



## **...WHERE INSTRUCTION IS #1.**

Thanks for taking time to learn more about the Focused 50. This camp was designed especially for players who strive to become better. We stress development - player development and people development. Our hope is that each camper leaves the Focused 50 with a better understanding of the game and realizes the intense work ethic that it takes to compete at a high level. Unique to the Focused 50 Camp are the round table discussions led by college coaches. Some of the relevant topics discussed are conditioning, weight training, college competition, and balancing academics with athletics. This is the ideal camp for players with ambitions of playing basketball at the college level. The Focused 50 will not turn campers into franchise players overnight, but it will give you the tools and concepts to work toward being the best you can be!

**Be sure to check back in January for camp dates!**

# 50 Points of Focus to Elevating YOUR Game...

## FAITH

Demonstrate Respect  
Make hard work YOUR passion  
Say "thank you"  
Believe in yourself & teammate

Enjoy the game

## SPORTSMANSHIP

Discipline yourself  
Play the game with emotion & heart  
Sacrifice & toughness  
Condition yourself mentally & physically  
Exhibit Strength

## LOVE



Be a well-rounded player  
Take a positive approach  
Practice with a purpose  
Power of believing

Have a Vision

## ENTHUSIASM

Always compete  
Perfect Practice  
Allow yourself to have fun  
Appreciate Experiences  
Create Friendships

## INTENSITY

Prepare to meet opportunities  
Take Fire Truck & Hot Shot Shots  
Show Loyalty  
Focus on the small details  
Be a great teammate

## HONESTY



Repetition, Repetition, Repetition

Display & Give Confidence

Be a WINNER at all times

Listen to learn

Strive for your personal best

**DETERMINATION**

Challenge yourself each day

Understand your role

Make effort come easy

Set Goals

Learn to think the game

**PASSION**

Emphasize fundamentals

Focus on the Moment

Never Accept Defeat

Be explosive

**DESIRE**

...Never forget where you started!



# What's being said about the Focused 50?

"The Focused 50 is all about *focus*. Players focus on building and progressing by working on the fundamentals of the game. The camp creates a solid & complete basketball player and helps each camper reach a higher level of competitiveness."

**Donna Carr**, Assistant Basketball Coach  
Hillsborough Community College, Florida  
Former Professional Player in Finland

"Heather Macy's Focused 50 Basketball Camp is an intense break down of the game of basketball. The camp is a terrific tool for young ladies of all levels! The uniqueness and specialized focus makes this camp one of a kind! This truly is a camp where you will improve!"

**Darren Kohne**, Assistant Basketball Coach  
Stephen F. Austin University, Texas

"The Focused 50 camp believes in the greater development of student-athletes, not just their athletic potential. Both academic achievement and sportsmanship are addressed at the camp."

**Dr. Wood Gibson**, Director of Athletics  
High Point University, North Carolina

"The Focused 50 was so much fun. I left camp feeling like I had worked hard. It was a great experience and one of the best parts was meeting other girls from all over."

Former Camper

"It has been awesome being a part of the Focused 50 staff. Never before have I been a part of a camp so intensely packed with teaching and college information. The energy of the coaching staff creates an amazing atmosphere. I've been involved with several basketball camps, including some that had "big name" sponsors or host but, Coach Macy personally runs the camp and her passion for getting players the inside scoop to becoming a college athlete is what makes the camp so helpful to each individual."

**Stacey Parris**, Head Coach  
Spartanburg Methodist College, South Carolina

"... I have attended the Focused 50 Camp for the past two summers. It was a really good experience and I had a lot of fun. I learned a lot and the competitions were fun. The NCAA lecture we received was helpful and it informed me of what I needed to know. I am definitely returning for camp this summer!"

Former Camper

"The Focused 50 Camp has provided our daughter with a unique and in-depth training experience that will allow her to focus in on her potential and achieve her goals."

**Randy Cox**  
Father of Former Camper

"This is one of the best camps that I have attended. The attention that each player received was exceptional and what I walked away with has helped me so much in my sport of basketball."

Former Camper

"Focused 50 was a real game changer for me. I learned so many strength training exercises and moves that I didn't even know existed. They have me hooked and I know I'll be going every summer."

Former Camper

"The Focused 50 Camp was a lot of fun and it was very intense! The coaching staff taught me many new skills and drills that I have been working on over the past few months. I feel that I learned a lot about the game of basketball and that I have improved because of the Focused 50 Camp. It was well worth the money!"

Former Camper

"The Focused 50 Camp was a great experience for me. There were several college coaches there that cared about you getting better, and helping you get better. The camp taught me new things and I also got to improve on things I already knew how to do. I would recommend the Focused 50 Camp as a camp to attend because it teaches you about hard work and dedication. The staff helps you understand about how to improve and work hard."

Former Camper

"My time at the Focused 50 Camps were so important for me as a basketball player, especially coming from a rural area. My dream has always been to play basketball while pursuing my college degree. During my playing time in high school we were not one of the top teams and had little to no publicity. I feel that my time at the Focused 50 Camps allowed me to compete with top players from many different areas, while getting one-on-one instruction to improve my game."

Former Camper

"The Focused 50 Camp was a great experience for me. I enjoyed how we were focused on our positions we played for our team. I learned a few more things about the game of basketball and had the chance to meet other players from all over North Carolina. I would recommend anyone who loves basketball to attend."

Former Camper

"The Focused 50 Camp truly helped me build and refine my skills. It also gave me a good insight about striving to become a great player, being a team player, and being a good person overall."

Former Camper

"My experience with the Focused 50 Camp was great! It was a great workout and it helped me improve many of my basketball skills. On top of that I met a lot of new friends...I would love to do it again next summer!"

Former Camper