

Home of the Lady Pirates



Assistant Camp Director

Chip Carswell is in his 10th season as a Girls' Basketball coach at PEHS and 4-years as the Varsity Assistant. During this time the Lady Pirates have won over 90 games in three years, including a 30-3 record in 2010-11. Coach Carswell comes from a basketball family that includes Boston Celtic coach Doc Rivers and former PE State Champions: Jim Brewer, Ira Carswell and Walt Williams.



Proviso East High School

807 So. 1st Avenue
Maywood, IL 60153
Phone: 708.202.1767
Fax: 708.202.1606
epridgeon@pths209.org

Campers must bring...

- A Pair of Basketball Shoes
- Proper basketball shorts
- Sport drinks if desired. Water fountains available.
- A great attitude!

Register Online or Call Today!
708-202-1697

Proviso East

Lady Pirates Summer Basketball Camp



**Where Champions are made
and leave their mark.**

Directed by
Ezra PridGeon, Jr.
Girl's Head Basketball Coach

Phone: 708.202.1767

Lady Pirates Basketball Camp

June 13-June 16, 2012
For kids entering grades 6-12

CAMP FEATURES

OFFENSIVE FUNDAMENTALS

- Shooting
- Ball-handling
- Individual Skills

DEFENSIVE FUNDAMENTALS

- Proper stance and footwork
- Rebounding
- On ball and help side technique

TEAM FUNDAMENTALS

Players will be assigned to a coached team to help implement the individual skills taught into a team setting.

Times

Guards: 8:00 - 11:30 a.m.
Post Players: 12:30 - 4:00 p.m.

Cost Free

(includes camp T-shirt)



Camp Director

Ezra PridGeon, Jr.

have been the PEHS girls' basketball coach for the past twelve years: 8-years as a varsity assistant and four years as the Head coach. Wins include two Christmas Tournament Titles, three Conference Titles, two IHSA Regional Titles, one Sectional Title, and Elite Eight Super-Sectional Appearance and Ranked 7th in the state of Illinois by the Chicago Sun-Times in 2011. 93 wins 24 losses. Illinois Basketball Coaches Association 2010-11 Coach of the Year Award. This is the first time in the history of the school for the girls program to have reached such notoriety.

Coach P will be assisted by coaching staff, current and former players.

"Our goal is to ensure that every player who attends the Lady Pirates Camp will have the most enjoyable experience possible. The camp is designed so that each individual will leave as a more complete player."



Sample Schedule

- 15 minutes Stretching /warm-ups
- 45 minutes Fundamental stations (ball-handling, shooting, etc.)
- 45 minutes Team strategies
- 5 minutes Break
- 25 minutes Individual contests (Free-throws/hot spots, etc.)
- 25 minutes Group break down contests (3 on 3, 4 on 4 transitions)
- 50 minutes Team contests

Lady Pirates Free Basketball Camp Application (Please Print)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Date of Birth _____ Age _____

Parent or Guardian _____

Emergency Phone (____) _____

My child will attend the Lady Pirates Basketball Camp during: (check one)

_____ **Guards Session I: (8 am – 11:30 am)**

_____ **Post Player Session 2: (12 pm - 4 pm)**

Parent/Guardian Consent

I certify that my child is in good health and may participate in all activities associated with the camp. I acknowledge that I have appropriate medical coverage. In case of emergency, I grant permission for my child to be given treatment at a local hospital.

Parent/Guardian Signature