

13th Annual Tamika Catchings Youth Holiday Basketball Camp

DAY 1 – DEC. 27, 2013

Not even a mid-afternoon fire alarm could disarm the enthusiasm during Day 1 of the 13th Annual Tamika Catchings Youth Holiday Basketball Camp.

Without missing a beat, the record number of attendees resumed scrimmage games after a 15-minute interruption – overcoming the brief hiccup much like Catchings has done while knocking down obstacles year after year to lead the Indiana Fever to nine consecutive WNBA Playoffs appearances.

Catchings, of course, doesn't run the camp alone – instead leaning on a small army of volunteers who organize, coach and service the youngsters' every need.

Several of those volunteers are from out-of-state and a few have worked alongside Catchings for at least a dozen years as she has climbed the ranks to become perhaps the most respected veteran in the entire world of women's basketball.

One such example is performance training specialist Jackie Ansley who, along with one of her top coaches, Jared Lawrence, conducted one of the camp's many skills stations.

Ansley first met Catchings while working a Nike All-America Camp during Catchings' senior year of high school. Based in Knoxville, Ansley later worked with the gifted college star through four seasons at the University of Tennessee.

Ansley is the CEO, Owner and Performance Coach of Performance Training, Inc. a highly valued sports performance unit that specializes in training high school, college and professional athletes in speed, agility and quickness. She manages multiple facilities in Knoxville and Atlanta, and routinely travels overseas and across the United States to implement training programs with top universities.

"I have had the luxury to work with many top level players. It is not always easy, because I have to break them of some of their bad habits.

"With Tamika though, I don't have that problem. She's willing to make changes. She is quick to identify her own weaknesses. Those are the things that she WANTS to work on. That's what makes her so great. Nobody outworks Tamika."

CAMPERS AND ACTIVITIES

Like most years, this year's roster of campers is based heavily from registrations in Central Indiana, Chicago, and throughout the Midwest.

Following a warmup of calisthenics and motivation, the camp was largely turned over to its cast of nearly 50 volunteers that traveled from



as far away as Florida, Michigan and New York. The staff of coaches monitored a dozen 10-minute stations related to specific skills, with Catchings roaming from one end of the three-court facility to the other, offering encouragement and advice.

Following lunch and a presentation by Ansley and Lawrence, the first day of camp ended with two hours of scrimmage games – despite the fire alarm.

THREE RULES

Catchings' camp operates with three simple rules. In Tamika's words, "We all have rules in life. We have rules at work, rules at school and rules at home. We have rules here, too." Her three rules are:

1. When an orange-shirted volunteer tells a camper to be somewhere, those words are to be followed immediately.
2. The words "I can't" are not allowed at Catchings' camp! During warmups, Catchings implored the campers to repeat after her ... "I CAN'T!" She followed, "Good, that will be the last time you say those words while you're here!"
3. Hustle is paramount. You don't walk on the basketball floor. When you are instructed from one place to another, there is no walking.

SCHEDULE AND THEMES

- Friday's camp theme encouraged kids to dress in the attire of their favorite sports teams.
- Saturday's theme calls for campers to wear their orange camp-t-shirts. Individual photos with Tamika and the Fever's 2012 WNBA Championship trophy begin at 10:00 a.m., with the floor open for campers' arrival between 9:15 and 9:45. Activities conclude at 4:00 p.m.
- On Sunday, it's "Crazy Socks Day" and camp begins at Noon. The highlight of the final day is a "back-by-popular-demand" Parents Competition from 2 to 3 p.m., followed by an awards banquet from roughly 3 to 4:30 p.m.

THANK YOU

Today's and Saturday's lunches are provided by Chick-fil-A. Saturday's banquet is catered by Levy Restaurants and includes pasta, salad, breadsticks, punch and dessert.



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DAY 2 – DEC. 28, 2013

What most Tamika Catchings and Indiana Fever fans don't realize is that following her 2011 WNBA MVP season, Tamika Catchings reprogrammed her shot. Completely. From scratch.

Another special item about the 2013 edition of the Tamika Catchings Youth Holiday Basketball Camp is that her shot doctor, Marvin Harvey, has spent the past two days teaching fundamentals to the 220 youngsters on hand at Warren Central High School. The 13th annual camp concludes on Sunday.



THE SHOT DOCTOR

Marvin Harvey is a soft-spoken man who actually prefers the solitude of working one-on-one or in small groups with his shooting pupils. It is more conducive to the details of a perfect shot.

Besides Catchings, recent students have included NBA stars Raja Bell and Chuckie Atkins, and Temeka Johnson and Glory Johnson of the WNBA.

Even his resume is soft-spoken, though his Shot Laboratory in Tampa, Fla. – and its on-the-court results – speak volumes.

Harvey grew up in Kansas, migrated to Ottawa University to play college hoops, and wound up back in Kansas where he trained with longtime U.S. Olympian Lynette Woodard who was a college All-American with the Kansas Jayhawks.

He was hired by the university as a shooting coach for both its men's and women's teams, working during the era of coach Larry Brown where he worked with fellow assistants R.C. Buford, John Calipari and Bill Self – all who now share championship resumes of their own.

Now, affectionately known as the "Shot Doctor," Harvey manages his own Shot Lab where he trains athletes and implements shooting programs at many universities.

He first met Catchings during 2004 NBA All-Star festivities when he agreed to a training session after conferring with another KU and WNBA assistant coach, Kevin Cook, who was coaching Catchings at the time in Russia.



The detail-oriented teacher and pupil have been inseparable ever since. Harvey works with Catchings annually, but the shining example of her work was the 2012 season.

What distinguishes her from the rest of the athletes with whom he has worked? "Her focus on details," he replied without hesitation.

"I could work her out in shooting drills like any coach. Lots of people could do that. But she wants information. She wants details. She wants details that will make her better."

Soon after winning the league MVP award in 2011, she contacted Harvey to get better. "How many MVPs do that?," he asked.

"We broke down her shot and started over. We completely reprogrammed her shot, working 4 to 5 hours a day *without* a basketball. We had her ready by the start of training camp."

Catchings and the Fever finally got their first WNBA title the following season.

Catchings actually posted better statistics (17.4ppg; 37.9 3FG%) than a year earlier when she was the regular season MVP (15.5ppg; 34.8 3FG%). Indiana and Catchings won the WNBA championship and Catchings played every game of the WNBA regular season, playoffs and the London Olympics, where she earned a third gold medal.

Added Harvey, "She never stops working. She is unbelievable."

CATCHINGS CHAMPIONSHIP TROPHY PHOTOS

A three-time Olympic gold medalist who has played on USA Basketball teams since 1996, Catchings is a five-time WNBA Defensive Player of the Year, the 2011 MVP and the 2012 Finals MVP following the Fever's championship season. On Saturday, all campers had the opportunity to pose with Catchings and the 2012 Fever championship trophy. Prints may be purchased for \$5 from the Camp Store on Sunday.

SCHEDULE AND THEMES

On Sunday, it's "Crazy Socks Day" with camp beginning again at Noon. The highlight of the day will be a "back-by-popular-demand" Parents Competition from 2 to 3, followed by an awards banquet from roughly 3 to 4:30 p.m.

THANK YOU

Camp lunches have been provided by Chick-fil-A. Sunday's banquet is catered by Levy Restaurants and includes pasta, salad, breadsticks, punch and dessert. All parents are invited to participate in the final day of camp!



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CAMP REVIEW

Three days and 15 hours of almost continuous basketball on the courts of Warren Central High School have been completed. The 13th Annual Tamika Catchings Youth Holiday Basketball Camp is now a capsule of memories dominated by hustle and achievement from over 220 campers.

Early highlights featured guest appearances from nationally renowned performance specialists Jackie Ansley and Jared Lawrence and shooting fundamentals by Shot Doctor Marvin Harvey. Saturday's camp drew rounds of applause with a guest appearance from Indianapolis Colts star Reggie Wayne. Sunday's agenda featured a 3-on-3 competition; championship games in Red, Black and Blue divisions; and the always popular Parents Competitions.

Here is a Day 3 Recap and a list of final awards to acknowledge some of the most outstanding campers.



By 2 p.m., parents had begun arriving for the final stage of camp – a Parents Competition followed by the end-of-camp awards banquet. A game of Knockout featured parents who dared to play for their own pride and prestige, followed by a timed obstacle course greeting dozens of parents who competed with their own children.

Finally, as basketball activities came to a close, Catchings and her staff escorted the roughly 500 campers and parents into a dining room for pasta, chicken, some light humor and heaps of praise on all the campers for jobs well done.

Camp awards by division (*RED*-ages 13+; *BLACK*-ages 11-12; *BLUE*-ages 8-10):

3-on-3 Champions: *RED*-**Matthew McClure, Juwan Lung, Bennie Day**; *BLACK*-**Taylor Watson, Caroline Salvas, Katrina Stanger**; *BLUE*-**Daya Greene, Ally Honeycutt, Katie Garringer**.

Team Champions: *RED*-Team coached by **Cheryl Rider**; *BLACK*-Team coached by **Ashley Floyd & Tyler Hoffman**; *BLUE*-Team coached by **Nikkia Murff & Dez Bryant**.

Tamika Catchings Hustle Award: *RED*-**Payton Shepherd**; *BLACK*-**Jaycee Poe**; *BLUE*-**Ally Honeycutt**.

Best Attitude Award: *RED*-**Ali Strong**; *BLACK*-**Mikayla Elkins**; *BLUE*-**Molly Baker**.

Most Improved Award: *RED*-**Richard Lang**; *BLACK*-**Jordyn Bilz**; *BLUE*-**Leaije Ellington**.

Capping the agenda was an opportunity for each youngster to receive a Catchings autograph as they said any final goodbyes.

DAY 3 – December 29, 2013

Customary warm-ups and stretching ensued before the final day of camp its traditional turn for FUN!

As activity commenced, campers were grouping into threes for a half-hour of 3-on-3, first-team-to-score basketball! All 12 courts were in action with heated 3-on-3 battles as each trio took its opportunity to rule the court. A winner was declared in each game whenever the first basket was scored. That team stayed on the court to keep the ball and welcome a new opponent; each team with the unfortunate first bucket scored against them was sent to a new court to find another chance for victory. For 30 minutes, kids traveled from court to court trying to knock off a reigning champ.

Shortly after, attention was turned once again to the scrimmage games that had dominated the two previous afternoons. This time, top teams from the Black, Blue and Red divisions hoped to win championships in their respective divisions, with all teams playing two more games over the next hour.

THANK YOU

The Catch The Stars Foundation is thankful to so many great organizations who helped make the 2013 Tamika Catchings Youth Holiday Basketball Camp another huge success.

To the parents and participants themselves, thank you for your passion and dedication. We hope to remain a part of your future. CTSF hopes you had as good an experience as we did in organizing our event. Good luck in your academic and family and extracurricular activities throughout the rest of the new year!

