

APPLICATION

Camper Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Male _____ Female _____

Date of Birth: _____ Age: _____

School: _____ Grade: _____

Shirt Size: S ___ M ___ L ___ XL ___

Parent/Guardian: _____

Home/Work Phone: _____

E-mail: _____

Emergency Contact: _____

Emergency Phone: _____

Session Attending:

_____ June 21-June 25

_____ June 28-July 2

_____ August 2-August 6

_____ August 9-August 13

A deposit of \$200 required by **May 1, 2010**. If the total payment is made by May 1, you will receive a \$25 discount. Confirmation of acceptance will be mailed upon receipt of participant.

Total balance due by **June 1, 2010**.

Make checks payable to:

Jeff Ruland Basketball Camp

UDC Basketball Office

4200 Connecticut Avenue NW

Healthcare: All medical expenses incurred at camp are the responsibility of the camper's parent/guardian. The camp is not obligated to pay for medical emergencies. An athletic trainer will be available during each session.

Character

Effort

Integrity



Common Goals

TEAM.

Relationships

Be Yourself

Leadership

JEFF RULAND BASKETBALL CAMP

University of District Columbia
Basketball Office
4200 Connecticut Avenue NW
Washington DC 20008

Phone: 202.274.6352
Web site: www.jeffruland.com

Jeff Ruland

University of District Columbia

BASKETBALL CAMP



June 21-25
June 28-July 2
August 2-6
August 9-13

Boys & Girls Welcome!
Ages 8-17

www.jeffruland.com

About Jeff Ruland

Jeff Ruland recently became the third head coach to lead the University of District of Columbia Firebirds.

Coach Ruland began his ascent within college basketball as an All-American for the Iona Gaels. He led the Iona Gaels to a 69-21 record, including back to back appearances in the NCAA Tournament. Iona was ranked #6 in the country and defeated eventual National Champion Louisville, 77-60, at Madison Square Garden in 1980.



As a student-athlete, Ruland led all Division I Freshmen in scoring and rebounding. Following his freshman year, Ruland led the Gaels to the NCAA Tournament twice and received All-American accolades both times. Ruland ended his undergraduate career as the third all-time leading scorer and second leading rebounder in Iona history. He is Iona's leader in field goal percentages, opted to forego his senior season to play professionally.

Ruland was drafted by the Golden State Warriors in 1980, however he opted to play professionally in Barcelona, Spain for one season and his draft rights were then traded to Washington. Ruland spent five seasons playing for Washington and led the Bullets in rebounding and field goal percentage each year.

Ruland was selected to the 1984 and 1985 All-Star teams and named to the 1982 NBA All-Rookie squad. Prior to 1986 he was traded to the Philadelphia 76ers. During the 1992-1993 season Ruland played for the Detroit Pistons. During his 332-game NBA career, that spanned eight seasons, Ruland averaged 17.4 points and 10.2 rebounds per game while shooting 56.4% from the field. For the past eight years Ruland had been Head Coach at his Alma Mater Iona College, in which he compiled 137 wins, an average of more than 17 wins per season and guided the Gaels to three 20-win seasons, three MAAC Championships and three NCAA Tournament appearances.

Coach Ruland's effective coaching persona and philosophy stem from his seven essential concepts: being yourself, team, emphasis demanding maximum effort, relationships with players, character, leading by example and common team goals.

<http://www.jeffruland.com/main.html>

Camp Information

Dates: Session 1: Mon. June 21-Fri. June 25
Session 2: Mon. June 28- Fri. July 2
Session 3: Mon. August 2- Fri. August 6
Session 4: Mon. August 9- Fri. August 13

Cost: Day Camp: \$300

Ages: Boys & Girls from 8-17 years of age

Registration: Campers will register between 7:30 a.m.-9:00 a.m. on the first day of camp at the UDC Sports Complex. Campers should be dressed and ready to play.

Times: Camp will begin promptly at 9 a.m. and will conclude at 4 p.m. each day. Campers may arrive as early as 8:00 a.m. and must be picked up no later than 4:00 p.m. Please contact us if you have special needs.

Food: Each camper is responsible to pack their own lunch and bring beverages. We will have a snack bar which will offer lunch foods, snacks and cold beverages.

Contact Information:

Jeff Ruland Basketball Camp
University of District of Columbia
4200 Connecticut Avenue, NW
Washington DC, 20008
202.274.6352



Camp Information

Schedule:

8:00 a.m. Arrive at camp, stretch & warm-up
9:00 a.m. Morning stations
10:30 a.m. Games/Contests
12:00 p.m. Lunch & Free time
1:15 p.m. Stretch & Warm-up
1:30 p.m. Afternoon stations/Lecture
3:00 p.m. Games/Swimming
3:45 p.m. Prepare to leave for the day
4:00 p.m. Picked up

Under the direction of NBA All Star and head coach of the University of District of Columbia, Jeff Ruland, the Jeff Ruland UDC Basketball Camp offers each camper the benefit of excellent instruction from a wide range of experienced NBA, college and high school lecturers and coaches. This teaching cove will offer each camper first-hand insight and training to improve and develop their skills as a player.

Each five day session is filled with hands on instruction that can make a difference in your game and have an impact on your team. Throughout the week, campers are exposed to high level instructional drills, competitive games, films, etc. and in the end, we will provide each camper with an evaluation to help better understand their strengths and areas each camper can work on throughout the year.