



Jeff Capel was named the 13th men's basketball head coach at Oklahoma on April 11, 2006, and in three short years has presided over a remarkable turnaround that has the Sooners positioned near the top of the college basketball world. At 34, Capel spent the 2008-09 season, one of the best in school history, as the nation's fifth-youngest head coach.

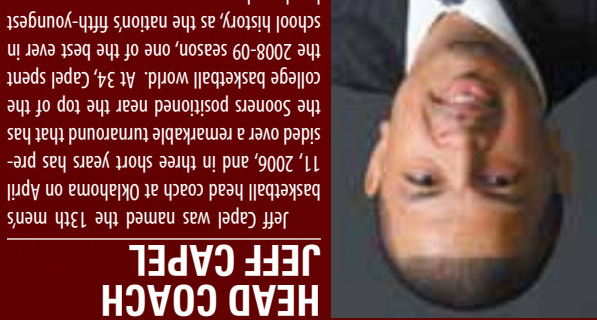
In 2006-07, Capel guided an inexperienced OU team to a 16-15 record. The Sooners improved dramatically in 2007-08, going 23-12 overall and advancing to the second round of the NCAA Tournament. He has surpassed more wins through his first three years than any coach in school history. Capel came to Oklahoma from Virginia Commonwealth University, where he completed a 79-41 (.68) record over four years as head coach. His VCU squads posted a 50-22 (.69) combined record in Colonial Athletic Association play and a 47-11 overall home record for a stretch of 811 winning percentage.

In 2003-04, Virginia Commonwealth's Colonial Athletic Association tournament championship game victory over George Mason catapulted the Rams to the NCAA Tournament for the first time since 1996. The Rams lost in the first round to Wake Forest, but not before putting a major scare into Chris Paul and the fourth-seeded Demon Deacons, 79-78. Capel's 2004-05 squad, which finished 19-13, competed in the National Invitation Tournament, marking just the third time in program history that VCU made consecutive postseason appearances.

The Rams won at least 18 games each of Capel's four seasons at VCU with the 2003-04 squad registering a capel-era best 22-8 record. His first team finished 18-10 in 2002-03 as Capel led a school record for wins by a first-year head coach. His 2005-06 team finished 19-10 overall and 11-7 in league play.

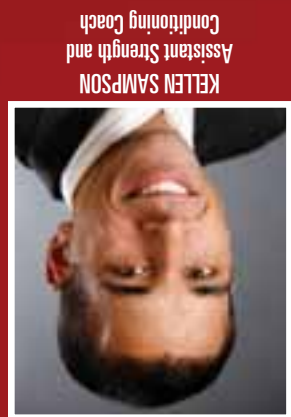
In the summer of 2005, Capel served as an assistant coach on the gold-medal-winning USA Men's World University Games team that finished 8-0 in Turkey in August. Villanova's Jay Wright was the head coach while Seton Hall's Bobby Gonzalez served as the other assistant.

Jeff Capel has been called one of the best young coaches in the country. "We need to drop the adjective 'young,' because Jeff is one of the best coaches in the country," Capel said. "I would love to play for a coach like Jeff Capel." —ESPN analyst Jay Bilas

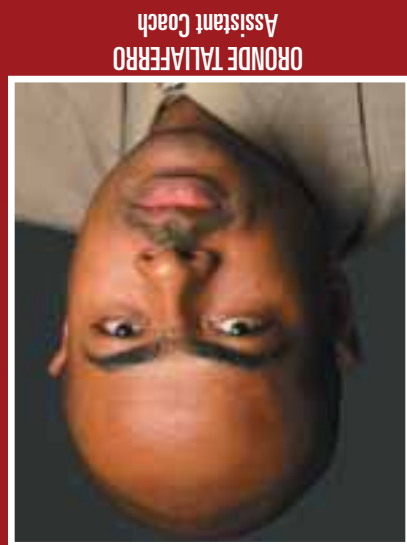


JEFF CAPEL
HEAD COACH

PLUS CURRENT PLAYERS



KELLEN SAMPSON
Assistant Strength and Conditioning Coach



RONDE TALIAFERRO
Assistant Coach



MICHAEL NEAL
Graduate Manager



DIONNE PHELPS
Video Coordinator



MARK CLIME
Assistant Coach



DEREK LAMAANI
Graduate Manager



JOSEF SZENDREI
Strength and Conditioning Coach



BEN BETTS
Assistant Coach



JON DENIO
Equipment Director



BRYAN GOODMAN
Director of Operations

REGISTRATION

All day campers should report for registration on the first day of camp as follows:

June 7	Day Camp at HH	8:00 a.m.
June 14	Day Camp at LNC (Eastside)	8:00 a.m.
June 17	Day Camp at LNC (Eastside)	8:00 a.m.

All campers for Father/Child should report at the Lloyd Noble Center (Enter on East side) as follows:

Father/Child O/N Camp	(June 4)	2:00-4:00 p.m.
-----------------------	----------	----------------

For Father/Child:

- Once you are registered, you will have your photo taken with Coach Capel and then go check-in at the dorms.
- Camp will start promptly at 5:15 at the LNC Men's basketball court.

Register online at SoonerBasketballCamp.com

DORM ASSIGNMENTS

Father/Child Couch Tower

CAMP STAFF

The staff will consist of Head Coach Jeff Capel, his assistants, current players, former players and several outstanding college and high school coaches from around the country. **A full-time trainer will be available 24 hours a day.**

Our goals for your child at camp are to emphasize positive attitude and team play, provide all campers with a better understanding of the game, and teach the fundamental skills of basketball.

CAMP FEATURES

- Play in the Lloyd Noble Center Huston Huffman Facility and the new practice facilities
- Individual instruction and drills as used by the OU Men's Basketball Team.
- Full use of all available athletic and basketball facilities.
- Instructional groups will be divided fairly according to age and ability.
- Teams will be divided equally. Although competition is keen, individual offensive and defensive improvement is stressed, along with sharing the ball.
- Parents are invited to attend any of the instruction sessions or league games in which their child participates. Daily schedules will be distributed at registration the first day of camp.
- Each camper will receive a camp T-shirt, basketball and photo with Coach Capel.
- Individual awards will be awarded at each camp.
- A camp bank will be provided.
- A camp store will be provided to all campers to purchase snacks, basketballs, shirts, etc.



WHAT TO BRING

- \$25.00 Key Deposit
- Alarm Clock
- Playing Clothes: T-shirts, shorts, sneakers, and socks.
- Linens: Twin sheet set, blanket, pillow, towels, and washcloths.
- Toilet articles: Soap, deodorant, and tooth brush.
- PLEASE put your name on everything you bring to camp.
- We are not responsible for lost or stolen items.

CANCELLATIONS

- In case of a medical emergency, a \$100 administration fee will be assessed. **A doctor's letter must accompany any request for a medical refund.**
- In case of other cancellations, a \$100 administration fee will be assessed if the cancellation is prior to 2 weeks before camp begins.
- There will be **no refunds** for cancellations which occur within **2 weeks prior to the first day of camp.**

There will be no refunds to anyone who leaves during the week of camp.

OTHER CAMPS

- Team Camp — June 25-27, 2010
- Fantasy Camp — July 1-4, 2010

If you are interested in attending, please call the basketball office at (405) 325-4732 and ask for Bryan Goodman.



POSITION CAMP (Day)

Enjoy 3 days of specialized instruction. Campers will enlist as a **Point Guard, Shooting Guard / Wing, or Power Forward / Center.**

Each morning, campers will split up into these three groups and receive specialized fundamentals surrounding each position.

The afternoon will consist of position specific competitions and 5 on 5 games as we bring the campers back together. Our specialized instruction will focus on the following.....

POINT GUARDS

- Ball Handling – Advanced focus on Speed, Control and Court Awareness.
- Passing – Fundamentals using both hands, Focus on accuracy and timing.
- Leadership – Being vocal, Gaining respect of your teammates, Becoming an extension of your coach on the floor.
- Leading the Break – Seeing the floor, using traffic, finding numbers.
- Shooting off the Dribble
- Using the Pick n Roll
- Understanding Game Situations
- Free Throw Shooting

• One on One moves

- Rebounding – Offensive and Defensive
- Getting to the Foul line
- Free Throw Shooting
- Taking the Big Shots – getting mentally prepared

POWER FORWARD/CENTER

- Post Moves – Fundamentals of post offense, Gaining Position, Going either way
- Foot Work and Agility Drills
- Post Passing
- Rebounding – Offensive and Defensive
- Running the Floor – Finishing on the Break – Shooting the Trail Jumper
- Ball Handling
- Being a Screener
- Developing Range
- Free Throw Shooting

WINGS

- Shooting off the dribble
- Shooting off the pass
- Moving without the ball
- Using screens and reading cuts



INSURANCE, MEDICATION & INJURIES INFORMATION

All campers will be covered by 24-hour insurance. This is limited coverage and provides benefits for accidental injury medical expenses **not covered by the camper's private coverage.** A full-time trainer will be available 24 hours a day.

Please list on the registration form any medications that your child is taking. If your child has allergies, asthma, etc., please note this on the form. This information will be filed for our trainers if your child is injured or sick.

DISCIPLINE

The camp director reserves the right to dismiss anyone for any violations during camp. Tuition will not be refunded for any voluntary withdrawal or expulsion from Sooner Basketball Camp.

QUESTIONS

- If you have any questions, call Renee or Amy at the Basketball Office @405-325-4732 or e-mail: rforney@ou.edu, akmillier@ou.edu.
- Call Pam Sullivan at University Housing 405-487-7005.

Get your deposit in soon to guarantee your child a spot in basketball camp.

We would like to thank those of you who attended our basketball camp last year and hope you can be a part of it again this year.



2010 JEFF CAPEL BASKETBALL CAMP

- JUNE 4-6 **FATHER/CHILD OVERNIGHT CAMP** (Ages 8-18)
- JUNE 7-10 **DAY CAMP — (A.M. and All Day)** (Ages 6-18)
- JUNE 14-16 **DAY CAMP — All Day** (Specialized Position Camp) (Ages 10-18)
- JUNE 17 **"LITTLE SOONERS" Day Camp** (Ages 4-7) — All Day

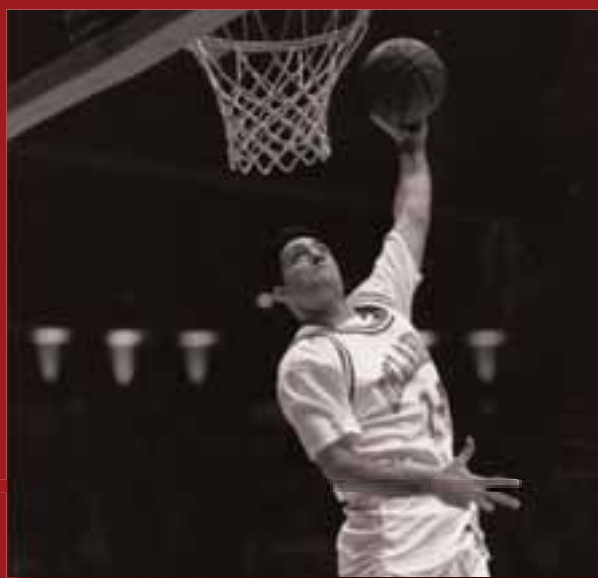
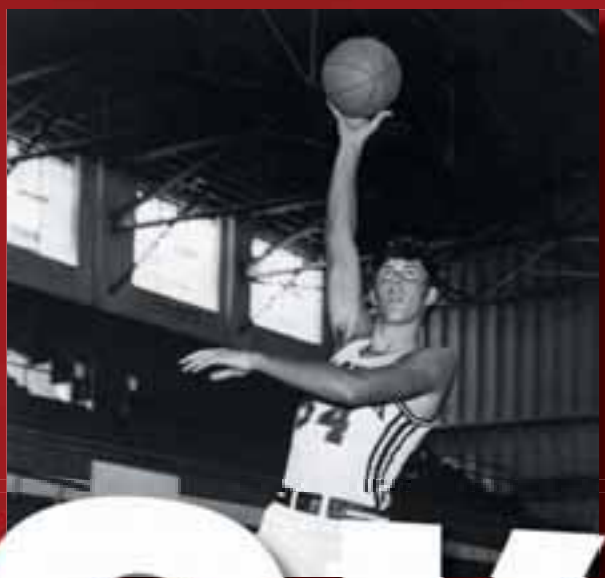


2010 JEFF CAPEL BASKETBALL CAMP

2900 SOUTH JENKINS NORMAN, OK 73072
P (405) 325-4732 F (405) 325-7662



Presorted
Standard
US Postage
Paid
Permit # 2177
Oklahoma City, OK



OKLAHOMA

a great team, a great program

BASKETBALL



2010 CAMP APPLICATION

Name _____
 Address _____
 City/State _____ Zip _____
 Email Address _____
 Phone (H) _____ (W) _____
 Age _____ Ht. _____ Wt. _____ Entering Grade in Fall _____
 Have you ever played a varsity sport? Yes No

T-SHIRT SIZE (Circle) — Boy's / Men's
 S M L XL XXL

Please check the camp you wish to attend in the space below and return this application along with your deposit to secure a spot. The balance of the camp fee, **less your \$100.00 deposit**, will be due on or before the first day of camp.

- Father/Child Overnight Camp** June 4-6
 _____ Father/Son _____ Father/Daughter _____ Additional Son/Daughter
\$335.00 Camp Fee (for 2 people) — \$100 Deposit (Ages 8-18)
 plus \$170.00 for each additional child
- Day Camp (A.M. & All Day) (Ages 6-18)** June 7-10
 (9:00 a.m. - noon, \$210 camp fee — \$100 Deposit)
 (9:00 a.m. - 4:00 p.m., fee includes lunch, \$370 camp fee — \$100 Deposit)
- Day Camp (All Day) Specialized Position Camp** June 14-16
 (9:00 a.m. - 4:00 p.m., fee includes lunch) (Ages 10-18)
\$320.00 Camp Fee — \$100 Deposit
- Capel's "Little Sooners" Day Camp** June 17
 (All Day 9:00 a.m. - 2:00 p.m. includes lunch) — **\$75 Camp Fee**
 (Ages 4-7)
 (\$25 Deposit to Secure your Spot in Camp)
 Camp is open to any and all entrants
 (limited only by number, age, grade level and/or gender.)

Make your check payable to:

Jeff Capel Basketball Camp
 2900 South Jenkins, P240
 Norman, OK 73019

Or you may use your Visa or Mastercard
 (please circle one)

CC# _____ Exp. _____



PHOTOGRAPHY ORDER FORM

Name _____
 Telephone _____
 Please indicate if you would like the group photo by marking in the space provided. A 5 x 7 photo with Coach Jeff Capel is included.
 A. Camp Photo: \$10.00
 8 x 10 — Group
 Total Amount Due: \$ _____
 Total Amount Paid: \$ _____



MEDICAL RELEASE & ACKNOWLEDGMENT FORM

This release is executed and acknowledged on the _____ day of _____, 2010, by the parent and/or Guardian of _____, hereinafter referred to as "Releasor", for good and valuable consideration does for himself and personal representatives, heirs, assigns and next-of-kin, hereby release, waive, forever discharge, indemnify and covenant not to sue the Board of Regents of the University of Oklahoma, its officers, members, employees, agents and representatives, hereinafter collectively referred to as "Releasees", and agrees to hold harmless, defend and indemnify the same, for any and all loss, damages, claim, demand, action or right of action of whatsoever kind or nature either in law or in equity, arising from or by reason of any personal injury, known or unknown, death and/or property damage resulting or to result from participation in Sooner Basketball Camp operated by Jeff Capel on the University of Oklahoma Campus.

Further, I recognize and acknowledge the potential risks and dangers involved in participation in such a camp and its related activities including travel related to field trips and other camp activities. I acknowledge and hereby state that my participation in this activity is entered into as a free and voluntary act and is in no way connected with any course credit or requirements of the Releasees. I further acknowledge that the Sooner Basketball Camp is sponsored and operated by Jeff Capel. This Release contains the entire agreement between the parties hereto and the terms of this Release are contractual and not a mere recital.

I hereby certify that I am the parent and/or guardian of _____, a Minor, and that the foregoing matter has been fully explained to me and I, for and on behalf of said Minor, do hereby release all liability, indemnity, and covenant not to sue as set forth in the body of the RELEASE above, with the same force and effect as if executed by me. Further, as parent and/or legal guardian, I hereby give consent and authorize Sooner Basketball Camp, the University of Oklahoma and Releasees to secure emergency medical treatment for Releasor, while said Minor is in attendance at Sooner Basketball Camp conducted by Jeff Capel. Releasor further states that she/he has carefully read the foregoing Medical Release and Acknowledgment and knows the contents thereof and signs this form as his/her own free and voluntary act.

Parent Name _____ Relationship _____
 Parent's Insurance Company _____ Policy # _____
 City _____ State _____ Zip _____
 Phone (H) _____ (W) _____
 In case of emergency, if parent or guardian cannot be reached, contact:
 _____ Telephone _____

Physician Medical Form

Name of Camper _____
 S.S. Number _____ Shots Current _____
 Allergies _____
 Medications _____
 *Parent's Signature _____ Date: _____
 *Physician's Signature _____ Date: _____

***This must be signed by the parent and physician in order for your child to attend Camp.

McBride Clinic Orthopedics & Arthritis

1995 NCAA Tournament
 Southeast Regional

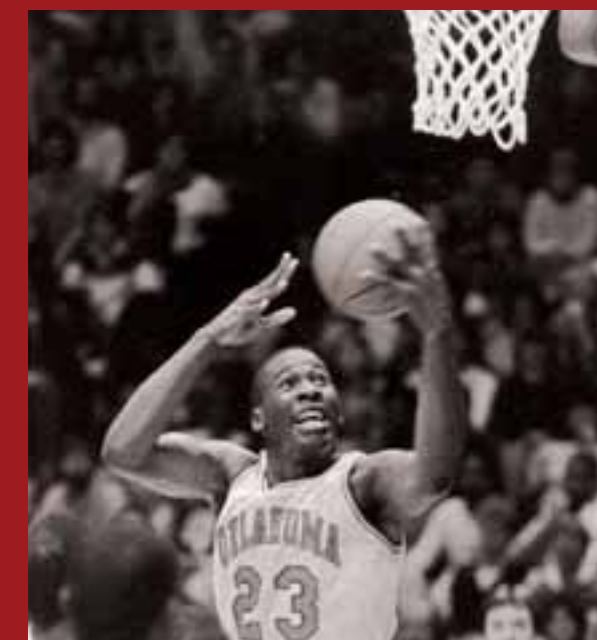
1996 NCAA Tournament
 Southeast Regional

1997 NCAA Tournament
 West Regional

1998 NCAA Tournament
 East Regional

1999 NCAA Tournament
 Sweet 16

2000 NCAA Tournament
 West Regional



2001 NCAA Tournament
 South Regional
 Big 12 Tournament Champions

2002 NCAA Tournament
 Final Four
 Big 12 Tournament Champions

2003 NCAA Tournament
 Elite Eight
 Big 12 Tournament Champions

2004 Big 12 Season Champions

2005 NCAA Tournament
 Austin Regional

2008 NCAA Tournament
 East Regional

2009 NCAA Tournament
 Elite Eight

