

## REGISTRATION

Camp cost is \$100. Registration and payment due by June 8th. Make checks payable to: The Building II.

Complete and return this form and mail along with payment to:

Tom Fox, 208 Aldrich Ave, Altoona, PA, 16602

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

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

School: \_\_\_\_\_

Grade (Fall '09): \_\_\_\_\_

T-Shirt Size: S M L XL XXL

I hereby grant permission for my daughter to participate in a camp at the Building II. I agree to release the Building II and any coaches of any responsibility that might accrue presently or in the future from any injury sustained at this camp.

\_\_\_\_\_  
Parent/Guardian Signature and Date



Questions?????

For more information  
contact  
Coach Tom Fox at  
814-943-0109 or  
The Building II at  
814-946-8014

# ULTIMATE BIGMAN

## POSTPLAYER CAMP FOR GIRLS



*The area's premier low-post  
specialization camp.*

**June 15—19, 2009**  
**9:00 AM—12:00 PM**  
**The Building II**  
**1000 Howard Avenue**  
**Altoona, PA 16601**

# ULTIMATE BIGMAN CAMP

## About the Camp

Ultimate Bigman is the region's premier low-post specialization camp. It is open to girls grades 7-12. Ultimate Bigman will develop and improve all facets of the post player's game, including shooting, rebounding, passing, ball handling, post moves and footwork. Special attention is also given to proper stretching and plyometrics.

Players will get the opportunity to work on their skills as well as compete against the area's top post players.

At the conclusion of the camp, each player receives a detailed workout packet for the remaining weeks of summer.

## Typical Schedule

- 9:00-9:15 Warm up, Stretching
- 9:15- 9:30 Focus for the day
- 9:30-10:00 Post move of the day
- 10:00-10:15 Foul shooting
- 10:15-11:00 Guest lecture
- 11:00-11:30 Rebounding drills
- 11:30-12:00 Shooting in the Post
- 12:00 Camp Adjournment

## About the Coaches

Coach Tom Fox is a former All-Ohio selection by *USA Today* and 2 year starter at forward for the Saint Francis University Red Flash. He currently gives individual instruction specializing in post play. He has run camps in United States and Ireland.

Coach Rodger Fair has coached for the past 20 years in both Florida and Pennsylvania. He currently is an assistant coach for the Altoona Area High School Lady Lions.

Coach Chris McNaughton is a former Patriot League Player of the Year from Bucknell University. A native of Germany, Coach McNaughton is currently playing professional basketball in Spain.