



Please the appropriate box

- Commuter
- Dorm Resident

**Pennsylvania Edition
APPLICATION**

Name _____

Address _____

City _____ State _____ Zip _____

Home phone (____) _____ Age (as of 7/31/09) _____

E-mail address _____

Height _____ Weight _____ Date of Birth ____ / ____ / ____

Year of H.S. Graduation _____ School _____

School Address _____

City _____ State _____ Zip _____

How did you hear about the Academy? _____

Please send a Point Guard Brochure to my friend

Name _____

Address _____

City _____ State _____ Zip _____

Enclosed is a _____ deposit* Enclosed is full payment
*Balance due by July 1st

Check or Money Order # _____

Adult T-Shirt Size M-L-XL _____
(Circle One) included in tuition

Adult Short Size M-L-XL _____
(Circle One) \$35 Fee - Please add to deposit check

Roommate Preference _____

Acceptance: After your registration is received, you will be sent a letter of acceptance and additional information.

In Case Of Emergency...

I hereby authorize the staff of Koch's Point Guard Academy to act for me according to their best judgement in any emergency requiring medical attention, and I hereby waive and release the Academy from any and all liability for any injuries or illness incurred while at the Academy. I have no knowledge of any physical impairment that would be affected by the above names attendee's participation in the Academy program, as outlined in the brochure. I also understand the Academy retains the right to use for publicity and advertising purposes, photographs of attendees taken at the Academy.

Parent/Guardian signature _____

Make Check Payable and Mail to:
Bob Koch • 1934 Bleim Road • Sanatoga, PA 19464
Phone: (610) 608-7624

IMPORTANT FACTS

- **DORM RESIDENT TUITION - \$470.00** Includes T-shirt, pre and post tests (written), food, accommodations, instruction, gym use
- **COMMUTER TUITION - \$275.00** Commuter - Entitled to all of the above except meals & lodging.
- **DEPOSIT REQUIRED - \$100** due with registration. Your cancelled check is your receipt. Balance due by July 9, 2009. No refunds or credits given after July 1st.
- **RETURNED CHECKS** - There will be a \$25 charge for any returned check. No personal checks will be accepted at registration.
- **ROOM KEY DEPOSIT - D.U.** policy dictates a \$50.00 deposit as collateral for lost keys. This refundable deposit must be a separate \$50.00 check, which will be returned after check out and key return.
- **LINENS** - Attendee should provide their own linens. However, the D.U. staff does provide a linen service for a nominal fee.
- **A TRAINER** will be present to provide immediate evaluation and treatment of sports injuries related to the Point Guard Academy.
- **DOCTOR'S PHYSICAL** - Must be brought to the Academy. Attendee must provide proof of medical and accidental insurance. The physical can not be more than one year old.
- **ELIGIBILITY** - 7th through 12th grade. Exceptions for Gifted Players.
- **DISCOUNTS** - \$25.00 per player - 2 or more players from the same family.
- **T-SHIRTS** - Free Color V-Neck monogrammed with the Point Guard Logo.
- **DEADLINE** - Application Due By: June 9, 2009.
- **ADDITIONAL APPLICATIONS AND INFORMATION ON OUR WEBSITE** WWW.GIRLSBASKETBALLCAMPS.COM
- **COACHES** - \$400.00 - To attend and participate in all of the activities - meals and lodging included.



**“FOR THE POINT GUARD
WHO LOVES
THE ALL AROUND GAME”**



Sponsored by
Baden Sports Inc.

I SESSION:
AUGUST 9TH TO AUGUST 12TH
2009

ACADEMY LOCATION:
DESALES UNIVERSITY, CENTER VALLEY, PA

COACH BOB KOCH



Coach Bob Koch has coached for 37 years at six different high schools. Perhaps the only coach in Pennsylvania history to have coached at least one league champion at each of those schools. During that tenure (333 wins), his teams have been represented by a first team all league point guard for 23 consecutive seasons. Each of those point guards has been awarded a full basketball scholarship at the Division I or Division II levels.

His personal accolades include 9 coach of the year honors, 2 undefeated seasons, 9 league championships, 60 all league players and 22 scholarship recipients. In 1995, he was runner up Converse National High School Coach of the year and a coach in the 1995 Nike All-American game aired on ESPN 2.

Twice he has been selected to be a judge for the Big East All Tournament Team.

During his coaching tenure, he was the camp director for Blue Star (10 years), and apprenticed under the tutelage of Kathy Rush, Dean Smith, John Calipari, Bobby Knight, Rollie Massimino, Theresa Greutz, and Jim Boeheim. He is the former director of USA junior elite camps and has a private basketball tutoring business of 80 players.

Finally, in 1997 and 2000, Coach Koch presented a clinic on point guard play at the Women's Final Four in Cincinnati and Philadelphia.

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- Baden Heavy Trainer Monogram basketballs will be sold at the academy. Special purchase price of \$45.
- Bob Point Guard Academy navy blue basketball shorts can be purchased at the academy for \$35.

OCTOBER REVIEW

Saturday, October 10
9:30 am - 3:00 pm

Intense Review of Concepts and Drills
for the 2009-10 Season.

Fee and location will be provided upon request. Discounts for players who attend the August Academy.

SOME OF THE POINT GUARD ACADEMY AGENDA INCLUDE:

- Zone offense Principles - 13 Commandments.
- Types of Dribbling.
- Use of shot, Pass Fakes.
- Fastbreak guidelines - 1 on 1, 2 on 1, 3 on 1, 3 on 2, 4 on 3.
- Man offensive Principles.
- Press guidelines - Key - Recognition of outlets, pass vs. dribble, spacing.
- Shooting - Instruction, Techniques and practice drills.
- Passing Drills - Type and location.
- Dribbling Drills - 1-2-3-4 balls, hard to guard series and more.
- Evaluative criteria - assist to turnover ratio, tips and 150 club.
- Recognition of tempo - fast, slow, stall.
- Use of the clock - time outs, dead ball situations.
- Defense - containment, steals, tips, and traps.
- Vision enhancement techniques - drills and instruction.
- Leadership/Motivation - instructions and handouts, quotes.
- Vertical enhancement - drills and instruction.
- Rebounding and Blocking out - Man/zone.
- Posture/Technique of guard play - create new angles, hip height dribble.
- An NBA or college official will explain the rules related to guard play on both sides of the ball.
- Repetitive instruction on the use of cuts and screens



Point Guard Academy air-conditioned classroom with instruction, overhead, handouts, and homework.

THE POINT GUARD ACADEMY ALL AROUND GAME PLAN

- 1) Classroom instruction
- 2) Shooting and Corrective Shooting
- 3) Drills
- 4) Situation Analysis
- 5) Leadership and Motivation Analysis
- 6) Baden Big Ball
- 7) An Active Experience Staff
- 8) Five Contests
- 9) Koch Catcher

SAMPLE SCHEDULE

- 7:00 AM** - Breakfast (required), Roll Call
- 8:15 AM** - Instructional Session - Classroom, collect homework
- 9:15 AM** - Court Work
- 11:30 AM** - Lunch
- 1:00 PM** - Instructional Session - Classroom
- 2:00 PM** - Court Work
- 5:00 PM** - Dinner
- 6:15 PM** - Instructional Session - Classroom
- 7:15 PM** - Court Work
- 9:45 PM** - Shower, relax
- 10:15 PM** - Homework
- 11:00 PM** - Lights Out