

THE FOCUSED 50 PHILOSOPHY

In 2003, Coach Macy founded the Focused 50 Basketball Camp and has developed it into one of the top instructional camps on the east coast. Every second of this camp is dedicated to skill development. Our belief is that skill development is the foundation for successful teams.

This camp is the perfect fit for players that strive to become better. Multiple phases of the game will be covered, drilled, and repeated. Due to the small number of campers, the camp staff will be available to talk with players about out-of-season practices, weight training, and balancing academics with athletics. Classroom instruction, chalk talks, video sessions, & round table discussions all make the Focused 50 a unique experience for each camper.

The staff makes a commitment that each camper will leave her *Focused 50 Experience* with a better understanding of the game and realize the work ethic that it takes to compete at the highest level.



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

"...One of the most intense and informative camps with which I've ever been involved."

College Coach

"The Focused 50 was so much fun. I left camp feeling like I had worked hard. It was a great experience and one of the best parts was meeting other girls from all over the country."

Former Camper



"The one-on-one instruction from both college coaches and players was great. I learned a lot about basketball as well as techniques to improve my game. Attending camp really helped prepare me for my high school season and my future in basketball."

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



GIRLS 10-18 YEARS OLD
5th-12th GRADE

Introducing
Six Days of Scoring
June 27 – 29
July 11 - 13

Come and Learn from the Best
Division II National
Scoring Champions

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

This ELITE, one of a kind camp runs similar to an early season college practice with college coaches and professional players leading the instruction. The fundamentals of team play and drills will be emphasized and repeated daily. All campers are exposed to video review and chalk talk sessions throughout *The Six Days of Scoring Camp*.

The camp is broken down into six different, yet intermixed days of instruction and scoring drills, plus additional FUNdamental work will be added to complete your game.

Day 1 will FOCUS on "Basic & Advanced Shooting." During the "breakdown," each player will have her shot videotaped and she will have an individual video review with Coach Macy about her form and ways to improve shooting percentage. *All campers receive a video keepsake of their shooting form.*

Day 2 will FOCUS on "Scoring WITH and WITHOUT the Basketball". Players will learn techniques and skills that are needed to be a scoring threat on every possession.

Day 3 will FOCUS on "Guard and Post Play". We will separate into guard and post groups and spend time on specific fundamentals used by each position. Players will have an opportunity to work on post and guard play skills to prepare to play inside-out at the college level.

Day 4 will FOCUS on teaching players four ways to get open and the different applications of footwork. We will continue to work on the skills taught in day 1-3 focusing on the catch and after the catch.

Day 5 will FOCUS on scoring in transition. We will teach the players how to run the floor and push to score at a fast pace with the focus of good form and technique.

Day 6 will FOCUS on putting players in game-like situations and how to score under pressure.

**REGISTER TODAY
TO EXPERIENCE THE FOCUSED 50!**

WHAT TO EXPECT IN 2008

- ◆ 10:1 Camper to Coach ratio
- ◆ State of the art facility, multiple courts, and air conditioning
- ◆ Qualified coaches with college level and NCAA Tournament experience
- ◆ Emphasis on individual skill development
- ◆ Exposure to offensive skills in a small group environment
- ◆ Meet other campers who have goals & aspirations to be the best basketball players they can be
- ◆ Exposure to offensive and defensive techniques and fundamentals currently utilized at the high school and college levels
- ◆ College recruiting information sessions that answers eligibility and college preparation questions
- ◆ Campers will learn how much FUN playing basketball can be when they learn the fundamentals properly



COACH MACY and 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 Focused 50's - Six Days of Scoring:

I would like to stay overnight, meals included on **June 27, 28 & 29** at the cost of \$275
June 27: Registration begins at 9:00AM
June 29: Departure at 8:00PM

I would like to stay overnight, meals included on **July 11, 12 & 13** at the cost of \$275
July 11: Registration begins at 9:00AM
July 13: Departure at 8:00PM

OR

I would like to attend **June 27, Day 1** (\$95)

I would like to attend **June 28, Day 2** (\$95)

I would like to attend **June 29, Day 3** (\$95)

I would like to attend **July 11, Day 4** (\$95)

I would like to attend **July 12, Day 5** (\$95)

I would like to attend **July 13, Day 6** (\$95)

*Each camper brings her own meals at the day camper rate
Camp registration begins at 9:00am and ends at 8:00pm daily*

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- Enclosed is the total payment of \$ _____
 - Enclosed is my \$50 reservation deposit

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Phone number: _____

Graduation Year: _____

Roommate Preference: _____

School: _____

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