

## THE FOCUSED 50 PHILOSOPHY

In 2003, Coach Macy founded the Focused 50 and developed it into one of the top instructional camps on the east coast. Now she is offering this top notch instruction for younger players who are anxious to learn the game. She developed the Junior Focused 50 in hopes that players will learn the fundamentals at an early age and begin to develop their game as they join their elementary and middle school teams. The goal is to give players the basic fundamentals and tools of the game so that they will work on their game by using the correct form and footwork. Our belief is that it's never too early to learn the basics!

The staff makes a commitment that each camper will leave their *Focused 50 Experience* with a better understanding of the game and realize the work ethic that it takes to become a great basketball player!



## EXPERIENCE IT YOURSELF. FIND OUT WHAT ALL OF THE TALK IS ABOUT...

"Heather Macy's Focused 50 Basketball Camp is a terrific tool for young ladies of all levels! It is unique and the specialized focus makes this camp one of a kind! This truly is a camp where you will improve!"

**College Coach and Instructor**

"The Focused 50 was so much fun. I left camp feeling like I had worked hard. It was a great experience..."

**Former Camper**

"You push yourself to limits you never thought you could reach. Luckily, this summer I was able to learn a lot, make new friends, and work with some of the best coaches from around the state. If you want to have fun and learn a lot about basketball this is a great camp to go to."

**Former Camper**



## CAMP HIGHLIGHTS

- **Each camper receives a camp gift**
- **Participation certificate**
- **Individual & Team Competitions**
- **Awards Ceremony on Thursday, July 10 at 3 pm**
- **Full Days of Fun & Action-packed drills & competitions**
- **Camp Store that is open daily**

JULY 7-10  
Monday – Thursday  
at  
Francis Marion University

# JUNIOR



Learn the FUNdamentals  
with Coach Macy and the   
FMU Women's Basketball Team

### Camp Founder & Director:

**Heather Macy**

**3334 Lupine Drive**

**Florence, SC 29501**

**CAMP HOTLINE: 336.420.2722**

**Focused50@yahoo.com**

*The Focused 50 is dedicated in loving memory of former camper, Janay Davis. Her hard work and smile will always be remembered.*



## The Focused 50 Practice Plan

We will begin camp each day with a warm-up and stretch as we prepare for a FUN-filled day of basketball. The morning will include individual and group break-down of the FUNdamentals of the game such as pivot and footwork, ball handling drills, proper shooting techniques and defensive work. Each camper will have an opportunity to "show their skills" as they participate in the Focused 50 Fundamental Factory. This is a nine-station breakdown of drills and activities. The winner of this competition will be recognized at the end of the week.

After lunch, there will be additional individual and group breakdowns of the FUNdamentals of the game. There will be team drills each day so that players will learn to work together in a "team" atmosphere.

Each day Coach Macy will break down an aspect of the game such as footwork, shooting, or defense in a mass station setting. College coaches and FMU players will assist in teaching the basic skills of the game.

There will also be guest speakers where players can ask questions about the life of a student-athlete and get to know their hometown FMU women's basketball players. There will also be competitions throughout the week such as one-on-one, two-on-two, three-on-three, free throws, relays and Hot Shot.

**Beginners are Welcome & Encouraged to Attend**

## WHAT TO BRING

- Basketball Shoes and Comfortable Attire
- Positive Attitude & Willingness to Learn
- Cash for the Camp Bank
- Packed Lunch

## WHEN TO ARRIVE

Daily check in will be at 9 am and camp dismisses at 4 pm.

Supervision will be provided for children from 7:30 am until 5:15 pm for working parents.



## COACH MACY & RUN FMU

In only her first season as the head coach at FMU, Heather Macy, has guided the women's basketball team to the Peach Belt Conference Regular Season Championship. The team scored a nation's best 90 points per game and 18.4 steals per game. During the *worst to first season* the team has been ranked #1 in the South Atlantic Region and as high as #18 in the ESPN/WBCA Top 25 Poll. Two players have been selected "Peach Belt Player of the Week" and a player has been named to the All-Academic Team. Under the direction of Peach Belt/WBCA Coach of the Year candidate, Macy has led the charge of bringing back the legendary tradition of FMU Basketball.

## Focused 50 Basketball Application

*Please enroll my daughter in:*

**The Junior Focused 50 Basketball Camp**

\_\_\_\_\_ July 7<sup>th</sup> – 10<sup>th</sup> at the cost of \$140  
\* Lunch NOT included

\_\_\_ Enclosed is the total payment of \$ \_\_\_\_  
\_\_\_ Enclosed is my \$40 reservation deposit

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone number: \_\_\_\_\_

Graduation Year: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_

### Emergency Contact Information

Name of Contact: \_\_\_\_\_

Relation: \_\_\_\_\_

Phone: \_\_\_\_\_

Alternate Phone: \_\_\_\_\_

Make Checks Payable to: **Heather Macy**  
*Due to the limited number of participants*  
All Payments & Deposits are non-refundable