

Guthrie Lady Jags Strength & Conditioning + Basketball  
Summer of 2024

May 31st

- JHG Guthrie Shootout

June 1st

- HSG Guthrie Shootout

June 7th & 8th

- JHG & HSG Post Shootout

June 11th, 12th, 13th (Voluntary)

- 7:15am - 8:15am XC, Weights, Agility / Plyometrics
- 8:30am - 9:30am - Basketball Skill Development

June 18th, 19th, 20th (Voluntary)

- 7:15 - 8:15am XC, Weights, Agility / Plyometrics
- 8:30am - 9:30am - Basketball Skill Development

June 25th, 26th, 27th (Voluntary)

- 7:15am - 8:15am XC, Weights, Agility / Plyometrics
- 8:30am - 9:30am - Basketball Skill Development

July 2nd, 3rd, 4th

- NO WORKOUTS

July 9th, 10th, 11th (Voluntary)

- 7:15am - 8:15am XC, Weights, Agility / Plyometrics
- 8:30am - 9:30am - Basketball Skill Development

July 16th, 17th, 18th (Voluntary)

- 7:15am - 8:15am XC, Weights, Agility / Plyometrics
- 8:30am - 9:30am - Basketball Skill Development

July 23rd 24th, 25th (Voluntary)

- 7:15am - 8:15am XC, Weights, Agility / Plyometrics
- 8:30am - 9:30am - Basketball Skill Development

July 30th, 31st, August 1st (Voluntary)

- 7:15am - 8:15am XC, Weights, Agility / Plyometrics
- 8:30am - 9:30am - Basketball Skill Development

August 5th, 6th, 7th, 8th, 9th (Mandatory for 9th - 12th Graders)

- 7:15am - 8:30am XC

August 12th (Mandatory for 9th - 12th Graders)

- 7:15am - 8:30am XC

School starts on August 13th.

- Workouts will start at 6:00am XC (Mandatory for 9th - 12th Graders)



## Basketball Camps

Krista Gerlich Fundamental Camp June 2nd - 5th (Texas Tech)

<https://register.ryzer.com/camp.cfm?sport=4&id=262264>

- Cost Residential \$380 & Commuter \$340
- Grades 3rd - 8th
- At Krista Gerlich Fundamental camp, the goal of our staff is to help each player improve themselves in the fundamentals of basketball with special emphasis on shooting and defense. In addition, special attention will be given to development of self-confidence, positive mental attitude, motivation and having fun! Registration information will be sent out at a date closer to camp starting. Your daughter will have the opportunity to either be an overnight "resident" of the camp or a "commuter". Residents will stay the night in the designated dorm with camp counselors as chaperons while commuters will commute to camp every morning.

Krista Gerlich Elite Camp June 6th (Texas Tech)

<https://register.ryzer.com/camp.cfm?sport=4&id=262262>

- Cost \$95
- Grades 9th - 12th
- Krista Gerlich Elite Camp will be a one day camp from 9am-5pm on June 6th. This camp will be open to campers entering 9th-12th grade. Krista Gerlich, her Lady Raider players, and staff will provide individual skill instruction at a high level. Campers will be run through Division 1 drills designed to develop skills to compete at the highest level.

LCU Varsity Position Camp June 17th, 18th, 19th

<https://www.ladychapbasketballcamp.com/position-camp.cfm>

- Cost \$130
- Inside Players 9:00am - 12:00pm
- Perimeter Players 1:30pm - 4:30pm (Wednesday 9:00am - 12:00pm)

LCU Sub-Varsity Position Camp June 24th, 25th - June 26th, 27th

<https://www.ladychapbasketballcamp.com/junior-high-position-camps.cfm>

- Cost \$110
- June 24th & 25th
  - Inside Players 9:00am - 12:00pm
- June 26th & 27th
  - Perimeter Players 9:00am - 12:00pm

LCU Shooting Camp July 1st

<https://www.ladychapbasketballcamp.com/shooting-camps.cfm>

- Cost \$54
- Camp #1 Grades 4th - 6th 9:00am - 12:00pm
- Camp #2 Grades 7th - 12th 1:30pm - 4:30pm

LCU Shooting Camp July 15th, 16th

<https://www.ladychapbasketballcamp.com/shooting-camps.cfm>

- Cost \$54
- July 15th
  - Camp #3 Grades 4th - 6th 1:30pm - 4:30pm
- July 16th
  - Camp #5 Grades 7th - 12th 1:30pm - 4:30pm