

The Directors



Jenny Johnson

Jenny Johnson completed her college basketball career at the University of Illinois, where she garnered numerous awards including 2nd all-time career assist leader and Honorable Mention All-Big Ten. Johnson

spent 15 years at the helm of the girls basketball team at Edina High School. Johnson has been named Section Coach of the Year five times and in 2007, she was named State Coach of the Year. Johnson has also led the Hornets to four Section Championship titles and most recently, a third place finish in the Minnesota State Tournament in 2007. Jenny has been a part of Arrowood Basketball Camp for over 30 years, first as a camper, then counselor, coach and now co-director. Her father Whitey founded the camp in 1973. Jenny has served as co-director for over 19 years.



staff

We've established Arrowood specifically to give campers the opportunity to develop proper skills and fundamentals. We truly believe that the best way to do this is to surround them with knowledgeable and enthusiastic people who can effectively communicate with athletes. The Arrowood coaching staff consists of well known coaches from around the Twin Cities, many of whom have played and/or coached at the college level themselves. These individuals know firsthand exactly what skills young players must obtain, as well as the best ways to obtain them. Arrowood counselors include current players from Division I, II, or III programs who stay in the cabins with the campers. Our goal is to provide campers with positive role models who have as much to offer campers off the court as they do on the court.

Features

- 9:1 player/coach ratio
- Individual instruction, grouped by age and ability
- Emphasis on offensive skills
 - proper shooting form
 - individual offensive play
- Emphasis on defensive skills
 - on the ball and denial defense
 - team defense
 - defending screens/picks
 - rebounding and blocking out
- Personal evaluation
- Camp awards and prizes
- FREE camp t-shirt
- FREE Arrowood Camp basketball
- Fun-filled learning

Off the Court

At Arrowood, we know how important quality instruction is to any athlete. However, we also know that a camp experience gives more to athletes than just the chance to learn and develop basketball skills. Since Arrowood is an overnight camp, it gives us the opportunity to provide campers with a very unique experience. Not only does the atmosphere allow campers to interact with each other in an athletic realm, but equally as important, it also invites them to develop new friendships by participating in other social settings and engaging in cooperative learning activities.

Arrowood is designed to emphasize growth as a basketball player, yes—but ultimately we hope campers come away from Arrowood with a little something extra that will help them grow as individuals. **After all, it's not life that is all about sports, it's sports that are all about life.**

At night, our camp discussions revolve around such topics as:

- Chemical/health issues
- Fitness & Nutrition
- Goal setting
- Decision making

Dee Dee Deeken



Hailing from the Chicago-land area, but originally from the bluegrass state of Kentucky, Deeken also attended the University of Illinois. As a captain, Dee Dee finished her senior year as the Most Valuable Player, was named 2nd Team All-Big Ten, and set a school record for most steals in a single season. Deeken spent 12 years as the varsity coach at Eden Prairie High School, where she also teaches social studies. Deeken led the Eagles to the Section 4AAAA Championship game four times and was twice named Section 4AAAA Coach of the Year. Dee Dee has served as co-director at Arrowood for over 19 years.



Registration & general camp questions: 763-257-3878
Roommate questions: 952-250-0465

Daily Schedule

8:00 Breakfast	2:00 League play
9:00 Warm-up	3:20 Daily contest
9:15 30 second stations	3:40 Open activity
9:30 Fundamental stations	5:30 Dinner
11:00 Individual help, swim	7:00 League games
12:00 Lunch	8:30 Swim, clean up
1:00 Position drills	9:30 Film/camp activity
1:30 Team offense/defense	10:30 Lights out



Camp Setting

Our camp is located at the Chi-Rho Center on Lake Sylvia, which is seven miles from Annandale, MN and approximately 60 miles west of Minneapolis. Detailed driving instructions will be sent prior to camp. In addition to the rustic cabins and dining hall, there is a sandy beach with twin docks and a boating beach with canoes and rowboats. There are three basketball courts, where we spend a large part of our day. In the event of inclement weather, alternate activities will be provided. We do play our basketball outdoors to the extent possible.

Fee/Enrollment

- The total camp fee includes instruction, meals, overnight lodging, camp t-shirt, awards, basketball, evaluation, and use of recreation facilities.
- Each camp is limited and applications are accepted in the order received.
- If you plan to attend with your team or other group, please send in your applications early to ensure everyone's spot. Group "reservations" do NOT ensure individual registration.

ACT EARLY AND SAVE \$25!

- You will receive a \$25.00 discount if your application is postmarked by April 1st. The \$25 will be deducted from the remaining balance.
- **ALL DEPOSITS AND CAMP FEES ARE NON-REFUNDABLE 30 DAYS PRIOR TO THE WEEK OF CAMP.**

At Arrowood, our camps are designed to focus on:

- Quality instruction including fundamental skills
- The value of teamwork, cooperation, and respect
- Positive problem solving techniques
- Team building activities
- Methods to help athletes identify their role

Register and pay online www.camparrowood.com

- Create a convenient online account for multiple campers and future registration
- Check your registration status online
- Find answers to questions regarding lodging, billing, and daily schedule
- Access pictures, information, and confirmation materials

Arrowood Basketball Camp
P.O. Box 44632
Eden Prairie, MN 55344

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Secure your spot
immediately with online
registration and payment



arrowood



basketball camp

Providing a complete
camp experience

for over 35 years



Overnight ■ Girls ages 9-15

Directed by:
Dee Dee Deeken & Jenny Johnson

On beautiful Lake Sylvia ■ Near Annandale, MN
60 Miles west of the Twin Cities
www.camparrowood.com