



## 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

#### **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
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 <a href="mailto:info@MichelleCampbellHoops.com">info@MichelleCampbellHoops.com</a> or visit the website <a href="https://www.MichelleCampbellHoops.com">www.MichelleCampbellHoops.com</a>

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

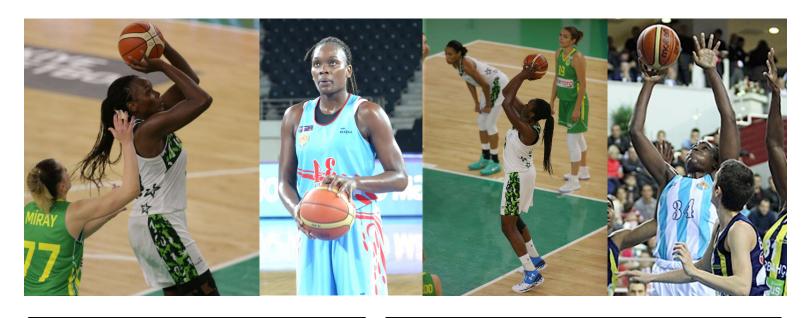
### **CONFIDENCE TRAINING**

- 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
- -1st 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