



# 2018 Fourth Annual Girls Basketball Camp at Trenton Catholic Academy

175 Leonard Avenue • Trenton, NJ 08610

## GIRLS ENTERING GRADES 4-12

**COST: \$230 \*\*GIRLS ONLY\*\***

There is a \$20 late fee after June 1, 2018.

### ONLINE REGISTRATION

[www.MichelleCampbellHoops.com](http://www.MichelleCampbellHoops.com)

#### ALL CAMPERS MUST SUBMIT

- Copy of a doctor signed physical exam after June 29, 2017. Team physicals are accepted.
- Copy of Immunization Records.

Submit documents to:

**Fax: 609-208-3428**

**Email: [MichelleCampbellHoops@gmail.com](mailto:MichelleCampbellHoops@gmail.com)**

**Mail: Michelle Campbell Basketball Camp  
• P.O. Box 9467 • Trenton, N.J. 08650**

#### ITINERARY

- 8:00 AM: Supervision for Early Drop-offs
- 9:00 AM: Camp Meeting
- 9:15 AM: Stretching
- 9:30 AM: Footwork
- 9:45 AM: Stations
- 10:30 AM: Full Camp Drill
- 11:00 AM: Games
- 12:00 PM: Lunch
- 12:45 PM: Lecture
- 1:00 PM: Competition Drills
- 1:30 PM: Games
- 3:00 PM: Departure

**WHAT TO BRING:** Campers can purchase pizza and gatorade at camp or bring a non-perishable lunch and water bottle with name on it.

**WHAT TO WEAR:** T-Shirt (Given at Camp), Gym Shorts, Socks, Sneakers.

**For more information please text or call 609-474-6647  
or email [info@MichelleCampbellHoops.com](mailto:info@MichelleCampbellHoops.com)  
or visit the website [www.MichelleCampbellHoops.com](http://www.MichelleCampbellHoops.com)**

Campers are under the direct supervision and leadership of Michelle Campbell aka Melisa Can, current professional basketball player in Europe for Ormanspor.

Her twelve-year professional basketball career includes playing in five countries. She also played for the WNBA Chicago Sky and at Rutgers University.

#### HOW YOU WILL IMPROVE BY COMING TO CAMP

##### POSITION WORK

- Penetrating to the basket and to make a pass
- How to run your team as a point guard
- Post Work (Dominate the Paint)

##### HIGH LEVEL COMPETITION

- Scrimmages and time/ situation score scenarios

##### BREAKDOWN OF SKILL WORK

- Ball Handling
- Shooting Form
- Rebounding
- Footwork
- Finishing Skills

##### TACTICAL (Classroom and on court teaching of the game)

- Spacing
- Breakdown Defense
- Attacking
- Create your Shot

##### CONFIDENCE TRAINING

- Mental Discipline
- Focus
- Confidence





### Career History

Ormanspor (Turkey 2017 - Current)  
 Girne (Turkey 2017)  
 Adana ASKI (Turkey 2014 - 2016)  
 Istanbul Universitesi BGD (Turkey 2013-2014)  
 Chicago Sky (WNBA 2013)  
 Tarsus Belediyesi (Turkey 2012-2013)  
 Galatasaray Medical Park (Turkey 2010-2012)  
 Ceyhan Belediye (Turkey 2007-2010)  
 Cesis (Turkey 2007)  
 Torun (Poland 2007)  
 Raanana Herzeliya (Israel 2006-2007)  
 Shinsegae Coolcats (Korea 2006)  
 Rutgers University (Big East 2002-2006)

### Professional Basketball Accomplishments (2006-Current)

- WNBA Chicago Sky (2013)
- WNBA Regular Season Champs (2013)
- Two Time Euroleague Final Eight (2010-2011 & 2011-2012)
- Eurocup Final Four (2014)
- Turkish League Leading Scorer (2009-2010)
- Turkish League Leading Rebounder (2008-2009)
- Turkish All-Star (2009-2010)
- Two Time Turkish Cup Champion (2010-2011 & 2011-2012)
- Two Time Turkish Regular Season Champ (2010-2011 & 2011-2012)
- Euroleague Top Offensive Rebounder (2012-2013)
- All-Turkish League Team (2009-2010)
- Euroleague Player of the Week (2013-2014)
- Turkish League Player of the Week (2014)

### Rutgers Basketball Accomplishments (2002-2006)

- Captain of Nationally Ranked Team
- 1000 Point Scorer
- Member of Elite 8 (2005) and Sweet 16 Teams (2006)
- Big East Most Improved Player (2005)
- 3<sup>rd</sup> Team All-Big East (2005)
- 2<sup>nd</sup> Team All-Metropolitan (2005)
- Big East Regular Season Champions (2005)
- Big East All-Academic Team (3.4 GPA)
- Paradise Jam MVP (2004)

### Notre Dame High School Accomplishments (1998-2002)

- Gatorade Player of the Year
- Parade All-American
- Women's Basketball Coaches Association All-American
- Student All-American
- McDonalds All-American
- Blue Chip Top 3 in the Nation
- 1<sup>st</sup> Team All-State
- New Jersey Player of the Month
- Colonial Valley Conference Player of the Year (3 Times)
- 1,741 Points Scored (All-Time Leader)
- Notre Dame Hall of Fame

