



## WHERE INSTRUCTION IS # 1

Thanks for taking time to learn more about the Focused 50 Basketball Camp. The Focused 50 is a unique one of a kind camp that stresses 50 concepts and ideas to elevate yourself to the highest level that you individually are capable of achieving. This camp was designed especially for players who strive to become better. During camp we stress development – player development and personal development. Our hope is that each camper will leave the Focused 50 with a better understanding of the game and realizes the intense work ethic that it takes to compete at the highest level. Unique to the Focused 50 Camp are the round table discussions led by college coaches and players. Some of the relevant topics discussed are conditioning, weight training, college competition, and balancing academics with athletics. This is the ideal camp for players with ambitions of playing basketball at the college level. The Focused 50 will not turn campers into franchise players overnight, but it will give you the tools and concepts to work toward being the best you can be!

### “ What’s being said about the Focused 50?”

"It has been awesome being a part of the Focused 50 staff. Never before have I been a part of a camp so intensely packed with teaching and college information. The energy of the coaching staff creates an amazing atmosphere. I've been involved with several basketball camps, including some that had "big name" sponsors or host but, Coach Macy personally runs the camp and her passion for getting players the inside scoop to becoming a college athlete is what makes the camp so helpful to each individual." - *Stacey Parris, Former Head Coach*

"Focused 50 was a real game changer for me. I learned so many strength training exercises and moves that I didn't even know existed. They have me hooked and I know I'll be going every summer." - *Former Camper*

"The Focused 50 Camp truly helped me build and refine my skills. It also gave me a good insight about striving to become a great player, being a team player, and being a good person overall." - *Former Camper*

### "WHAT'S BEING SAID ABOUT THE FOUNDER AND DIRECTOR, COACH MACY..."

"Once a task you do begin, see it through until the end. Be that task big or small do it well or not at all!" This is one of my favorite quotes and it defines Coach Macy. From the first time I met her, she has always worked hard and had a go-getter attitude. Coach Macy is the kind of person that I always want to be around. She is a true competitor and someone who always brings out the best in everything she touches. Coach Macy and the Focused 50 Basketball Camp provide challenges for players and coaches alike."

- *Kelvin Mills, HS & AAU Coach*

"Coach Macy is one of the most fundamental coaches I have worked with. She thinks the game and has a unique way of relaying concepts and drills to players. No doubt, she's intense and gives 100% in all that she does, but most of all, she's a winner and brings the best out of everyone." - *Karen Barefoot, Assistant Coach*



As the founder and director of the Focused 50 Basketball Camp, I am excited that you are taking time to learn more about this unique camp. The camp was first held in the summer of 2003, but these concepts and ideas

have been evolving for the past eight years. The Focused 50 was created in an attempt to give young female basketball players the opportunity to learn and believe in their potential. The camp introduces skills that are needed to advance your basketball ability and reach a higher level. I am committed to sharing my love and knowledge of the game with every individual that attends the Focused 50 Basketball Camp. I hope to have an opportunity to work with you this summer!

Keep taking it to em.' **Coach Macy**