

CAMP FEATURES

- basketball for each camper
- Camp T-shirt for each camper
- Week long competitions for trophies in several events
- Mr./Ms Hustle trophy for each age group
- Daily instruction of skills and fundamentals
- Training techniques for improving strength, agility, leaping, and quickness
- 3on3, 5on5 tourneys
- Daily Motivational talks
- Individual time before and after camp

CAMP LOCATION

All Camps are at Weatherford High School, 2121 Bethel Rd., Weatherford, Texas. We will be using all three gyms to be able to maximize use of time and teaching. Enter the gyms at the glass doors on the east side of the high school building, between the I-20 access road and the OUTBACK Fieldhouse.

CAMP ELIGIBILITY

All girls entering 1st-6th grade for the morning session, and girls entering 7th-9th grade for the afternoon session. Please contact Coach Shearmire if you have any questions or special request, such as moving a 6th grader to the elite camp. A sixth grader can attend both if they so choose.

CAMP STAFF

This years staff will be made up of the kangaroo high school and middle school staffs, as well as other area coaches, and former players.

ABOUT THE DIRECTOR

Coach Darryn Shearmire brings 29 years of coaching experience to Weatherford. Five years were spent at the NCAA Div II and I level, with the other 24 as head coach at 2 different AAA schools, varsity assistant at Coppell, 13 yrs as head boys' coach at Grapevine HS, and he just completed his fourth season as head coach for the Lady Roos. Coach Shearmire has been involved in Better Basketball's Read and React Clinics for the past four years, as well as attending Ganon Baker's Basketball Trainer's mini-camp. Over his career, Shearmire has directed over 50 summer basketball camps.

About the 2015 Camps

Basketball is a skill sport of "unnatural" habits, and it takes time, patience, and repetition to build them into natural habits. We work to teach those and help build them, and help show the kids how to continue to work on them on their own. Once kids learn to become "their own coach," the sky is the limit!

With our younger players, the focus is on the basic skills and fundamentals, plus competitions to make it fun, as well as teaching them to learn the basics to function as a team and the importance of team over self.

With our older players, we introduce them to our offensive and defensive systems, and advance the skills a few levels and also try to teach them to be their own coach in many of the drills.

PRIVATE LESSONS for summer 2015

R2H training and skills development

-By UIL rules, a HS coach can only coach any of his players or future players one week out of the summer if they will be entering the 7th, 8th, or 9th grade, and none if they are entering the 10th, 11th, or 12th grade.

-However, any student younger than that is ok to receive any lessons or coaching from their local coaches.

-If you are interested, we'd love to help. Small groups work best, from 6-10 kids. 4 is usually the minimum because you want it so they can get reps in with live situations.

Just call Coach Shearmire at 817-480-4363. If you have kids that are older that are attending a WISD school, call and we may have an additional trainer available that is not affiliated with our coaching staff.

Weatherford High School

2015

Lady Roo

Summer Basketball Camps



JUNE 15-18

*Weatherford High
School
For Girls
Entering 1st grade-9th
grade*

APPLICATION FORM

**Remove this form and mail along with fee to:
Darryn Shearmire
113 Redbud Lane
Weatherford, Texas 76086
Make checks payable to:
"Darryn Shearmire"

My daughter wants to enroll in the 2015 WHS Lady Roo Camp. I understand that no one connected with the camp will assume any responsibility for expenses incurred as a result of an accident which happens during camp or on camp grounds.

PLAYER'S NAME _____

ADDRESS _____

CITY _____ ZIP _____

AGE _____ GRADE (2015-2016) _____ M or F

Bday ____/____/____

E-mail address _____

GUARDIAN _____

HOME PH. _____

OTHER PH. _____

SHIRT SIZE YS YM YL S M L XL XXL

GUARDIAN SIGNATURE _____

CIRCLE WHICH CAMP YOU ARE ATTENDING

June 15-18

Intermediate/Advanced Prep Skill Camp

Work on individual ball-handling, dribbling, and shooting drills, individual competitions, and games.

1st-6th grade girls (8:00am-12:00)

"ELITE" Prep & Pro Skill Camp

This camp focuses more on the skills and drills used by the high school teams, teaching both individual and team skills and concepts.

7th-9th girls (1pm-5pm)

CAMP FEE- \$70 (\$10 off for add'l siblings)

Any questions, contact:

Darryn Shearmire 817-480-4363

ELITE PREP AND PRO SKILL CAMP

This camp is specifically designed for the incoming junior high and incoming freshman. We will work on individual skill drills, partner drills, 3o3, 4o4, and 5o5 situations. We will teach kids how to play, not plays. It's all about Read and React. Getting to the next level is not easy. It takes practice and repetition, and practice doesn't make perfect, perfect practice makes permanent.

THE INTERMEDIATE/ADVANCED PREP SKILLS CAMP

This camp is designed for girls entering the 1st-6th grade. We really work the fundamentals, and make it fun with competitions, fun drills, and games, and always a good sense of humor. Work and fun can go hand in hand.

CAMP FEES-

\$70/camper. - (\$10 discount for add'l siblings in the same family)

Ex. (daughter #1=\$70, daughter #2=\$60, daughter #3=\$60)

(\$5 late fee at the door for late registration)

facebook - weatherford lady roos
twitter - @LadyRooHoops

Scholarships available if necessary.

Coach's philosophy of basketball

Basketball is a game of unnatural habits, and the goal is to make them become natural habits. The only way that can happen is through repetition and taking the skill through various phases. One phase is the mechanical phase, where the skill has to be broken down and made into small parts where focus can be put on specific areas. The next is game speed practice, where you work on doing it at regular speed, or work your way up to it still flowing in a smooth motion. Then you can take it to the guided practice where you put defense or obstacles against it, but it is set where it is "dummy" so to speak to start working against pressure. Finally, it's taken to LIVE speed where you have to do it in a live game situation. In the LIVE situation, it becomes a diagnostic where you can see what parts of the skill are good, and what needs to be refocused and refined.

A coach once said skills come in the "RULE OF TWO." You can teach a skill in 2 minutes, and it will take 2 weeks to get good at it, but it will take 2 months before it becomes a natural habit in a game situation where you don't even have to think about it. In today's generation of "INSTANT GRATIFICATION," it has become harder for kids to see that you have to stick with it. It will come. It may take a while, but you have to have faith, be consistent and persistent. If you notice on TV in the NBA now, the number of foreign players has increased 10-fold over the past decade. It's because while we here in America are working on who can dunk the best or "show up" their opponent the best, they are working hard on the fundamentals like their life depended on it, and it shows on TV. Most NON-American players are much better at the fundamental skills and better team players overall. We may have the best athletes, but that is not what the game is about.

One thing we believe as coaches here is that we are going to do it the right way. We are going to push our kids to be the best fundamental players on the court, the mentally toughest on the court, and the best "unified" team on the court. No one ever beat a team 1 on 5. It may look like they did, but someone has to throw the ball in for sure!

Kids have to learn that the role the coach gives them in a game is based on the skills they have. If a kid can't shoot a three, he will definitely be called on to be a screener or post feeder, or guard their best player. Roles of a player can change, but they, by themselves must earn it.

And finally, one thing we always agree on as coaches is this, "PLAYERS ARE MADE IN THE OFF-SEASON." If you wait until the season starts to begin working, you are going to be behind. BE DIFFERENT!! SET SOME GOALS! GET A BALL AND WORK ON YOUR SKILLS DAILY! Just grabbing a ball and going to a gym is like driving a car to Ely, Minnesota without a map. You are lost! Have a plan, and go get it!!

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