



Blessed Sacramento School presents a

SHOT DOCTOR SHOOTING CAMP

When: 9:00 AM – 4:00 PM | July 9-12, 2019

Where: Blessed Sacramento School | 1003 East Victory Drive

For Whom: Rising 6th-8th Grade Boys and Girls

Cost: \$160 [Please make checks payable to the Blessed Sacramento Booster Club
ATTN: Shot Doctor Camp]

For more information contact: Todd Hagin: todd.hagin@gmail.com
or Coach Bob Topp (National Director): bobtopp.sd@gmail.com

Notice: Camp is limited to 36 players. Priority will be given in order of registration.
Credit card payments cannot be accepted.

THIS CAMP WILL TEACH YOU HOW TO ...

- Shoot more accurately
- Be more consistent
- Practice more efficiently
- Warm up correctly
- Increase your range
- Shoot a jump shot
- Improve your release time
- Shoot off the pass
- Shoot off the dribble
- Develop a softer touch
- Get open for your shot
- Improve footwork
- "See the rim"
- Better align your shot
- Get out of a slump
- Develop proper arch
- Chart your own shots

ABOUT SHOT DOCTOR

SHOT DOCTOR was founded in 1981 in Denver, Colorado, by several coaches intent on combining the habit-changing skills utilized in mental cybernetics training with the constant need for improved shooting among young players. The result was a program that not only provides players everything they need to know to become significantly better, but also establishes a formula for self-improvement that can be applied to all areas of life. This camp experience builds confidence, provides the tools and creates the environment necessary for the surge to excellence.

SHOT DOCTOR has trained more than 21,000 young players in more than 900 local camps across the U.S.

If you have any questions or comments, email bobtopp.sd@gmail.com.

ABOUT THE DIRECTOR

Coach Bob Topp has been a Shot Doctor since 1997. He is a dedicated, enthusiastic, motivating and knowledgeable coach, committed to helping athletes become the best player they can be. The "Shot Doctor" will be working along with Coach Todd to teach BSS athletes a sound and proven method for improving their shooting and many other offensive skills.

PROGRAM INSTRUCTION INCLUDES ...

- Introduction to the "successful six"
- The "daily dozen" practice drills
- Individual video review of each camper
- Range testing
- Personal attention
- Solving the free throw "mystery"
- Competition in different contests
- Learning to become a "money shooter" off the backboard
- Individual offensive moves instruction
- 1-on-1, 2-on-2 and 3-on-3 competition
- Pre- and post-camp range testing
- "Mastering the mind game"

BSS'S SHOT DOCTOR SHOOTING CAMP

CAMP STAFF

The camp will be directed by Shot Doctor National Director Bob Topp and will include additional local staff, including Coach Todd. A camper/staff ratio of approximately 10-1 will be maintained to insure safety and individualized attention.

DAILY SCHEDULE

The host Camp Director decides who may attend, as well as the daily schedule of the camp. Each day will be slightly different in content but each will be characterized by a combination of video and written analysis, lectures, drills, contests, individual instruction and competition. There will be a one-hour break for lunch near noon each day.

Lunch is NOT provided, so please bring a bagged lunch.

STEPS TO REGISTER

- Complete the application on this form.
- Make check payable to Blessed Sacrament Booster Club.
- Send the application and the payment to the school to the attention of Shot Doctor to the address shown on this form.
- Be sure to keep a record of the dates and times of camp and the name and phone number of the Camp Director.

"The camp was a very positive and well planned. Our kids received personal attention in all phases of their shot. The best thing about camp was the complete breakdown of the shot."

— Coach Tony Weinandt, David City, NE

"Shot Doctor camp is a great camp for everyone of all ages. You learn the correct way to shoot. Don't be afraid to come because you can't shoot. Believe me ... you'll learn!"

— April Miller, Camper, Kaufman, Texas

"The camp was a wonderful experience and my shooting improved more than 40 percent! The varsity coach really noticed, and now I'm getting a lot more playing time in games. Thanks, Shot Doctor!"

— Camper, Milton High School, Alpharetta, Georgia

"Your Shot Doctor was excellent. He did just a super job. We felt it was an excellent experience for our kids and they learned so much. He made every kid feel special."

— Coach Mike Carlquist, Goldendale, Washington

"Thank you for sending (your Shot Doctor) to us. His love for the game was obvious. His ability to teach and explain was clearly observed."

— Paul Schildwachter, St. John Lutheran Church and School, Ocala, Florida

"This is an excellent way to strengthen a beginning program."

— Coach Dick Hill, Mackenow, Illinois

CAMPER APPLICATION FOR: Blessed Sacrament School

Enclosed Please Find: [] Check # _____ [] Cash []

Name _____

E-mail _____

Home Address _____

City _____ State _____ Zip _____ [] Boy [] Girl

ParentName _____

Home Phone _____ Work Phone _____

School: **Blessed Sacrament School** _____

Birthdate _____ Age _____ Grade _____ Height _____

I hereby authorize the Program Director and all members of the Shot Doctor Camp staff to act on my behalf in any emergency that requires immediate medical attention. I also certify that the above is covered by a comprehensive medical insurance plan or is self-insured. I hereby release the camp staff, Shot Doctor Basketball, the Facility and any employee of Blessed Sacrament of any and all liability for illness or injury incurred by the above named participant while at camp or while in transit to or from camp.

Parent or Guardian Signature _____ Date _____