

**Alexis (12 yrs. Old) - Future Stars Report Card (7/19/2007)**



P.O. Box 778  
610.825.4610  
FAX: 610.825.4615  
Conshohocken, PA 19428  
www.futurestarscamps.com  
info@futurestarscamps.com

Dear Camper,

Thank you for choosing Future Stars to help you improve your basketball skills. We've enjoyed having you as our guest this week, and we hope that you had a great camp experience and made many new friends!

This Report Card serves as a guide to help you improve throughout the year. **Remember... THERE IS NO OFF-SEASON!** The most important time to improve your game is now. Practice the drills you've learned and return to school as a whole new player.

Future Stars has made a year-round commitment to you and all of our campers. We are available throughout the year if you have questions, suggestions, or need any other information. Please do not hesitate to call our office.

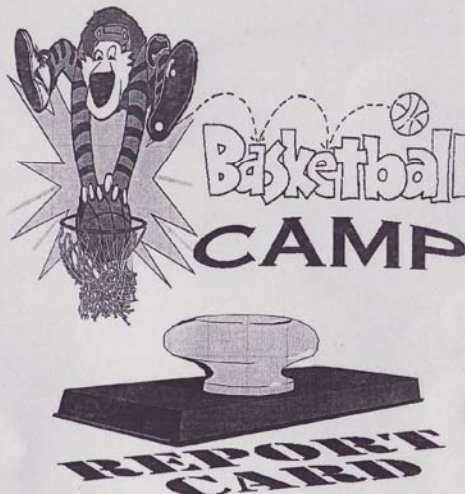
Best of luck this year!

Sincerely,

Cathy Rush

P.S. The movie, "Our Lady of Victory," which chronicles the Immaculata basketball team who won the first ever national championship in 1972 just finished shooting. It is scheduled to be released in March. Don't miss it!!

**Future Stars**



**Future Stars  
Skill Improvement Program**

- ★ Identify your strengths and weaknesses  
You have already done this by getting feed back from your coaches this week
- ★ Check out our website for a great off season workout [www.futurestarscamps.com](http://www.futurestarscamps.com)  
You can find the perfect work out to fit your needs
- ★ Set up a weekly schedule and set aside time to work on your game  
Make sure you set aside time to work on your weaknesses  
Spend some time maintaining your strengths as well  
If you spend at least 30 min a day, you will see improvement
- ★ Look for different drills and skills to work on to make each day interesting
- ★ Watch great players and try to emulate their game  
Watch great players in high school tournaments like the Future Stars Christmas Classic and the Future Stars Shootout at the Shore  
Watch great college players at your local colleges and at tournaments like the Atlantic 10 Championships and Big 5 events
- ★ Find a friend and play as much one on one as you can  
Anytime you play on your own without coaches and plays, you can work on new things and improve your game
- ★ Seek out clinics to help you improve your knowledge of the game  
Future Stars will do a clinic for your school or neighborhood. Just give us a call. 610-825-4610
- ★ Spend some time every week working on your strength and conditioning  
Push-ups, Sit-ups, Pull-ups and Dips are a great way to build strength  
Jump Rope and 1 mile runs (not jogs) are great ways to build conditioning
- ★ Make sure you eat right  
Cut out the junk food.  
Stay off the candy, eat fruits and veggies for snacks  
Eat balanced meals

After the year is up, come back to camp and reassess your game and start over

If you have any questions about the game or you are just looking for advice feel free to call us any time

**REPORT CARD**

NAME: Alexis Pehn DATE: 7/19/07  
RATINGS RANGE: 10 Excellent 9 Very Good 8 Good 7 Needs More Improvement

SHOOTING	RATING	COMMENTS
A. Form	9	Great form!
B. Balance	8	
C. Follow Through	9	Start to realize
D. Shooting Off Dribble	9	How much power to put in to each shot depending on where you are on the court.
E. Spot-Up Shooting	9	
F. Range	9	
ONE-ON-ONE	9	
BALL HANDLING	9	
PASSING	9	
HANDS	9	

DEFENSE	RATING	COMMENTS
A. Stance & Position	9	
B. Individual Defense	9	
C. Team Defense	9	
D. Rebounding & Blocking Out	9	
ATTITUDE	RATING	COMMENTS
A. Desire / Hustle	10	
B. Knowledge Of Game	8	
C. Focus	9	

Comments: It was a pleasure coaching you this week. Your one on one moves were awesome. Continue to improve your game this summer for next season!  
Coach: Shannon Glynn

- Keep an eye on that foot!