



*Jesus came and told his disciples,  
"I have been given all authority  
in heaven and on earth.  
Therefore, GO and make  
disciples of all the nations..."*

**Matthew 28:18-19a**

True competitors encourage each other to greatness. When a competitor is down, they try hard to find the energy to push further to achieve their best.

**LET'S GO! LET'S GO! LET'S GO!**

Nothing beats a rally cry. It's the one thing at a competition that everyone can rally around to overcome challenges and accomplish goals. For one moment, everyone joins together for a common purpose: the coach, the athlete, the team and the fans. It motivates the heart.

It produces action.

It changes the outcome.

As Christian Competitors, our Coach has commissioned a rally cry:

**LET'S GO! LET'S GO! LET'S GO!**

For one moment, we can dig deep and push beyond our perceived limits to accomplish more than we can imagine.

We have the Ultimate Coach leading the charge. The time is now. Let's Go!

*Since 1954, FCA Camp is a time of "inspiration and perspiration" for athletes and coaches to reach their potential by offering comprehensive athletic, spiritual and leadership training.*



NWNC FCA OFFICE  
Po Box 2802  
Hickory, NC 28603  
(828) 455-1637



# FIRST ANNUAL 2019 FCA BARBARA HELMS BASKETBALL CAMP



**JULY 8-11, 2019  
HICKORY, NC  
THE TATE CENTER**

Rising 3<sup>rd</sup>-12<sup>th</sup> Graders  
Boys & Girls





BARBARA BUCHANAN WAKE FOREST

# FIRST ANNUAL 2019 FCA BARBARA HELMS BASKETBALL CAMP



## FCA/BARBARA HELMS BASKETBALL CAMP REGISTRATION FORM

Please print below:

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade (Fall of 2019): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Insurance: \_\_\_\_\_

### Parental Consent:

I hereby consent for my child to participate in the **2019 FCA Barbara Helms Basketball Camp**. I certify that my dependent has had a physical examination in the past year and is able to participate in all camp activities. I hereby release the Fellowship of Christian Athletes and its staff from any and all liability for my child's participation in this camp.

Parent Signature/Date: \_\_\_\_\_

***Make checks payable to FCA***

***Mail this form and payment to:***

**FCA Basketball Camp  
PO Box 2802  
Hickory, NC 28603  
828-455-1637**

Check-in begins at 8:15am on Monday, July 8th in the lobby of The Tate Center located in downtown Hickory, NC.  
**347 Highland Ave SE  
Hickory, NC 28601**

**Ages: Boys & Girls Rising 3<sup>rd</sup> - 12<sup>th</sup> Grade**  
**Date: Monday, July 8<sup>th</sup> - Thursday, July 11<sup>th</sup>**  
**Location: The Tate Center (behind Transportation Insight)**  
347 Highland Ave. SE  
Hickory, NC 28601  
**Time: 9:00am - 3:00pm (Camp t-shirt & Chick-fil-A Lunch provided)**  
**Cost: \$100**  
A \$20 non-refundable deposit must be sent with this registration. The balance is due on Monday, July 8th  
If you register the first day of camp the cost is \$110.  
Make checks payable to FCA.

**What to Bring: Proper clothing and shoes to play basketball. Money for snacks & drinks .**

Barbara Helms is a former standout basketball player and ACC legend at Wake Forest University. She was also the Head Coach at Lenoir-Rhyne. As the head coach of the Lady Tornadoes, Coach Helms led her team to the 2015 State Championship and the 2011 & 2014 State Championship Runner Up. Coach Helms was also named the 2015 AP Coach of the Year. Her teams have appeared in 16 straight playoff seasons. The 2015 class finish the season 27-0. The senior classes have produced numerous NCAA Division I & II basketball scholarship athletes since 2003 and two former standouts played at the professional basketball level.

FCA camp is a must for any player who is working to maximize their God given potential on & off the court. On the court, basketball strategies, ball handling, defensive & offensive skills, individual position skills, team play, rule interpretations and much more will be covered. An outstanding staff will assist Coach Helms each day. Off the court, there will be speakers who will share their journey of faith & Basketball. Also, FCA Area Representative / certified personal trainer Joseph Edwards will lead speed & agility sessions each day.



***FCA focuses on serving local communities around the globe by engaging, equipping and empowering coaches and athletes to unite, inspire and change the world through the gospel.***