



## **2023 Girls Basketball Camp**

### **5th Grade-High School**

**Dates: May 31, June 1, June 2**

**Camp Hours: 9-11:30am and 12:30-3pm**

The camp will focus on basketball fundamentals. There will be games, competitions, and skill building activities with an emphasis on activities that athletes can use for independent skill building. This is an all day camp. We will take a lunch break from 11:30am-12:30pm. We will provide lunch each day.

The cost is **\$25 payable the first day of camp**. Checks should be made out to Heartland Lutheran High School. **To register for camp, email Brad Bills ([bradbills@charter.net](mailto:bradbills@charter.net)) with student name, grade level, and t-shirt size.** Please sign the attached waiver and bring it to the first day of camp.

We are again doing the shot challenge. In the months of June and July, high schoolers' goal is 4000 shots made and 5-8th graders' goal is 2000 shots made. We will have open gyms throughout the summer. Everyone is welcome and encouraged to come.

We look forward to seeing you at camp!

Brad Bills (308) 380-7093



**Heartland Lutheran Girls Athletics  
Summer Activities 2023**

**Parent/Student Physical Activity Waiver Form**

This waiver applies to all physical activities in conjunction with Girls Athletics, including but not limited to Camp, Summer League, Conditioning, Open Gym, and other activities sponsored by the high school through the summer.

The sports and activities sponsored by Heartland Lutheran can involve physical contact and other potential risks. Because of the conditions inherent to sports and some of the activities, participating in these may pose the risk of injury.

In an effort to make the sports and activities as safe as possible, including the equipment and facilities, the coaches and leaders have a basic knowledge of safety and will impart this to the participants in order to try to ensure the safest and most enjoyable setting. It is vital that participants follow the instructions, training rules, and policies implemented to decrease the possibility of serious injury.

I have read the information above concerning the risks of playing sports and other physical activity stated above. I understand and assume all risks associated with participating in the different physical activities and/or sports at Heartland Lutheran, in addition to the use of any equipment or facilities connected with these activities. I waive and release any and all rights and claims for injuries or damages that my daughter may sustain or suffer in connection with these activities and release Heartland Lutheran High School and its representatives from liability for such injuries or damages.

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

Name (printed): \_\_\_\_\_

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Name and Relation to Student: \_\_\_\_\_

\_\_\_\_\_  
Phone #: \_\_\_\_\_