Interested in Individual Instruction with Coach O.B.?
Call (316) 650-0076 or email matt.obrien@sckans.edu

Why Individual Instruction
For an athlete to become better, they must dedicate time to doing the little things that will enable them to improve. The extra time spent perfecting the fundamentals of basketball will help any player to increase their versatility and value. My individual training is intended to help you take your game to the next level, and help you achieve your own personal goals. The sessions are designed to identify and address weaknesses and improve strengths in a series of individual workouts.

What do the sessions entail?
The first few sessions will generally be spent evaluating the student’s skill level. Once this evaluation is complete, I will begin to structure the sessions around the student’s current skill level. This will ensure a solid fundamental base on which to build and develop a better player. Ball handling, shooting, moving without the ball, passing and defense are all skills that will be drilled on.

When & where do the sessions take place?
I will normally meet with the student once or twice per week during a time that is agreeable for both parties. Sessions will take place inside Stewart Field House on the campus of Southwestern College. Morning, afternoon, and evening hours are open any day of the week.

How much does it cost?
$45.00 for one 45-minute session.
$30.00 per player for group of two students
$20.00 per player for group of three or more students.

Do I have to pay for sessions in advance?
No. You are only obligated to pay for the sessions you schedule.

Day Camp
Day Camp is designed for basketball players of all abilities. The program is intended to develop each athlete’s ability through drills and competition. The camps will consist of a combination of games and instruction. Coach O’Brien will focus on developing a player’s entire game, to include skill development for every position. Instruction is focused on increasing the understanding of how to play the game to the best of each player’s ability.

High School Boy’s Camp
High School Boy’s Camp is for players who want to be challenged. Coach O’Brien and his staff will drill campers on the fundamentals of the game, as well as team play.

Camp Rules
1. Do what is right.
2. Do the best you can.
3. Treat others the way you would like to be treated.

Southwestern College Basketball Camps

Day Camp
1st-5th Grade Boys and Girls
Tuesday, May 28 - Friday, May 31, 2019
8:30 a.m. - 10 a.m.

6th-8th Grade Boys and Girls
Tuesday, May 28 - Friday, May 31, 2019
10:30 a.m. - Noon

High School Boy’s Camp
Tuesday, May 21 - Thursday, May 23
7 p.m. - 9 p.m.

Hosted at:

STEWART FIELD HOUSE
HOME OF THE 2017-18 KCAC CHAMPIONS
2018-19 KCAC TOURNAMENT CHAMPIONS
BACK-TO-BACK SWEET 16s
Camp Features
- Individual Instruction
- Quality Staff
- Camp T-Shirt for each camper
- Prizes!
- Team Competition
- Foul Shooting Competition
- HOTSHOT Competition
- Individual Awards
- Fundamental/Skill Stations
- Great Fun and New Friends

A Typical Camp Day
Roll Call/Guest Speaker
Camp Stretch
INSTRUCTIONAL STATIONS
- Shooting
- D E F E N S E
- Quickness & Agility
- Ball Handling
- Rebounding
- Passing
- Fast Break
- Post Entry Passing
- Post Moves
- Handling Picks
Individual Competitions
Team Games

A Message from Coach O’Brien
Throughout my career, both as a player and as a coach, I have always believed the game of basketball is one of life’s finest teachers. I’ve learned so much from the game, and I have tried my very best to translate those lessons of both basketball and life to my players.

The 2019 Southwestern Basketball Day Camp staff will blend coaching and teaching to make the week a valuable experience for all of the campers. In addition to the development of their basketball skills, and overall athletic ability, all campers will be given the opportunity to build upon their own personal attitudes toward the game and toward life. They will learn about roles and responsibilities within the contest of ‘TEAM’. They will share in success that comes from desire, determination, dedication and discipline. They will learn how to win...how to deal with losing and...campers will have LOTS OF FUN!

For more information, contact
Matt O’Brien
Head Men’s Basketball Coach
316) 650-0076
matt.obrien@sckans.edu

“Attitude is Everything”

Camp Staff
In addition to the coaching staff of the 2018 Kansas Collegiate Athletic Conference Regular Season Champions, the balance of the camp staff will be comprised of current Southwestern players, led by the 2018 KCAC Coach of the Year and all-time winningest coach at Southwestern. Our entire staff will be committed to making your child’s experience nothing sort of FANTASTIC!

Registration
Check the box for the session(s) you plan to attend
1st-5th Grade Boys & Girls
Tues. May 28 - Fri. May 31 | 8:30a - 10a
6th-8th Grade Boys & Girls
Tues. May 28 - Fri. May 31 | 10:30a - Noon
High School Boys
Tues. May 21 - Thurs. May 23 | 7p - 9p
Camp Fee: $75
Camper’s Name______________________________
Address___________________________________
City_____________ State______ ZIP_____________
School____________________________________
Grade_______ (Sept. 2019) Age__________________
Emergency Phone #___________________________
Parent Email Address___________________________
T-SHIRT SIZE (CIRCLE ONE BELOW)
Youth: S M L XL   Adult: S M L XL XXL
The fee ($75.00) is requested with registration form by May 15.
Registration will be accepted the first day of camp at $85.00.
Make Checks Payable to: Matt O’Brien
Mail To: Matt O’Brien
Southwestern College
100 College St.
Winfield, KS 67156

PARENT AUTHORIZATION
I hereby give my consent to the participation of the registered camper in the program conducted by the Southwestern College Basketball Camp, and I certify that he/she is physically fit to take part in all activities. Further, I authorize the Director(s) to act for me according to their best judgments in any emergency requiring medical attention other than that maintained by the camp, for which services I shall pay.

Parent’s Signature _____________________________
Date ____________________________

Camp Fee: $75
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2017-18 KCAC Regular Season
2018-19 KCAC Tournament
CHAMPIONS

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