

# DONE SHOOTING COLLEGE

The Scientific Approach to Improved Basketball Shooting



## 2015 Shooting Colleges

On the campuses of  
**Sport Zone**  
 Indianapolis, Indiana  
**Connection Center**  
 Bowling Green, Kentucky

**Purdue University-Calumet**  
 Hammond, Indiana

**Walsh University**  
 North Canton, Ohio

**Spiece Fieldhouse**  
 Fort Wayne, Indiana

**“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”**

Aristotle (384-322 BC)

### Scientific Approach to Improved Shooting College Dates

	Session	Date	Location
Boys	1	June 29 (Mon.) - July 1 (Wed)	Sport Zone, Indianapolis, IN
	2	July 9 (Thurs.) - July 11 (Sat.)	Purdue University-Calumet, Hammond, IN
	3	July 20 (Mon.) - July 22 (Thurs.)	Connection Center, Bowling Green, KY
	4	July 24 (Fri.) - July 26 (Sun.)	Walsh University, North Canton, OH
	5	July 30 (Thurs.) - Aug. 1 (Sat.)	Spiece Fieldhouse, Fort Wayne, IN
Girls	1	June 29 (Mon.) - July 1 (Wed.)	Sport Zone, Indianapolis, IN
	2	July 9 (Thurs.) - July 11 (Sat.)	Purdue University-Calumet, Hammond, IN
	3	July 20 (Mon.) - July 22 (Thurs.)	Connection Center, Bowling Green, KY
	4	July 24 (Fri.) - July 26 (Sun.)	Walsh University, North Canton, OH
	5	July 30 (Thurs.) - Aug. 1 (Sat.)	Spiece Fieldhouse, Fort Wayne, IN

**DONE BASKETBALL CAMPS**  
**www.donecamps.com**  
*(exclusively endorsed by the Indiana Basketball Coaches Association)*

## DONE BASKETBALL CAMPS

*(exclusively endorsed by the Indiana Basketball Coaches Association)*

209 North Illinois  
 Monticello, IN 47960



Camper Receiving Video Analysis On His Shooting Performance



D-One Basketball on



PRESORT STANDARD  
 US POSTAGE  
 PAID  
 RENNELLAER, IN  
 47978  
 PERMIT NO. 13

### LIMITED ENROLLMENT

Enrollment in each session is limited to 100 persons in order to ensure that every player will receive individual instruction from the camp directors. Registration will be on a first-come, first-serve basis.

### ENROLLMENT

To enroll, simply fill out the application blank, tear it off, and return it with entry fee to:  
 D-1 Shooting College  
 209 North Illinois Street  
 Monticello, Indiana 47960  
 1-800-407-DONE or cellular 219-866-2531  
 www.donecamps.com

### HOUSING

Overnight campers are housed in student dorms. Floor counselors and coaches provide adult supervision and advice to youngsters at all times.

### DAY CAMPS

Players are welcome to attend in a day camp status. Such persons will enjoy all camp activities and privileges except staying overnight and eating breakfast.

### REGISTRATION

All campers report to Spiece Fieldhouse between 2:00 - 4:00 p.m. ready to register and play on the first day of each session. Sport Zone and Connection Center - Day Camp Only registration is between 8:00 a.m. and 10:00 a.m. the first day of each session.

Please bring the following to registration:

- Copy of physical examination for 2014 - 2015
- Balance of camp tuition
- Spending money for snacks (optional)

### WHAT TO BRING - TRAVEL LIGHT

- T-Shirts • Gym Trunks • Basketball Shoes • Water Bottle • Socks • Athletic Supports / Sports Bras • Willingness to Learn • Bedding / Pillow • Blanket • Towels / Toiletries

### WHAT NOT TO BRING

- Hotplates • Valuables • Televisions • Jam Boxes • Refrigerators

### AGE REQUIREMENTS

Players must be at least 9 years of age at the date of registration.

### CLOSING CEREMONIES

Dr. Hoover will conduct closing ceremonies beginning at 2:00 p.m. Awards for shooting competitions, camp shirts, and individual videos will be presented at this time. Parents are welcome to attend.

### CHECKOUT

Checkout will be between 1:00 and 1:30 p.m. on last day of camp.

### DAILY SCHEDULE

	SPORT ZONE / PURDUE CAL. / CONNECTION CENTER ~ DAY 1	SPORT ZONE / PURDUE CAL. / CONNECTION CENTER ~ DAY 2	SPORT ZONE / PURDUE CAL. / CONNECTION CENTER ~ DAY 3
<b>SPIECE / WALSH ~ DAY 1</b>	2:00 - 4:00 p.m. - Registration 5:00 p.m. - Dinner 10:00 p.m. - Pickup (Day Campers) Lights Out	8:00 - 10:00 a.m. - Registration 12:00 - Lunch 5:00 p.m. - Pick-up	7:00 a.m. - Breakfast 8:00 a.m. - Drop Off (Day Campers) 1:00 p.m. - Lunch 5:00 - 6:00 p.m. - Dinner 9:00 p.m. - Pickup (Day Campers)
<b>SPIECE / WALSH ~ DAY 2</b>		8:00 a.m. - Drop-off 12:00 - 1:00 p.m. - Lunch 5:00 p.m. - Pick up	
<b>SPIECE / WALSH ~ DAY 3</b>	7:00 a.m. - Breakfast 8:00 a.m. - Drop off (Day Campers) 12:00 - 1:00 p.m. - Lunch 2:00 p.m. - Closing Ceremonies	8:00 a.m. - Drop-off 12:00 - 1:00 p.m. - Lunch 2:00 p.m. - Closing Ceremonies	

## DETACH AND RETURN

## 2015 Done Shooting College Application Form

NAME \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_  
 HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ SHOOTING HAND \_\_\_\_\_ AGE \_\_\_\_\_ BUNKMATE/ROOMMATE PREFERENCE \_\_\_\_\_  
 HOME ADDRESS \_\_\_\_\_ (Street) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip Code) \_\_\_\_\_  
 HOME PHONE (\_\_\_\_\_) \_\_\_\_\_ WORK PHONE (\_\_\_\_\_) \_\_\_\_\_ SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_  
**BOYS**  
 1 - June 29 (Mon.) - July 1 (Wed.) - Sport Zone, Indianapolis, IN  
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 5 - July 30 (Thurs.) - Aug. 1 (Sat.) - Spiece Fieldhouse, Fort Wayne, IN  
**GIRLS**  
 1 - June 29 (Mon.) - July 1 (Wed.) - Sport Zone, Indianapolis, IN  
 2 - July 9 (Thurs.) - July 11 (Sat.) - Purdue University-Calumet, Hammond, IN  
 3 - July 20 (Mon.) - July 22 (Thurs.) - Connection Center, Bowling Green, KY  
 4 - July 24 (Fri.) - July 26 (Sun.) - Walsh University, North Canton, OH  
 5 - July 30 (Thurs.) - Aug. 1 (Sat.) - Spiece Fieldhouse, Fort Wayne, IN

Overnight Camp

Men's T-shirt Size

- S  M  L  XL

Day Camp

has my permission to participate in D-One Shooting College.

I give permission for my son or daughter to undergo computerized motion analysis, which includes digital video capture. I give permission for Dr. Hoover and other D-One staff to comment for instructional purposes on my son or daughter's basketball performance. I also give Dr. Hoover permission to use the digital video captured during camp for scientific study. I understand that scientific practice dictate that participants in such investigations are de-identified and the results are typically presented in aggregate (e.g. 800's versus girls' middle school players versus high school players, etc.). The law requires that parental permission must be obtained for emergency/operative procedures on minors. I give permission for such diagnostic, therapeutic and operative procedures as may be deemed necessary for my son or daughter.

### PLEASE MAIL TO:

D-1 Shooting College  
 209 North Illinois, Monticello, Indiana 47960  
 1-800-407-DONE or Cellular 219-866-2531  
 www.donecamps.com - Fax 574-583-3940

Signed \_\_\_\_\_ Date \_\_\_\_\_  
 Relationship \_\_\_\_\_

Enclosed is my camp deposit of \$50.00, which I understand is non-refundable.  
 (Please make checks payable to D-1 Camps.)

## LETTER OF INTRODUCTION

Dear Campers, Parents, and Coaches:

Shooting is the most important of the fundamental skills in basketball. Successful teams are comprised of players who can consistently make their shots. Individual and team success are clearly built on this fundamental skill.

Great shooters are often described as “pure shooters” because of the apparent effortlessness of their shots. These players typically have a quick, smooth release and a soft touch. Many people mistakenly believe great shooters are born this way. Nothing could be further from the truth, as sport science has shown that great shooters are made, not born. Instead, great shooters have simply learned sound basketball habits and can apply them effectively in game situations.

What are *your* basketball habits? Are *your* current habits helping you become a good – or even great – shooter?

More specifically, do you know how to analyze your own shot to reinforce success or correct shooting errors? This skill is vital because much shooting practice occurs alone. Do you currently practice basketball skills in ways that translate into excellent *during game situations*? If not, your current habits likely lack *training specificity* and thus ill prepare you to *perform to your best during game conditions*.

Shot analysis and shot training specificity can be taught. While self-shot analysis has been taught at shooting schools for decades, shot training specificity has not been taught on a widespread basis. Both are best taught using methods validated through sports science such as computerized motion analysis.

Computerized motion analysis is used most commonly to help elite and professional athletes improve their performance. These methods are widely used to help athletes improve performance in sports such as baseball, football, golf, and track and field. These scientific methods allow sport scientists to accurately measure how well athletes perform, identify factors that are slowing progress, and create training programs that lead to improved performance. Just as importantly, these computerized methods allow players to more easily learn how to improve their performance than is possible by viewing video alone.

D-One’s *Scientific Approach to Improved Shooting* uses computerized motion analysis to help young players improve their shooting performance. Indeed, *this is the first shooting school of this type offered in the United States*, and this is a great fit for the highly competitive basketball culture in Indiana. We encourage you to enroll now as we are limiting each session to 100 players, which will allow us to provide individual instruction to each player. We look forward to working with you this summer!

*Don Hoover PT, PhD, CSCS*

## STAFF

Professor Hoover and Coach Hoover will supervise a Shooting College staff specifically selected to teach the Scientific Method of Improved Shooting. The staff will consist of individuals with much experience in basketball, sport science, or both. The School ratio of 1 staff member for every 9 players is the lowest in the nation and will ensure individual instruction and attention for every camper.

## TYPICAL DAY

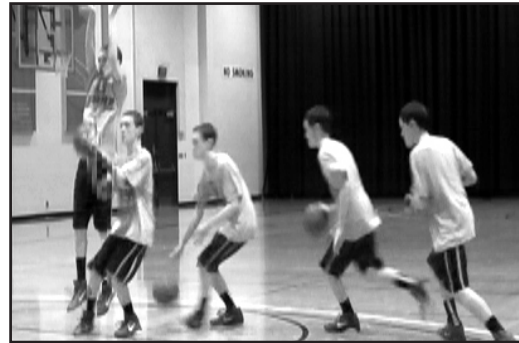
7:00	Rise and Shine
7:30 - 8:30	Hearty Breakfast
8:30 - 8:45	Warmup / Announcements
8:45 - 9:15	Instruction / Demonstration
9:15 - 10:45	Shooting Stations (Single Player)
10:45 - 11:30	Review / Video Breakdown
11:30 - 12:30	Nutritional Lunch
12:30 - 1:00	Shooting Visualization Training
1:00 - 1:30	Instruction / Demonstration
1:30 - 2:30	Scientific Shooting Card Report
2:30 - 2:45	Instructional Review
2:45 - 3:30	Shooting Stations (Point, Wing, Post)
3:30 - 4:00	2 and 3 Man Shooting Drills
4:00 - 5:00	Scientific Separation Card Report
5:00 - 6:00	Delicious Dinner
6:00 - 6:45	Classroom: Biomechanics of Shooting
6:45 - 8:15	Shooting in Competitive Situations - (Controlled scrimmage, games)
8:15 - 10:00	Open Gym (Under supervision of shooting instructors)
10:00 - 11:00	Relax
11:00	Lights Out

## WHY THE D-1 SCIENTIFIC APPROACH TO IMPROVED SHOOTING COLLEGE TOPS THE MARKET

### SCIENTIFIC APPROACH TO IMPROVED SHOOTING

Steve Nash. Larry Bird. Ray Allen. Kobe Bryant. Glen Rice. Rick Mount. Reggie Miller. Each has been described as a “pure shooter”, as if there was little or no effort behind the “effortlessness” of his release. The reality is that each received good instruction at an early age and then put in countless hours in the gym refining his shot.

Rather than focus on methods that are best for one shooter, this shooting school uses the *evidence from scientific studies* to teach the characteristics of all great shooters. These principles are then reinforced through high repetition practice, multiple forms of feedback, and encouragement.



**Sport Science clearly shows that...Great Shooters Aren't Born, They're Made**

### POINT, WING, POST: POSITION SPECIFIC APPROACH TO IMPROVED SHOOTING

Basketball is played a fast pace today than at any time in its history. More aggressive defenses have accompanied this faster pace, meaning that players often have to work much harder to get “open looks” than did players who played during the 20th century. This trend factors very much into the process of teaching players how to develop effective shooting habits that *carry over to game conditions*.

These changes in the game have also resulted in greater offensive specialization; point guards frequently shoot off the drive, wings typically shoot off the catch, and post players often initiate the jump shot before squaring to the basket. Coaches describe such pre-shot positioning as *separation*; whereas sport scientists describe this as a *preparation phase* to the jump shot itself. Regardless of its name, these skills are also teachable movement skills that have increasing importance in the fast pace basketball of the 21st century.

The staff of D-One’s *Scientific Approach to Improved Shooting* devotes substantial camp time to teaching players – in an easily learned and retained format – the position-specific *fundamentals of separation* necessary to play at the highest level possible. This training is reinforced through the use of computerized motion analysis, which helps to accelerate the integration of these important skills into the *fast-paced game conditions of contemporary basketball*.

**Proper Technique + Practice = Higher Confidence = Higher Performance**

## CAMP FACILITIES

Campers have use of indoor basketball and athletic facilities at all camp sites, providing ample space for individual instruction and practice stations. Outside basketball facilities are also available. **Sport scientists staffing the camp will use computerized motion analysis equipment on par with instrumentation used in university research laboratories, the US Olympic Training Center, and similar venues.**

## COST

Complete cost for the camp is \$250.00 for overnight campers and \$200.00 for day campers.

**The D-One Camp is the only Shooting Camp in the Country Collecting Data for Scientific Study.**

## WHAT IS COMPUTERIZED MOTION ANALYSIS?

Computerized motion analysis can be used to determine how efficiently an athlete moves. Sport scientists routinely use this technology to evaluate athletes for biomechanical breakdown and movement compensations. Such wastefulness in the body’s movement patterns can rob an athlete of peak efficiency, diminish power, contribute to earlier fatigue, or increase the risk of injury.

Sport scientists have used this technology for decades on elite athletes, such as those training at the US Olympic Training Center or those playing for professional teams.

**Video Taping Does Not ≠ Computerized Motion Analysis**

### WHY USE COMPUTERIZED MOTION ANALYSIS IN BASKETBALL AT THE “GRASS ROOTS” LEVEL?

Computerized motion analysis is used to identify strengths and weaknesses in athletic movement. This data is crucial to the development of effective training and skill development programs. It is also very useful in monitoring the progress of a training program, allowing for the comparison of performance data from one point in time to another.

Sport scientists have used this technology for decades on elite athletes, such as US Olympic athletes or those playing for professional teams.

The data captured through this technology provides insights into the ways an individual’s physical strength, coordination, and flexibility influence his or her shooting performance. This allows for objective quantification and evaluation of dynamic coordination while shooting. If we cannot measure, we cannot accurately diagnose. If we cannot measure, we are limited to, at best, informed trial and error.

Research quality movement analysis is now available to elite *and* developing amateur athletes. By using multiple digital video cameras connected to powerful computers, sport scientists can accurately assess shooting performance. This assessment has great value for players interested in developing good shooting technique when they are young, allowing them to more effectively build on this – and other basketball skills – as they age and mature.

## CAMP FEATURES

- All players receive instruction on the “Scientific Approach to Improved Shooting Skills”
- Each camper receives position-specific (point, wing, post) instruction to improve pre-shot separation skills.
- Each player undergoes digital video analysis from multiple angles.
- Personalized digital video – from multiple viewpoints of jump shot.
- Each player receives a report prepared by sport scientist detailing strengths and weaknesses of shooting and separation biomechanics.
- Each camper will take over 2000 supervised jump shots over 3 days.
- Air-Conditioned Dorms and Courts.
- Players grouped according to age, abilities, and playing position.
- Ratio – 1 Coach per 9 players.
- Limited camp size to insure individual instruction (100 maximum).
- Camp T-shirts.
- Awards for free throws, spot shooting and position shooting.

## SPECIAL CAMP FEATURE

- ★ Practice alone does not raise performance: scientific studies consistently
- ★ show that regular, professional feedback is needed for individuals to raise the
- ★ level of performance to the highest degree possible.
- ★ Every camper who attends the Scientific Method of Improving Shooting Col-
- ★ lege is eligible to participate in the *Year ‘Round Shooter Development Program*
- ★ offered by D-1 Basketball Camps, **offered at an additional cost.** This program is
- ★ modeled on those regularly used by sport scientists working remotely with Olymp-
- ★ ic and professional athletes, providing the professional feedback necessary for
- ★ improved shooting performance throughout the year.
- ★ Participation is easy and highly cost effective. Participants simply capture a
- ★ video of themselves shooting jump shots at home using a digital camera, iPhone,
- ★ or Android (specifics on compatible video formats and file upload directions for
- ★ this program are available on the D-1 website.) They then send the video to D-1,
- ★ where it is promptly broken down and returned within a few days with detailed
- ★ analysis to the shooter, allowing him or her to continue effective practice at home.
- ★ The D-1 camp directors recommend participants send video on a quarterly basis
- ★ (e.g. every 3 months) in order to ensure continued good shooting habits.
- ★

**No Other Shooting Camp In The Nation Has This Feature.**

## CAMP DIRECTORS



### Don Hoover, PT, PhD, CSCS

Dr. Hoover has over 25 years of experience in the areas of exercise science and sports medicine. His career focus has been the evaluation and improvement of human performance. His resume includes extensive experience in the areas of university teaching, scientific research, clinical practice as a licensed physical therapist, coach and consultant.

Professor Hoover has been consistently recognized as a highly effective teacher. He makes the science of human movement easy to understand and implement.

Dr. Hoover has helped thousands of students, patients and athletes improve their movement skills. His experiences allow him to quickly analyze high speed human movement and prescribe 1, 2, or 3 key changes which result in higher performance – such as a better shot and higher shooting percentages.

Professor Hoover is also presently an Associate Professor in the Doctor of Physical Therapy program at Western Kentucky University, Bowling Green, Kentucky.

## DON HOOVER'S CREDENTIALS

### Professional Education

- PhD, Biomechanics, University of Kansas
- Master of Science, Physical Therapy, University of Kansas Medical Center
- Master of Science, Kinesiology, Kansas State University
- Bachelor of Science, Exercise Science, Indiana State University

### Basketball (Playing Experience)

- High School: Lake Central High School
  - Two year varsity starter, Sectional champion
  - Coached by member of the Indiana Basketball Hall of Fame
- College: Minnesota State University – Moorhead
  - NAIA National Tournament Team
  - Coached by former consensus 1st team All-American, NBA 1st round draft choice, and member of Indiana Basketball Hall of Fame

### Professor

- 18+ years experience teaching on the collegiate level in the areas of sport science, human performance, and rehabilitation
  - Western Kentucky University, Rockhurst University, UINDY, University of Kansas Medical Center, Illinois, Kansas State
- Consistently recognized by students, peers, and administrators for teaching excellence
- **Sample Basketball Coaching, Teaching (University Courses) and Consulting Experiences**
- Assistant Coach, Gibault School: 1985 - 1987
- Kansas State University, Department of Kinesiology: 1987 - 1990
- University of Illinois, Urbana-Champaign, Department of Kinesiology: 1989 - 1990
- Indiana Pacers/Fever (Directed analysis of injury/time loss for franchises): 2002 - 2005

### Scientist

- Over 50 peer-reviewed scientific publications in the areas of exercise science, sports medicine, and rehabilitation
- His research focuses on the role of fatigue on the interactions between exercise physiology, motor control, and biomechanics during gross motor activities

### Clinician

- 20 years as a licensed physical therapist
- Has conducted qualitative and quantitative functional motion analysis on thousands of patients

## Jerry Hoover

Jerry Hoover enters his 28th year of directing D-1 Basketball Camps. Annual enrollment has grown from 80 to 3500 during this period. Sessions are now held on five campuses in four Midwestern states.

Hoover has over 45 years coaching experience at the high school and college levels. On the high school level, he is the only coach in Indiana high school history to turn losing programs into winning programs at eight schools. This list includes Ben Davis, Lake Central, North Judson, Salem, and Logansport. Hoover has coached high school players who have received over \$4,000,000 in scholarships, including Randy Wittman of Indiana University and the Washington Wizards.

On the collegiate level, Jerry served as assistant coach for a total of 14 years at Indiana State University and St. Joseph’s College. He is also a retired colonel (infantry) with 32 years of combined service. These experiences are the keystone of D-1 basketball camps “teaching fundamental skills so that young players have fun learning with a strong dose of discipline.”

Jerry Hoover is also presently the head girls’ varsity coach at Logansport High School.

