Coed Wheelchair Basketball Camp 2023 is almost here! Be sure to review this information as you prepare for your arrival.

Check-In Information			
Date:	Tuesday, June 27, 2023		
Time:	2 pm – 4 pm		
Location:	Ma'iingan Hall		
Calculate your travel time at:			

Check-Out Information			
Date:	Saturday, July 1, 2023		
Time:	9 am – 11 am		
Location:	Ma'iingan Hall		
Traffic Impacts: LIS 12 Reconstruction			

https://www.uww.edu/campus-info/map-and-directions	https://projects.511wi.gov/us12/map/	
Important Phone Numbers		
Camps Office	(262) 472-3165	
M-F, 7:45am-4:30pm		
Emergency Residence Hall	(262) 472-4255	
M-F, 7am-10pm; Sat & Sun Noon-10pm		
Camp Director	(608) 338 - 9930	
Emergency Phone		
Campus Police	(262) 472-4660	
Non-Emergency		

Resident Campers

Resident Campers and Resident Attendants will be housed in Ma'iingan Hall. Camp staff will be available 24 hours a day, including in the residence hall. A 10:1 camper to camp staff ratio is mandatory and maintained throughout the day.

Room assignment request are not guaranteed and will be shared when campers arrive at the dorms. Due to the volume of campers, available space and camp specifics, each request is considered but cannot be guaranteed.

Commuter Campers

Commuter campers should participate in camp check-in on the date/time included above. It's recommended to arrive towards the end of the check-in window, as camp move in is not required. While commuter campers will not receive a room key at check-in, they will receive dining access and meet with athletic trainers.

The registration fee for commuters covers campus lunch and dinner, breakfast is not provided.

Commuter campers should be dropped off at 8:30am and picked up each day at 9pm, specific drop-off and pick-up at Ma'iingan Hall

Parking

Please feel free to park the lot nearest the Residence Hall (see included map). Campus police will not be issuing tickets during camp pick-up and drop-off times. If you plan to participate in camp presentations, shows or visit camp outside of the pick-up/drop-off windows, please purchase a day pass at https://www.aimsparking.com/ and follow the steps below.

Choose "Purchase Event Permit", Select "CAMPS" as the event type, Choose the "Event", Enter **CES2023** as the Voucher Code, add your vehicle (You will need to add 1 vehicle, but can add a 2nd one), submit and enter your email address for a receipt showing you purchased a permit and a permit number will be assigned.

Resident campers with their own vehicle will need to follow the steps above to obtain their parking pass.

Mailing Address

University of Wisconsin Whitewater, 800 W. Main Street Roseman 2005, Whitewater, WI 53190. If you are sending mail for your camper, please include the camp name and first and last name of your camper.

Money

Campers are not required to bring any money to camp. The University Bookstore has mementos and souvenirs that campers can purchase during store hours. Camp staff is not responsible for lost or stolen property.

Refund Policy

All summer camp events require a minimum of a \$100 non-refundable deposit.

In the event of a cancellation, Continuing Education Services should be notified no later than 21 days before the start of the event to receive a refund, less the deposit. Most cancellation requests received less than 21 days from the start of camp will receive a refund minus 50% late cancellation fee. See summer camp event website for specific policy.

Cancellations due to medical reasons will receive a full refund, less the deposit, if the cancellation is requested and medical documentation is provided **prior** to the start of event. Valid medical cancellations must include a signed letter from a licensed physician to qualify.

NO REFUNDS will be given for withdrawal due to early departures, disciplinary reasons or no show after the camp has started.

All cancellation requests must be submitted to <u>cesevents@uww.edu</u>; provide registrant's name, camp title and medical documentation, if applicable. Refunds will be returned to name and address of payer.

We reserve the right to cancel any event for any reason; in such case, all fees paid will be refunded or contact **cesevents@uww.edu** for alternate arrangements.

Registration Transfer Policy

The registration reservation is a purchase that cannot be transferred from one person to another person after the reservation is made. In the event you need to cancel (due to change of plans, injury, etc.) the registration cannot be passed to a teammate, family member, etc.



Camper Safety

Medications:

All participants <u>must</u> complete the <u>health/field trip form</u> prior to arrival.

Due to state regulations, we are required to collect all reported medications used by minors. Medications will be collected by our athletic trainers at event check-in and returned at check-out. Please remember to properly label and pack minors' medication. All medication, including vitamins, supplements and over the counter medication, should be in their original containers. If using an EPI pen or inhaler, we recommend bringing two to event - one to keep on the person and another with the athletic trainers. If only one is available, it will be kept with the minor unless otherwise requested. If medications are not picked up at check out, medications will be mailed to the address provided in at registration.

Authorized Pick-Up:

To ensure camper safety, camp staff will request any individual picking up a camper to present a state issued photo identification. All individuals will need to be listed on the camper's registration or communicated prior to pick-up by calling/emailing the Camp Director or Continuing Education.

Health Service:

Parents will be called for advice and recommendations if the problem does not require immediate medical attention. Should your child require medical attention, the camp health supervisor will assess appropriate measures to take. UW-Whitewater camps have the full cooperation of Fort Memorial Hospital and emergency room personnel. For participants taking medication, please complete the health form prior to arrival. When possible, the Athletic Trainers and health staff will contact parent(s)/guardian(s) before seeking treatment.

You will be required to provide health information in the registration. Athletic Trainers and health staff will refer to the registration whenever medical treatment is necessary; this is the only guide a health care provider will have in case of an emergency.

Injuries during Camp:

Should an injury occur the event director will seek medical attention from UW-Whitewater Athletic Trainers or call 911 in a medical emergency.

- 1. After the registrant is being cared for the event director will report to the Youth Compliance Coordinator details on the injury. The event director will distribute the <u>Injury Claim Form</u> to the injured participant and their family. See "Filing Accident Claim" tab for more details on how to file a claim.
- 2. The Youth Compliance Coordinator will notify UW-Whitewater Risk Management of the incident/injury.
- 3. Injury claim form is submitted to Gallagher by the parent; Gallagher then submits injury claim form to HSR (Claims Company for accident policy).
- 4. HSR will contact UW-Whitewater Risk Manager to authorize the incident via phone or email.
- 5. Upon confirmation of a covered claim, HSR will add the injury to their claims system so that corresponding medical bills will be eligible for coverage.

Camper Safety continued

Dining/Dietary Services:

All campers will be served lunch and dinner. Only resident campers will be served breakfast. Any special dietary needs and questions can be accommodated/answered there by Rachel Omdoll, Campus Dietician, at omdollr@uww.edu or 262-472-1357.

Inclement Weather:

In the event of inclement weather, Camp Directors will move campers to identified safe spaces on campus. Campus police and Continuing Education support each camp in communicating potential storms and developing a plan to ensure participant safety.

Excessive Heat:

Participants are advised to bring fans, as many of the residence halls are not air conditioned. Note: The gymnasiums are also not air-conditioned. Greenhill Center of the Arts, Moraine Bookstore, Upham Hall, University Center and dining halls are air-conditioned. During periods of heat, directors will provide a cool area for participants and will take all the necessary precautions to avoid heat fatigue. This may include cancelling awards ceremonies in the gymnasium

+ / la alca+
it/Jacket
ampoo
ste/Toothbrush
Bag/Blanket Sheets, Blankets, Pillow etc.

Message from the Camp Director

Dear Campers,

Hopefully you all have had a great year so far! We are excited for another year of wheelchair basketball camp here at Whitewater. We cannot wait until all of you arrive on campus! This will be another year of fun learning wheelchair basketball fundamentals and skills. Our staff is ready to bring the energy to help all of you learn and develop your wheelchair basketball game. We hope you are excited as well! Go Warhawks!!!

- Jake Shafer

Head Coach UW-W Women's WCBB

Email: Shaferjm05@uww.edu

Phone: 262-472-3189

2023 JUNIOR WARHAWK WHEELCHAIR BASKETBALL CAMP

Tuesday, June 27th

** Airport shuttles – pickups

(Messmer in charge of transportation)

1:00pm Staff Meeting Ma'iingan Lobby

1:00 – 2:00 PM Staff Check-In/Meeting Ma'iingan Lobby

2:00 – 4:00 PM Camper arrival & Check-In Ma'iingan Lobby

2:00 – 4:30 PM Open Gym – See attached Fieldhouse

Chair fitting Equipment Check

4:30 – 7:00 PM Dinner Served from 4:30-6:00 Esker Dining Hall

(first camp meal)

6:45 PM STAFF MEETING FIELDHOUSE

7:00 – 7:15 PM Open Gym/Staff intros Fieldhouse

7:15 – 8:45 PM Team Scrimmages

Three – 15-20 Minute Scrimmages

	Ct. 1	Ct. 2	Ct. 3
Exhibition 1	Nuggets/Warriors	Bucks/Liberty	Supersonics/Tropics
Exhibition 2	Nuggets/Liberty	Bucks/Tropics	Supersonics/Warriors
Exhibition 3	Liberty/Supersonics	Warriors/Tropics	Bucks/Nuggets

**At this time, we'll attempt to balance the teams as much as possible. Keep an eye on each squad for power and/or weakness (Remember, the kids are here to have a good time)

9:00 PM All Camp meeting Fieldhouse

9:10 PM Head Coaches meet with AJ/Decide Groups for kids

DORM DUTY: Liberty and Tropics

• Messmer/Barney/Humps in charge of Breakfast, Lunch Break, Dinner Break and Dorm Duty

Staff working lunch break: Paulie, Meg, Christian, Hannah, JB, Shafer, Cam, Glatchak, Sydney, Jordy, Rose, Abraham

Staff working dinner break: Bingo, Josie, Ben K, Amber, Dan, Dylan, Connor, Toi, Emily, Romie, Crow, Drew, Benny G

Wednesday, June 28th

7:00 – 8:00 AM Wakeup/Cleanup

7:30 – 8:30 AM Breakfast Esker

9:00 AM

Staff Meeting in Fieldhouse

9:00 – 9:15 AM Open Gym Fieldhouse

9:15 – 9:30 AM CAMP PICTURE before warm-ups

Finalize Groups (Camp teams and Skill groups)

- Team meetings

9:30 – 9:45 AM Warm-up in groups (Fieldhouse, Volleyball) - shark

9:45 – 10:00 AM Stretch in groups – Pick new leaders

*** Crow and Jordy Leads Fieldhouse

*** Paulie and Shafer leads Volleyball

10:00 – 10:15 AM Passing

:20

Call out names (passing, receiving) *Caterpillar

Give a target Pass so the receiver can dribble, shoot, pass Hook, Baseball, Chest, two-hand overhead) *Four Corner passing
*Machine gun passing

*Long catch (baseball)
*Partner Passing (Rotate)

*Post entry passing

10:15 - 10:35 AM

Stationary Ball Handling Drills

:20

Fieldhouse: Follow the leader, Partner challenge

Ball taps, slaps

Regular dribble, hi dribble, low dribble, rocker, crossover,

Around the back, around the head, figure 8

Throw from front, catch behind, then back (claps)

Eyes closed dribbling

Dominant, Non-dominant

<u>Volleyball:</u> Ball taps, slaps, eyes closed, Regular dribble, hi dribble, low dribble, rocker,

crossover,

Around the back, around the head, figure 8, Throw from front, catch behind, then back (claps)

2 Balls, 3 balls,

10:35 – 10:50 AM

Movement with ball handling

.15

Fieldhouse: Progress through skills quickly to allow group t do more of the skills

Controlled dribble (introduce speed) *Down & Backs

Bounce stop (speed) *Down & Backs (Bounce stops)

Bounce spin *Relay races
Change of direction *Short Sprints

Down and backs *Ball pickup, bounce stop

Relay races

*Dribbling knockout – make area smaller as players get out, those out must dribble

until there is one winner. Winner gets prize (Play 2-3 games depending on time)

<u>Volleyball:</u> Do not progress as quickly, make sure they are gaining the understanding and skills of each activity; may not get through all skills.

Controlled dribble (introduce speed) *Down & Backs

Bounce stop (speed) *Down & Backs (Bounce stops)

Bounce spin *Relay races Change of direction *Short Sprints

Down and backs *Ball pickup, bounce stop Relay races *Dribbling knockout **10:50 – 11:10 AM Shot techniques**

:15

Mechanics (BEEF-emphasis on chair control and balance, and volume)

45 degrees, stationary banks

*Around the world

*2-line shooting, lay-ups right, left and center

*Stop and pop off the pass

<u>Fieldhouse:</u> Start group with 2 minute lay-ups rt/lt sides and center (alternate scoop shot then overhead shot). Progress to 2-line shooting from baseline and then around 7 spots, have passes come from coach who will swing ball to spot up shooter.

<u>Volleyball:</u> Start group with 2 minute lay-ups rt/lt sides and center. Progress to 2-line shooting from 45 degree stationary banks. Can also shoot from middle spot. Pass can come from coach or players. Can progress to around the world.

11:10 - 11:30 AM

Defense Fundamentals

1 on 1 Shadow 2 on 2 Shadow 1 on 1 protect 2 on 2 protect

Vertical lane lines

11:30 – 2:00 PM Lunch Break (meal served 11:30 – 1:00)

Tuesday - All afternoon will be in their groups (Roseman/Fieldhouse combine)

2:00 – 2:10 PM Warm-up – in groups :10

2:10 – 2:20 PM Stretch :10

*** Paulie and Shafer Leads Fieldhouse
*** Crow and Jordy leads Volleyball

2:20 – 2:35 PM Offensive 2-man game

Read the defense

Screener protects shooter Correct spacing with screener Line-up with screener and hoop

2:35 - 2:50 PM

Picking mechanics

:15

:15

Emphasize spacing necessary to create picking angles

Banana cut to defender

Pick the defender

-furthest from the basket

-with their back to you

Position yourself between defender and the basket, ready to roll

Hi-Lo/Lo-Hi/Cross/Reverse

Offensive picking (2 on 2, 3 on 3)

Offensive faking (occupy the defense)

2:50 – 3:10 PM

:20

Hi, Lo, Split

Seals

Set up by the dive (Hi or Low)

Sequential seals (identify the action)

^{***}Progress groups as needed – pay attention to what we get done and what we have yet to cover

** Let's teach the younger/weaker players how to use their heads and beat people with their chairs.

3:10 – 3:30 PM Team Planning Session/Practice – One team at each hoop

* Each team plans their own session as they see fit (shooting, passing, offense, defense)

*Set plays, last second shots, strategies, roles, etc

Work on offensive attacking.

Use a coach to help with a post for the ball.

-2 on 2 1/4 court

-3 on 3 1/4 court

- Can utilize all skills taught in earlier sessions.

3:30 – 4:30 PM Exhibition Game (See Game Schedule on last page)

5:00 – 7:00 PM Dinner Break (Meal Served 4:30-5:30)

Wednesday night

7:00 - 7:10 PM	Warm Up Jordy Scheidecker-Center Out	:10
7:10 - 7:20 PM	Stretch – Jordy Scheidecker	:10

7:20 – 8:00PM Basketball Factory – These are ways to become better ballers! (**Separate by their numbers 1-7**)

5:00 minute stations (Introduce as options to improve)

1. Christmas Trees/180 Christmas Trees/180 D&Bs (Shafer, Connor, Benny G, Meg)

:20

2. Right/Left handed Layups/Bounce Stop (Jordy, Glatchak, Ben K, Dan)

3. Dribbling 1 ball while passing – 2 balls (Paulie, Drew, Lizzy, Emily)

4. Stationary ball handling (Dylan, Josie, JB)

5. Lane lines (Reps of 3, then rest) (Bingo, Hannah, Sydney)

6. Backward/Forward partner pulls (Crow, Cam, Romie, LeToi)

7. Dribbling Knock-out (Rose, Christian, Amber, Humps)

8:00 – 9:00 PM Game 1 (see game Schedule)

MAKE SURE WE BUILD AS WE TEACH. LET'S NOT FORGET TO REINFORCE PRIOR LESSONS WHILE WE ADD NEW SKILLS.

DORM DUTY: Bucks and Warriors

Thursday, June 29th

7:00 – 8:00 AM Wakeup/Cleanup

7:30 – 8:30 AM Breakfast Esker

9:00 AM Staff Meeting in Fieldhouse

9:00 – 9:15 AM Open Gym Fieldhouse

Morning groups divide

*** Barney Leads Fieldhouse

*** AJ leads Volleyball

9:15 – 9:30 AM Warm up – Line Tag – In Groups :15

9:30 – 9:40 AM Stretch – In Groups :10

(Challenge groups to take the drills to the next level of difficulty)

10:00 – 10:20 AM Moving Ball Handling Drills :20

Sprint dribble Ball pickups

Dominant, non-dominant

Dribbling knockout

Suicides Shark w/ball

10:20 – 10:40 AM Passing

:20

Four corners passing (modified for more advanced kids)

Partner passing: hook, chest, baseball- rt/lt, work up to 2-ball passing skills

Machine gun passing (3 on 1)

Caterpillar (pull back spin out, 1/4 turn, crossovers)

10:40 – 11:30 AM

Full Court Drills

:30

3, 4, 5-man weave

3-on-2, 2-on-1 **Point out how the previous skills/fundamentals apply now.

11-man drill (keep it on task and controlled)

Continuous 4 on 4, or 5 on 5

Volleyball: 11-man drill, 5-man weave to 3 on 2, 5 on 4, plus 1, 3/4/5 man weaves

Fieldhouse: 3/4/5 man weaves, 5-man weave to 3 on 2, 5 on 4, plus 1, and 11 man if time

Box out Outlet areas

Cross up the floor (emphasize getting wide)

11:30 - 2:00 PM

Lunch Break (meals served 11:30-1:00)

Thursday afternoon

2:00 - 2:10 PM

Warm-up in your groups Shadow drills: Crow lead

Court 1 - 1s and 2s

Court 2 - 3s and 4s

Court 3 - 5s, 6s, and 7s

Defensive position :10

Communication, wheel position *One-on-one shadow Ball side, help side *Two-on-two shadow

2:10 - 2:20 PM

Stretch – Crow lead

*** AJ Leads Fieldhouse

*** Barney leads Volleyball

2:20 – 2:45 PM

Defense – Defending the pick/screen

:25

Switch

Go under/Go over

** Emphasize communicating the pick

**Bump the picker to help your teammate get it!

*2 on 2 shell no ball (stay tight, flat, bend but don't break)

*2 on 2 enter ball

*Vertical lane lines (stay tight, protect each other's back,

*yo-yo drills (shoot it, turn in, back in), goal is to contest the shooter and deny the shoot

2:45-3:05 PM

Defensive team fundamentals – Tea Cup

:25

Key points to emphasize:

Rub off

*Shell drills – full court

Stay together/bring teammates with you

Check your shoulders

T-Cup – Pick up high (teach the slide from the inside)

Communication Identify threats Stop the Ball

Leave the least threat if necessary

*play the chair, ready to leave

Stav flat with our team mates

Bend but don't break

Protect your teammates back so you don't get split Tea Cup Progression – increase distance to cover

3:05 - 3:30 PM Dealers Choice (3v3 cut throat, reteach an area your group is struggling with, get creative)

3:30 – 4:30 PM Game 2 (See Game Schedule)

4:30 – 7:00 PM -Dinner Break (meals served 4:30-6:00)

Thursday night 7:00 – 7:10 PM

7:00 - 7:10 PM Warm-up – Barney :10

Partner tag (by speed)

7:10 – 7:20 PM Stretch – Barney :10

7:20 – 8:00 PM Basketball Factory – 7 different stations (Kids rotate; coaches stay)

5:00 Minute Stations (separate by numbers)

1. U-Turns – Power U-Turns (Rose, Shafer, Benny G, Connor)

2. Box/Square lay-ups (Christian, Cam, Lizzy)

3. Passing – Machine gun (Ben K, Jeromie, Glatchak)

4. ball pickups/lay-ups (Bingo, Josie, Meg, Dan)

5. Partner – Catch and Shoot – sprint to half court (Hannah, Le'Toi, Paulie, Jordy)

6. Caterpillar (Amber, Humps, Crow, Sydney)

7. 4 corner passing (Abraham, Dylan, JB, Emily)

8:00 – 9:00 PM Game 3 (See Game Schedule)

Coaches and staff be active and energetic to provide the kids with the same energy and enthusiasm.

:15

DORM DUTY: Supersonics and Nuggets

Friday, June 30th

9:15 - 9:30 AM

No Group separation this morning!!

7:00 – 8:00 AM Wakeup/Cleanup

7:30 – 8:30 AM Breakfast

9:00 AM Staff Meeting in Fieldhouse

9:00 – 9:15 AM Open Gym :15

Warm up in your own teams
2-line layups

9:30 – 10:30 AM Game 4 (See Game Schedule)

10:30 – 11:30 AM Camp Competitions

Lightning

Right Hand lay-up

Left Hand lay-up

11:30–2:00 PM Lunch Break (lunch served 11:30-1:00)

Friday afternoon

2:00 – 2:10 PM	Warm-up — AJ Shark	:10
2:10 – 2:20 PM	Stretch – AJ	
2:20 – 3:00 PM	Game 5 (see game Schedule)	
3:00 – 3:45 PM	Tourney Game 1 (see game Schedule)	
3:45 – 4:30 PM	Tourney Game 2 (see game Schedule)	
4:40 – 8:00 PM	Dinner Break (dinner served 4:30 – 6:00)	

Friday night – LAST NIGHT!!

8:00 – 9:30 PM Activities at the UC (No Basketball)

DORM DUTY

Tuesday: Liberty and Tropics Wednesday: Bucks and Warriors Thursday: Supersonics and Nuggets This is a skeleton of what we will teach. I would like each of you to contribute to the meat of this itinerary. I would encourage all of you to be creative with drills, warm-ups, workouts, any activities that you have used or you think will help to teach these kids the fundamentals as we have them listed. You each bring an aspect of this game that is unique.

YOU WILL MAKE OR BREAK THE CAMP FOR EACH AND EVERY ONE OF THESE CAMPERS!!!

DURING WARMUP:

EITHER PARTICIPATE OR SPREAD OUT AND HELP

DURING STRETCH

EITHER PARTICIPATE OR SPREAD OUT AND HELP MAKE SURE CAMPERS ARE STRETCHING PROPERLY

DURING DRILLING

YOU'RE ALL HERE FOR YOUR KNOWLEDGE, USE IT. GET IN AND GET YOUR HANDS DIRTY, YOU'LL BE SURPRISED AT HOW BIG A DIFFERENCE YOUR ENERGY WILL MAKE FOR THE ENTIRE CAMP.

COME READY TO BE CREATIVE AND TEACH!

BE ON TIME!

2023 Junior Warhawk Wheelchair Basketball Camp Game Schedule

	Court 1	Court 2	Court 3
Weds 3:30	nuggets vs. warriors	bucks vs. supersonics	liberty vs. Tropics
Weds 8:00	warriors vs. tropics	nuggets vs. bucks	Liberty vs supersonics
Thurs 3:30	bucks vs. Tropics	warriors vs. Liberty	nuggets vs supersonics
Thurs 8:00	Nuggets vs. Liberty	bucks vs warriors	supersonics vs tropics
Fri 9:30	bucks vs. liberty	Nuggets vs. Tropics	warriors vs. Supersonics
Fri 2:20	nuggets vs. warriors	bucks vs. supersonics	liberty vs. Tropics
Fri 3:30	Seed 1 vs. Seed 2	Seed 3 vs. Seed 4	Seed 5 vs. Seed 6

<u>Team</u>	Win	Loss	<u>Tie</u>
Nuggets			
Warriors			
Bucks			
Liberty			
Supersonics			
Tropics			