Grade Spring & Summer

*This document contains information for girls who are interested in playing basketball at Indian Creek High School. If your questions are not answered in this document, don't hesitate to contact Coach Burkman via email at*

*[dburkman@ladybraves.org](mailto:dburkman@ladybraves.org) to get your questions answered. It is important to note that many of the items outlined below speak about grade levels. We will focus on the grade a player will be in next fall for the 2010 school year for our summer program. Only girls in grades 7<sup>th</sup> (current 6<sup>th</sup> grade) and above are included in our structured summer program.*

### **Overview of Lady Braves Off-Season Basketball**

Spring Skills and Drills & Coaching Clinic	Thursday, April 8, 2010	Indian Creek High School
Summer Program Begins	Tuesday, May 25, 2010	Indian Creek High School
Bellarmine Team Camp	Friday, June 18-20, 2010	Bellarmine University, Louisville
Junior Lady Mac Tournament	June 25-27, 2010	TBA
Summer Youth Camp	June 28 thru July 2	Indian Creek HS & MS

### **Spring Skills and Drills & Coaching Clinic**

#### **Overview**

The Spring Skills and Drills & Coaching Clinic is a 6 week session designed for kids in grades 3<sup>rd</sup> thru 8<sup>th</sup>, and coaches that coach within the Lady Braves youth program. This includes coaches in the Indy Girls Hoops and the recreational league. Coach attendance is free and appreciated.

We will spend one day a week for six weeks working the girls out in a variety of basketball drills that enhance skills and fundamentals we want to develop in the Lady Braves Basketball Program. Each session will last from 1 ½ - 2 hours and will be conducted in a practice like setting.

The sessions are led by the High School and Middle School coaches. This also provides our youth coaches an opportunity to come, watch and learn new drills, and points of emphasis. We will teach age appropriate drills for proper skill development that fits into the overall basketball philosophy of the Lady Brave Program.

During the late spring it is very common for parents to take their children to various training academies for basketball training. With the inclusion of this Spring Session that will not be necessary. Every Coach and Player that attends this Camp/Clinic will get a lot out of it.

First Day (Session #1)	Thursday, April 8, 2010	Indian Creek High School
Last Day (Session #6)	Thursday, May 13, 2010	Indian Creek High School

**Cost:**

Cost for the 6 week Skills and Drills & Coaching Clinic is \$30 for players and free for coaches.

## **Spring and Summer Basketball Program**

### **Summer Program**

**Overview**

The Summer Program is designed around two distinct grade levels. All those kids that will be entering high school next season will be one group and the kids in incoming grades of 7<sup>th</sup> and 8<sup>th</sup> make up the other group.

Generally, the Summer Program will end at the end of June with the beginning of IHSAA moratorium week. Each group and session will receive detailed schedules regarding their exact events, practices, and any other activities planned.

**Summer – Grades 7<sup>th</sup> & 8<sup>th</sup>**

Depending on our numbers we may have one or combine our grades to have one team that competes in the Summer Junior Lady Mac league. The league plays games on Mondays in the month of June.

Practices will be on Tuesdays and Thursday beginning May 25<sup>th</sup> and ending June 24<sup>th</sup>.

Pending approval of gym time and other necessary items the schedule for those participating in our summer program is below.

**Team Camp**

I am currently planning a trip this summer to Bellarmine University in Louisville, Kentucky. We are hoping to take a middle school team with us on this trip. We understand financial and time constraints are on everyone. However, it is the Program goal to have a Varsity, JV, and Middle School team make this trip and compete at this team camp.

The team camp is structured in a manner that adult supervision is provided at all times by either one of the Indian Creek Coaches and/or members of the Bellarmine University staff. Players will stay in the college dormitories and food is provided with their payment to participate in the team camp. When we

get closer to this date we will get a better feel as to whether or not we will be taking a middle school team or not. This information is provided for planning purposes only at this point. Only coaches and players attend these camps as it provides good bonding time for the team and coaches.

First Day of Practice	Tuesday, May 25, 2010	Indian Creek Middle School
First Lady Mac Game	Monday, May 31, 2010	TBA
Bellarmine Team Camp	Friday, June 18-20, 2010	Bellarmine University, Louisville
Junior Lady Mac Tournament	June 25-27, 2010	TBA

**Cost:**

Cost for the Summer Program for the 7<sup>th</sup> & 8<sup>th</sup> graders will be \$75. This will cover the Lady Mac League, Lady Mac Summer Shootout, and uniforms. Please note that once the uniform fee is paid players will never have to pay another uniform fee. For example, if a player participates this fall in Indy Girls Hoops and then next Summer again, your cost will not include the uniform fee. If a player has already paid their uniform fee like many of the incoming 7<sup>th</sup> graders, the cost will be \$50.

If a middle school team camp transpires, the cost will be approximately \$105 per camper. This will cover meals & lodging, T-Shirt, accidental insurance for the camp, and transportation to and from Bellarmine.

**Summer Youth Camp**

**Overview**

The Summer Youth Camp is basically what has been traditionally the summer youth camp. This year the summer youth camp will be four (5) days long in the evening and will be held at the High School and Middle School. Each night the camp will last anywhere from 2 to 2 ½ hours long.

Much like the Spring Skills and Drills Session we will cover various fundamental that are fitting for the Lady Braves Basketball philosophy. The camp will be broken into skill appropriate groups as well. We will have some fun competition built into the camp as well.

The camp will be directed by the High School and Middle School coaches and assisted by various members off the High School team. Campers will receive T-Shirts and awards based on their performance and attitudes.

**Cost:**

Cost of the Summer Youth Camp will be \$30 per camper with a discount for families with multiple siblings.