



## **Rochelle Lady Hub Basketball**

Rochelle Township High School  
1401 Flagg Rd, Rochelle, IL 61068  
Main Office: (815) 562-4161  
Fax: (815) 562-6693



Dear Lady Hub Basketball Players:

Summertime is quickly coming upon us, as well as preparing for the 2023-2024 basketball season. The Lady Hub Summer Basketball program is the cornerstone of our basketball program as it builds the foundation for our upcoming season. The Lady Hub Summer Basketball program is designed to not only improve one's basketball skills, but also one's strength, power, speed, endurance, flexibility, agility, coordination, and quickness which are needed to be the best athlete one can be.

I have attached a tentative summer basketball schedule (leagues/shootouts), including weight room and individual improvement hours/camp. It is extremely important to not only play the game (shootouts/leagues) but to show up for the weight training and individual workouts/camp. Your improvement as a complete basketball player will directly correlate to the amount of playing time you will receive next season, and more importantly, how much success or lack of success our team will have.

The goal of this off-season program (playing the game, weight training (Hub Power Sessions), individual workouts/camp/shooting program – "Stay Hot Shooter" Club) is to give each individual an **opportunity** to improve oneself, to become a successful and complete player, and to be one step closer to being possibly crowned I-8 Champs!

Remember, **our success correlates directly to how much we put into this program.** If we go backwards, it is not one woman's fault – it's everyone's! If we go forward, it is not one woman's achievement- it's everyone's! Our progress is the result of our unity. Working together means winning together!!

Please fill out the summer hoops page and return it with payment to the athletic office or mail to the athletic office by **May 26th** (this ensures practice jerseys are available for 1st league game). If you need a practice jersey, please make sure you mark it on the form as it is important to have for the summer league, summer practices, and season. Any questions, please feel free to call me at 815-222-2253 (cell).

Sincerely,

Coach Bukoski

***Make checks payable to Rochelle Township High School  
Send in Registration and Camp Fee to:  
Rochelle Township High School  
Attention: Athletic Office  
1401 Flagg Road  
Rochelle, Illinois 61068***

## High School Summer Hoops 2023

Name: \_\_\_\_\_ PH#: \_\_\_\_\_

Shirt Size (circle one): AS AM AL XL XXL

\_\_\_\_\_ **Lady Hub Basketball Camp (\$70)** -includes camp shirt and summer league  
June 5th - 8th (6:30 - 8:00 am)  
June 12th-15th (6:30 - 8:00 am)  
June 19th, 20th, 22nd (6:30-8:00 am)  
June 26th, 27th, and 29th (6:30 - 8:00 am)

### **\*\*\*Summer League - Please Mark ALL That You Can Attend**

\_\_\_\_\_ **Plano Summer League - Tuesdays (June 6, 13, 20) and Thursday, June 27)**  
Varsity Only

\_\_\_\_\_ **Byron Summer League - Thursdays (June 8, 15, 22, 29)**  
JV Only

**\*\*\*\*\*Will you need a practice jersey?? If so, the cost is \$25.00.** Remember, practice jerseys are needed for all leagues, shootouts, and the season!!!.

**PRACTICE JERSEY(circle one) YES NO size needed: AS AM AL XL XXL**

**\*\*\*\*HUB POWERS SESSIONS for Girls Basketball is Mondays, Tuesdays, and Thursdays 8:00-9:30 AM in June and July.**

***Complete the following application and waiver and return it with your payment to the R.T.H.S. Athletic Office. Make checks payable to RTHS Girls Basketball.***

\*\*\*\*\*

NAME: \_\_\_\_\_ GRADE (fall 2023) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

**I, the undersigned, hereby waive and release the camp and/or RTHS from any and all liability for injuries incurred while at this camp.**

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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