

2010 POST PLAYER CAMP

SITE AND DATES:

- Briar Cliff University, Newman Flanagan Center (June 1, 8, 15, 22, 29)

SESSIONS:

- Session I: 8:00 to 9:00 a.m. Grades 9-12
- Session II: 9:00 to 10:00 a.m. Grades 5-8



DIRECTOR:

- Nic Nelson, Assistant Men's Basketball Coach, Briar Cliff University
 - Coach Nelson has been an assistant coach at Briar Cliff for three years. During these years Briar Cliff has won 59 games and qualified for the NAIA National Tournament in 2009. Before coming to Briar Cliff, Coach Nelson was an assistant college coach for three years and a varsity basketball boys basketball coach for two years. Coach Nelson's high school coaching record was 39-10.

What is Post Player Camp?

- One hour per week of in-depth instruction in all post player fundamentals
 - Focus on proper footwork
 - Focus on post player-specific movement (screen and roll, etc.)
 - Focus on low post moves
 - Focus on the mechanics of shooting

How does Post Player Camp work?

- Students meet once a week for five weeks with a complete focus on perfecting post play
- Complete breakdown of footwork, movement, post moves, and shooting
- Students will be given a weekly workout

What do I bring?

- A basketball, proper workout gear, and a willingness to work hard!

Who can attend?

- Boys and girls entering grades 5-12

Limited Enrollment—both sessions were full last summer!

Cost: \$70 TOTAL FEE FOR ALL SESSIONS

REGISTRATION

NAME _____ PHONE () _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ Shirt Size (Adult): S M L XL XXL

GRADE NEXT FALL _____ SCHOOL _____

SESSION 1 _____ SESSION 2 _____

In consideration of the Post Player Camp accepting this application, I, _____
(parent or legal guardian) being the parent or legal guardian of the child registering as the
applicant on behalf of myself, the applicant, our heirs, executors, administrators and assigns
release the Post Player Camp and Briar Cliff University, their respective servants, agents or
employee from any claims, demands, damages, actions or causes of action arising out of or in
consequence of any loss, injury or damages to the applicant, myself or property incurred while
the applicant is at or participating in activities of the Post Player Camp notwithstanding any such
loss, injury or damage may have arisen by reason of negligence of the Post Player Camp, its
servants, agents or employees.

Without limiting the generality of the foregoing, I further release any recourse, which I may now
or hereafter have resulting from any decisions of the Post Player Camp staff.

I authorize by my signature below that the Post Player Camp and Briar Cliff University and their
respective servants, agents or employees are permitted to seek and obtain any necessary medical
attention for the applicant in the case of any accident or injury, which occurs during participation
in the activities or programs of the Post Player Camp

Parent or Legal guardian of Applicant. This is a release of all liability.

RETURN TO:

Coach Nic Nelson
Briar Cliff University
3303 Rebecca Street
Sioux City, IA 51104-2100

Any questions, contact Coach Nic Nelson at 712-279-1761 or nic.nelson@briarcliff.edu

Make checks payable to Nic Nelson