

**COBBER BASKETBALL
CAMP REGISTRATION**

Name _____ Age _____

Address _____

Phone _____ T-shirt sz _____

Parents' Name _____

School _____ Gr _____

Level of competition last year (circle):

- Varsity JV 10th 9th B team C team Travel BB
 A. Resident camper (all services) for #3 or #4
 B. Board Plan camper(meals,no room)for #3 or #4
 C. Commuter (no meals or room)for #1, #2, #3, #4

- ____ 1. **June 5-8 (3:30-5:30)**
 Cobber Development Camp (Gr K-3)
 ____ 2. **June 5-8 (6:00-9:00)**
 Cobber Development Camp (DI – Gr 7-9 & DII – Gr 4-6)
 ____ 3. **June 9-11**
 Positions Camp (Gr 5-11)
 ____ 4. **June 12-16**
 Cobber Cage Camp (Gr 5-11)

Roommate request: _____

We (I) hereby request that you accept the application for enrollment of _____ in the 2006 Basketball Camp during the dates set forth in this application, and in consideration of your acceptance of the application, we (I) hereby release Cobber Cage Camp Staff and Concordia College and all their employees and agents from all claims on account of any injuries which may be sustained by our (my) daughter while attending the camp, and any claims which hereafter may be presented by our (my) daughter while attending the camp, and any claim which hereafter may be presented by our (my) daughter as a result of any such injuries. I also certify she is medically fit to participate in this camp.

Parent Signature _____ Date _____

Make checks payable to Cobber Cage Girls' Basketball Camp

*Each camper is responsible for own insurance

*\$100 non-refundable deposit is required

For office use only
 Deposit of \$ _____
 Date rec'd _____
 Check # _____
 Balance _____
 Confirm _____
 Pd in full _____



2005-06
 MIAC Conference
 Tournament
 Champions
 NCAA Tournament
 Participants
 Cobber Cage
 Camp



***** FOR MORE INFORMATION *****

Call: (218) 299-4417

E-mail: rahman@cord.edu

Write: Cobber Cage Basketball
 Camps

Concordia College
 901 South 8th St
 Moorhead, MN 56562



**2006 Camp
sessions**

**Cobber
Development Day-
Camp
June 5-8**

**Cobber Positions
Camp
June 9-11**

**Cobber Cage Camp
June 12-16**

Concordia College
Moorhead, MN
gocobbers.com

Camp Features

- Written player evaluation
- Individual skills contests
- Extensive game play
- Transition game
- Team defensive strategies
- Teambuilding
- Cobber Cage Camp awards
- Camp T-shirts
- Athletic trainer on duty
- Access to swimming pool

Camp Instruction

- Ballhandling, passing, dribbling
- 1 on 1 moves – posts & guards
- Defensive footwork/balance
- Shooting clinic: technique & accuracy, mental focus, effective warm-up, getting open, shot off dribble or pass, body balance, footwork, jumpshooting
- Training Basics
- Team offense and defense
- Campers grouped by age & ability

Typical Camp Day:

Cobber Cage Camp

- 7:30 Breakfast
- 8:30 Opening/warm-up
- 9:00 Individual skillwork
- 9:30 Shooting League
- 10:30 FUNdamentals
- 11:30 Lunch (open gym)
- 1:00 Speakers/Seminars
- 1:30 Fastbreak league
- 2:45 Team Practice
- 4:00 Shooting Clinic
- 5:00 Dinner/Open gym
- 6:00 Video Session
- 6:30 Warm-up/ 1 on 1 tourney
- 7:00 League Games
- 8:30 Teambuilding activities
- 9:00 Open swim/ Open gym
- 10:00 Dorms
- 11:00 Lights out

Development Camps

These will include similar fundamental drills & activities as the Cobber Cage Camp, but condensed into 2 or 3 hour time slots.

Camp Info

- **Cobber Cage Campers & Cobber Position Campers**
Basketball shoes, plenty of gym clothes, water bottle, great attitude and willingness to work hard, pillow, sleeping bag, fan, alarm clock, swimsuit, soap, shampoo, etc., spending money (any “extra” souvenirs).
- **Day campers and/or Commuters...**be sure to have basketball shoes, gym clothes, extra socks and possibly swimsuit.
- **Registration**
Where: Memorial Auditorium
Confirmation: A registration confirmation letter will be sent with details concerning final registration times and camp dates.

• **Camp cost**

Cobber Cage Camps are offered at 3 rates:
A. Resident camper – all services provided

- B. Board plan camper** - lunch & dinner, NO dorm room
- C. Commuter camper** – NO meals or dorm room

Session:	A	B	C
Cobber Cage Camp	\$270	\$230	\$195
Cobber Positions Camp	\$190	\$155	\$120
Cobber Development Day-Camp (Gr 4-9)	----	----	\$80
Cobber Development Day-Camp (Gr K-3)	----	----	\$60

• **Room & Board**

Resident campers live in one of Concordia's campus dormitories with supervision provided by their camp coach. Resident and Board Campers will eat on campus at Concordia dining facilities. Pizzas can be delivered

Camp Philosophy

Cobber Cage Camps are designed to experience outstanding instruction and top-level competition in a positive, supportive environment. Individual improvement is fostered through an emphasis on fundamentals, team play, small-group play and individual competitions



Camp Staff & Director

Excellent college coaches and prominent collegiate players.

Director: Jessica Rahman



Jessica Rahman has completed her 3rd year as head coach of the Concordia College Women's Basketball team and was named MIAC Coach of the Year in 2005. Rahman, formerly Jessica Beachy, was a 4-time All-American for the Cobbers and helped them win the National Championship in 1988. She is the school's all-time leading scorer and 1998 was a Hall of Fame inductee. She was honored with the NCAA Division III Player of the Year in 1988 and the Honda Award as NCAA Division III Female Athlete of the Year. In 2006, Rahman was chosen as a member of the Division III 25th Anniversary team. Over the past 3 seasons the Cobbers finished with a record of 61-19 and winning the 2005-06 MIAC Conference Tournament Championship and earning an NCAA tournament berth for the first time in 10 years – their 15th overall appearance. Concordia Cobbers received honors in the conference including All-Conference players Melanie Hageman & Anne Keeley and Honorable Mention All-Conference Tori Ehlert. Hageman was also named to the All-West Region 2nd team as a sophomore.