

Capital Basketball Camp

Damon Goodwin – Director of the Capital Basketball Camp

Damon Goodwin has served as the men's basketball coach and basketball camp director at Capital University since 1994. Through the past decade, he has built upon the Crusaders' proud basketball tradition by winning the 2003, 2007 and 2008 Ohio Athletic Conference Championship; by being named OAC Coach of the Year in 1996, 2007 and 2008; and by earning NCAA Tournament appearances in 1996, 2007 and 2008. His teams have had national exposure since the opening of The Capital Center. Goodwin's teams are known for their strong fundamental play and have become annual OAC Championship contenders.

Prior to coming to Capital, Goodwin spent five years as an assistant basketball coach at Wittenberg University. He coached three All-Americans during his tenure, which included five straight conference championships, a Final Four appearance and a 127-20 record. Spending two years as the varsity coach at Fairborn High School and a season as an assistant coach at the University of Dayton, Goodwin's coaching and basketball camp experience is extensive.

As a player, Goodwin led the University of Dayton to two NCAA Division I Tournament appearances, losing to national champions Georgetown and Villanova in consecutive seasons. He was named an Honorable Mention All-American by *The Sporting News* as a senior in 1986. A first-team All-Ohio player out of St. Mary's Memorial High School, he finished his playing career as an NBA draft pick of the Phoenix Suns.

Goodwin, now preparing for his 24th year as a basketball coach, earned his master's degree from the University of Dayton in 1988.

Camp Philosophy

The Capital Basketball Camp is designed to give full attention to each camper. The camp philosophy assures that as the fundamentals of basketball are taught, each camper receives the individual instruction necessary to become a better player. The camp staff consists of top college and high school coaches from Ohio, as well as current Capital University players and the entire Capital basketball staff.

The Capital Basketball Camp presents each young man opportunities to grow as a player and as a person in an enjoyable and friendly atmosphere, and provides fellowship with others who want to learn more about basketball. Each camper competes and learns with others of the same age and abilities. The reputation of the Capital Basketball Camp is founded on a commitment to make it a rewarding experience for each young man.

Application and Registration

Complete and return the application form on this brochure to enroll in the Capital Basketball Camp. Enrollment is limited to ensure quality individual instruction, so early registration is encouraged. After receiving your application and deposit, a confirmation letter will be sent to you with additional camp information. A nonrefundable deposit of \$100 for each camp session is required with the application. There will be no refunds after the start of camp.

An athletic trainer will be on staff. Participants will not be covered with medical or dental insurance during the camp.

(Capital University is not responsible for any injuries sustained by a participant or camp employee.)

Room and Board

All residents will stay in an air-conditioned residence hall on Capital's campus. All halls are secured and will be monitored 24 hours a day. Breakfast, lunch and dinner will be prepared by Capital University's Food Services and will be served on an all-you-can-eat basis. (A \$20 key deposit will be required at registration for all resident campers.) The air-conditioned Capital Center is the only venue for camp instruction.

Directions to Capital's Campus

From the east on I-70: Exit at Livingston Avenue. Turn right at the light and go four blocks to Francis Avenue and turn left. Francis dead ends into Mound Street. Turn left onto Mound and go one block to Pleasant Ridge Avenue. Turn right onto Pleasant Ridge. The Capital Center is on the northeast corner of Mound and Pleasant Ridge.

From the west on I-70: Exit at the Bexley/Main Street exit. Follow the ramp around onto Alum Creek Drive, which will dead end into Main Street. Turn right on Main Street and go four blocks to Pleasant Ridge Avenue. Turn right on Pleasant Ridge. The Capital Center will be on your left, at the corner of Pleasant Ridge and Mound Street.

For more information about the Capital Basketball Camp

www.capitalcrusaders.net

To print a copy of the camp application, go to the above Web site,
click to **Men's Basketball** • click to **Camp Information**

Fill out the application and return in the mail.

Damon Goodwin, Head Basketball Coach
(614) 236-6913 • dgoodwin@capital.edu

Cort Hamilton, Assistant Coach
(614) 236-6917 • chamilto@capital.edu

Capital Basketball Camp Features

Capital T-shirt **Individual Evaluations**
Camp Basketball **Recreation Center**
Speed and Agility Training

I Fundamentals Day Camp – June 15-18

\$200

Registration – Monday, 8-9 a.m.

Camp – 8:30 a.m.-4:30 p.m. Daily

Check-out – Thursday, 4:30 p.m.

Open to young men entering grades 3-7. Offensive and defensive fundamental basketball skills. Program designed to facilitate improvement and understanding of basketball through individual and small-group sessions. Lunch is provided each day. Individual competition and team contests throughout the session. Recreation Center activities to be held after lunch.

II Offensive/Shooting Camp – June 21-23

Resident \$225 Commuter \$175

Registration – Sunday, Noon - 2 p.m.

Check-out – Tuesday, 5 p.m.

Open to young men entering grades 5-10. Offensive skill development from shooting to footwork to moving without the ball. Concentrated program built around fundamentally solid method to assist campers in becoming scoring threats and better offensive players. Designed specifically to improve a young player's offensive skill development.

III Comprehensive Skills Camp

July 5-8

Resident \$325 Commuter \$250

Registration – Sunday, Noon - 2 p.m.

Check-out – Wednesday, 5 p.m.

Open to young men entering grades 5-10. Total breakdown of each individual's offensive and defensive abilities. Individual and team concepts taught and practiced to prepare for camp league games. Fundamentals stressed throughout the week. Focus on fundamental skill development. Designed for the competitive young player.

Daily Camp Schedule

7:30 a.m. – Breakfast	3:00 p.m. – Individual contests:
8:30 a.m. – Warm-up session	hot shot – free
9:00 a.m. – Instructional stations	throws – 1-1
11:00 a.m. – League games	4:00 p.m. – League games
Noon – Lunch	5:00 p.m. – Dinner
1:30 p.m. – Breakdown teaching:	6:30 p.m. – Offensive concepts
3/3 – shooting – defensive concepts	7:30 p.m. – Games/contests
	9:00 p.m. – Evening relaxation
	11:00 p.m. – Lights out

Capital Basketball Camp Application Form

Name _____ Grade you will enter in fall 2009 _____ business
 Parent's/guardian's name _____ Telephone – home _____ State _____ ZIP _____
 Street _____ City _____ E-mail _____
 School _____ Adult T-shirt size _____
 Roommate preference _____ (Only 2 people assigned per room. Roommate assignments will be accommodated only if both campers request each other.)

I hereby authorize the directors of the Capital Basketball Camp to act on my behalf according to their best judgment in any emergency requiring discipline or medical attention. My son is physically fit to participate in camp activities according to our family physician.

Signature of parent/guardian _____

Please check: I Fundamentals Day Camp _____ June 15-18
 II Offensive/Shooting Camp _____ June 21-23
 III Comprehensive Skills Camp _____ July 5-8

commuter resident
 commuter resident

INTERNAL USE ONLY		
I	II	III
D	_____	_____
B	_____	_____

Application must be accompanied by a nonrefundable deposit of \$100 for each camp session.

Mail this form with a check (made payable to Capital Basketball Camp, Inc.) to:

Capital University • Capital Basketball Camp, Inc. • Damon Goodwin, The Capital Center • 1 College and Main • Columbus, OH 43209-2394



The Capital Center

Camp Facilities

The Capital Center has been the home of Crusader basketball and the Capital Basketball Camp since 2001.

Ohio Athletic Conference 2008 Champions

“Understanding and developing the fundamentals of the game is the most important aspect of the Capital Basketball Camp. We believe players learn by proper instruction and we put our reputation on the success of our camp.”

– Damon Goodwin
Men’s Basketball Coach, Capital University

Damon Goodwin’s Capital Basketball Camp at Capital University



2009

Fundamentals Day Camp

for young men entering grades 3-7
I June 15-18

Offensive/Shooting Camp

for young men entering grades 5-10
II June 21-23

Comprehensive Skills Camp

for young men entering grades 5-10
III July 5-8