

COACHES

WAIVER OF LIABILITY FOR PARTICIPATION IN CAMP

☐ I acknowledge that there are certain risks of serious injury to the participant in this program and voluntarily assume these risks. I hereby, release and agree to hold harmless VCSU, the State of North Dakota, and all employees from all such claims for any injuries or damages that may be sustained by the participant in relation to this program. Further, I consent to emergency medical treatment for the participant as deemed necessary.

VCSU/State of North Dakota does not insure participants in this program and are not responsible for any medical expenses incurred by the participant.

Child's Name: _____

Parent/Guardian: _____

Date: _____

Insurance Company: _____

Policy Number: _____



Head Coach, Vanessa Johnson

just finished her eighth season as head coach of the Valley City State University women's basketball program.

Johnson's 2017-18 team finished the year with a 25-5 overall record and set new school records for wins (25), winning percentage (.833), scoring average (76.5 points/game), shooting percentage (.463) and free throw percentage (.769).

In 2018-19, the Vikings went 10-4 in conference play and 14-14 overall as they finished third in the NSAA standings. In 2019-20, Valley City State went 9-5 in conference play and 12-14 overall as they finished fourth in the NSAA standings. In 2021-22, the Vikings finished third place in the conference standings. In the 2022-23 season, the Vikings finished 7-7 in conference play. The Vikings finished with a 7-5 conference mark in 2023-24 and third in the NSAA regular season standings. The Vikings finished the 2024-25 season with a 15-14 overall record and a 6-9 record to place fifth in the North Star. VCSU's Abby Aslesen earned NSAA Freshman of the Year as well as Honorable Mention All-Conference. Ashlyn Diemert was named 2nd Team All-Conference while JayCee Richter earned Honorable Mention All-Conference and Ellie Braaten was named to the All-Defense Team.

A native of Hartford, S.D., Johnson joined VCSU after working one year as head girls basketball coach and elementary reading specialist at Detroit Lakes Public Schools (Minn.).

Prior to that, Johnson was an assistant women's basketball coach at Minnesota State University Moorhead for three seasons. In her final season at MSUM she helped the Dragons to 21 wins, the NSIC North Division title and their 16th straight winning season.

Johnson played collegiate basketball for four seasons, including two at South Dakota State University and two at the University of Sioux Falls.

She graduated from the University of Sioux Falls with a Bachelor of Science degree in elementary education (2013) and earned a Master of Educational Leadership from Minnesota State University Moorhead (2016).



Assistant Coach, Taylor Henningsgard

finished her 5th year assisting the Viking women's basketball program.

Henningsgard joins the Vikings from Lake Region State College (NJCAA) where she served as an assistant coach and interim powerskills advisor. She also has college coaching experience from Briar Cliff University (NAIA) and Minot State University (NCAA

Div. II). She was also head coach of the AAU 16U North Dakota Attack for one season.

Henningsgard was a previous standout point guard at Lake Region State College where she was named 1st Team All-Conference and Region XIII Tournament Most Valuable Player. She finished her career at Dickinson State University where she was named 1st Team All-Conference as a senior. At Central Valley High School, Henningsgard was named the North Dakota Class B District, Region, and State Senior Athlete of the Year. She was also a finalist for North Dakota Miss Basketball.

www.vcsuvikings.com



VALLEY CITY STATE UNIVERSITY VIKINGS WOMEN'S BASKETBALL 2025 CAMPS

GIRLS POSITION CAMP
Grades 5-12 • June 8-10, 2025

GIRLS VARSITY & JV TEAM CAMP
June 5, 2025



POSITION CAMP INFORMATION

WHO SHOULD ATTEND

Position camp is for girls entering 5th–12th grade who want to challenge themselves to develop their complete game.

CAMP FEES & REGISTRATION

Each camper gets personal attention at VCSU Position Camp. We have a 7-8 to 1 ratio of campers to coaches. To secure a space, please return your application with full payment, or apply online before June 6th at:

www.vcsuwbbcamps.com

\$220 Instruction & Meals
\$190 Instruction Only

\$285 Instruction, Lodging & Meals: Quad Occupancy
OR Double with Roommates

\$325 Instruction, Lodging & Meals: Triple Occupancy

\$365 Instruction, Lodging & Meals: Double
Occupancy (own bed guarantee)

Being we are lodging in a hotel this year; our registration has changed from past years. Here's what each level of occupancy looks like:

• Quad Occupancy: 4 people to a double queen room
(You & 3 desired roommates—must name all roommates)

• Double with roommates: 4 people to a double queen room
(You & your desired roommate—must name your roommate + another pair of campers of our choosing)

• Triple Occupancy: 3 people to a double queen room
(You & your 2 desired roommates — Must name all roommates)

• Double Occupancy: 2 people to a double queen room
(You are guaranteed your own bed with 1 other person in the room)

You can either come alone or you & a roomie BOTH pick this option AND label each other as desired roommates

WHAT SHOULD I BRING TO CAMP?

Please bring two pairs of well-broken-in basketball shoes and another pair to wear outside. Overnight campers should also bring towel, swimming suit, toiletries.

WHEN SHOULD I REPORT TO CAMP?

Sunday, June 8th
Check-in 12:00–1:00 p.m. at the W. E. Osmon Fieldhouse

Departure Time
Tuesday, June 10th, 12:00 p.m.

WHERE WILL I STAY?

Overnight campers will stay at the AmericInn Hotel in Valley City. They will be supervised 24 hours a day by coaches who will be staying with them. Continental breakfast will be available, as well as a swimming pool – **Swim from 9:30 – 11 p.m. each night.**

TEAM CAMP INFORMATION

WHO SHOULD ATTEND

Team camp (June 5th) is a great chance for high school teams to compete against teams from other areas. Team camp provides an additional opportunity to play and develop as a team during the summer months. With varsity and junior varsity divisions, you will find competition that is just right for you. Team camp is run in a pool play format with each team guaranteed 3 games. Games are 18 minute running halves with a 5 minute halftime. New games start every 45 minutes. This is always a fun day of highly competitive girl's basketball. Make sure to get your team signed up early, as this camp does fill up fast!

CAMP FEES & REGISTRATION

To secure a space, please return your application with full payment, or apply online before June 3rd at:

www.vcsuwbbcamps.com

\$250 Team Camp

Registration is from 8-9 a.m. at the W.E. Osmon Fieldhouse, with the first round of games beginning at 9 a.m.

T-SHIRTS

Each registered team will receive 12 t-shirts. With the challenges we have faced in receiving gear on time, we have decided it is best to place a bulk order of shirts now, in order to assure you receive them at camp. This means players/coaches are not guaranteed their ideal size.



WHERE ARE THE CAMPS LOCATED?

VCSU is located 45 minutes west of Fargo on Interstate 94. The Osmon Fieldhouse is located 2 blocks north of Exit 292.

REGISTRATION FORM



Valley City State POSITION CAMP/TEAM CAMP Registration Form

or register online at www.vcsuwbbcamps.com

Name	High School	City	State	Zip
Mailing Address				
Phone				
Position Camp ONLY:				
Your next grade in junior/high school:		<input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12		
Height		<input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12		
Position		<input type="checkbox"/> JV <input type="checkbox"/> Varsity		
POSITION CAMP		TEAM CAMP		
<input type="checkbox"/> Day Camper - no meals - \$190 <input type="checkbox"/> Day Camper - with meals - \$220 <input type="checkbox"/> Quad or Double with roommates - with meals - \$285 <input type="checkbox"/> Triple occupancy - with meals - \$325 <input type="checkbox"/> Double occupancy - with meals - \$365		<input type="checkbox"/> JV - \$250 <input type="checkbox"/> Varsity - \$250		
Roommate Preference				

ALL CAMPERS, Position or Team, are required to complete the Waiver of Liability on the reverse side of this form.

Please include your check made payable to VCSU
Mail check and registration form to:
Vanessa Johnson • VCSU Position Camp
101 College Street SW • Valley City, ND 58072