

ATHLETIC CAMPS



Athletic camps are sponsored by the Office of Community and Professional Education in partnership with the college's Athletic Department.

The 2019 Summer Athletic Camps will provide an opportunity for boys and girls to acquire knowledge, develop interest, learn techniques and improve skills in a variety of sports.

All camps are under the direction of a head coach with a sufficient number of assistant coaches to provide low coach-to-camper ratios. Campers will be divided into groups according to age and ability.

FEES

Full-day Programs

- All Sports \$175
- Basketball \$165
- Soccer \$165

Half-day Programs

- Advanced Golf \$175
- Adventure \$95
- Amazing Athletes \$115
- Dodgeball \$95
- Football \$95
- Golf \$150
- Lacrosse \$95
- Softball \$95
- Tennis \$95
- Volleyball \$95

DROP-OFF/PICK-UP

Campers must be dropped off and picked up at the McDonough Sports Complex lobby. Children should not be dropped off prior to posted start times. There will not be supervision available until that time.

Camps will end promptly at the designated time. Coaches will be available for 15 minutes after their individual camp ends. Children must be picked up by that time, unless enrolled in extended care, and parents must come inside to sign out their child. All campers must provide their own transportation.

LUNCH (Full-day campers only)

Campers are expected to bring their own lunch. Limited snacks and beverages will be available for purchase at Hudson Valley Community College. Refrigeration is not available. All campers should bring a labeled water bottle daily.

INSURANCE

Every camper is covered by an excess accident insurance plan. It provides excess medical and accidental death protection during camp participation and also while traveling to and from Hudson Valley Community College.

EXTENDED HOURS FOR ATHLETIC CAMP PROGRAMS

HALF-DAY CAMPS

(Except golf, due to off-site meetings) Morning extended care is available from 8 - 9 a.m. for an additional charge of \$10/week. There is no afternoon extended care for half-day camps unless your child is registered in an afternoon Summer Academy program.

If you need a full-day program for your child, please check our Summer Academy offerings beginning on page 9.

Students who sign up for a morning Athletic Camp and afternoon Summer Academy class must pay the \$10 fee for supervised lunch (lunch is NOT provided). Camp staff will transport children to the Viking Child Care Center (DCC) for lunch and the afternoon program.

FULL-DAY CAMPS

Morning extended care is available from 8 - 9 a.m. for an additional charge of \$10/week. Afternoon extended care is available from 3 - 4 p.m. for an additional charge of \$10/week. Extended care will be held in the McDonough Field House.

A.M. CARE

Dates	CRN	Times	Cost
July 8 - 12	70291	8 - 9 a.m.	\$10
July 15 - 19	70292	8 - 9 a.m.	\$10
July 22 - 26	70293	8 - 9 a.m.	\$10
July 29 - Aug. 2	70294	8 - 9 a.m.	\$10

P.M. CARE

Dates	CRN	Times	Cost
July 8 - 12	70297	3 - 4 p.m.	\$10
July 15 - 19	70298	3 - 4 p.m.	\$10
July 22 - 26	70300	3 - 4 p.m.	\$10
July 29 - Aug. 2	70301	3 - 4 p.m.	\$10

ADVENTURE

AGES: 8-16

The adventure program is a series of activities designed to challenge participants on both an individual and group basis. Presented by trained instructors, the program encourages teamwork, cooperation, focus and responsibility. Adventure program campers work together to successfully maneuver through obstacles and creatively solve challenges. Equipment: workout clothes and sneakers.

70172 \$95

Mon. - Fri., 9 a.m. - Noon

July 22 - 26

Matthew Fuda, Head Coach

ALL SPORTS

AGES: 7-14

This camp provides participants with a unique opportunity to experience a variety of camps in one setting. Throughout the week, various sports will be featured. Activities may include: soccer, tennis, basketball, wiffleball, badminton, weight training, team building and brain games. Campers will attend Camp Day at The ValleyCats on Tuesday, July 9. Equipment: workout clothes and sneakers.

70094 \$175

Mon. - Fri., 9 a.m. - 3 p.m.

July 8 - 12

Dylan Larkin, Head Coach



AMAZING ATHLETES

AGES: 4-6

Amazing Athletes is a developmental sports and fitness program that teaches children the basic fundamentals and mechanics of nine different sports: baseball, basketball, football, golf, hockey, lacrosse, soccer, tennis and volleyball. Our program incorporates exercises for gross motor development, hand-eye coordination, cardiovascular fitness, speed and agility and stretching and muscle tone. The sports will be divided up throughout the week. The children are able to learn and practice the basic fundamentals of each sport through game-based activities.

71012 \$115

Mon. - Fri., 9 a.m. - Noon

July 29 - Aug. 2

Jessica Perrott, Head Coach



BASKETBALL

AGES: 7-16

Both weeks co-ed

This camp includes instruction in the fundamental skills and basic rules of basketball; daily drills to improve agility, coordination and ball handling; instructional and game films. Equipment: workout clothes and sneakers.

70093 \$165

Mon. - Fri., 9 a.m. - 3 p.m.

July 8 - 12

70185

Mon. - Fri., 9 a.m. - 3 p.m.

July 22 - 26

Andrew Ferris, Head Coach



DODGEBALL

AGES: 10-14

This camp will provide participants with the opportunity to improve on their dodging, catching and throwing skills. Different rules, skills and techniques of the game will be taught throughout the camp. Participants will be playing many different versions of dodgeball, which will lead up to a tournament at the end of the week. Equipment needed: workout clothes and sneakers.

70651 \$95

Mon. - Fri., 9 a.m. - Noon

July 15 - 19

Dylan Larkin, Head Coach

FOOTBALL

AGES: 7-12

Instruction in the fundamental skills needed to play football will be covered. This is a non-contact camp that also will serve to enhance knowledge of the basic rules of the game. All in attendance will learn to pass, kick, punt, snap and catch, block and tackle. Equipment: workout clothes, cleats and sneakers. NO PADS OR HELMET WILL BE USED.

70095 \$95

Mon. - Fri., 9 a.m. - Noon

July 8 - 12

Robert VanHoesen, Head Coach



ATHLETIC CAMPS

Let's play golf!

GOLF

AGES: 9-16

This camp includes instruction in the fundamentals of the game, including grip, stance, swing, rules, terminology and etiquette. Equipment: bag and clubs (driver, fairway wood or hybrids, 5i, 7i, 9i, wedge and putter). Camp will meet three days at Route Fore Golf Center and two days at a local course.

70169 \$150

Mon. - Fri., 9 a.m. - Noon
July 8 - 12

70602

Mon. - Fri., 9 a.m. - Noon
July 22 - 26

Alyssa Ruggerio, Head Coach

*This camp meets off-site each day.
A complete schedule will be provided
before camp begins.*

ADVANCED GOLF

AGES: 11-17

Designed for golfers who have the fundamentals of the full swing, chipping and putting and want to learn to refine these skills. We will learn advanced skills and how to manage those skills on the course. This camp is great for golfers who are either playing on their school team or are trying out for their school team. Golfers should be able to hit a club between 100-150 yards.

This camp will focus on advanced skill development and playing on the course. We will be walking so the campers will carry their bags or have a push cart. Equipment: All campers should have their own clubs. We will be at a golf course each day, so dress accordingly. Please bring water and snacks to be carried in your golf bag.

70904 \$175

Mon. - Fri., 8:30 a.m. - Noon
July 29 - August 2

Alyssa Ruggerio, Head Coach

*This camp meets off-site each day.
A complete schedule will be provided
before camp begins.*

LACROSSE (GIRLS)

AGES: 8-14

Instruction in lacrosse fundamentals, including strategies for playing offensive and defensive aspects of the game, will be covered. Students will participate in activities to improve stick skills, agility and coordination while learning good sportsmanship and having fun with friends! Equipment: lacrosse stick, goggles, mouth guard, and cleats preferred; sneakers acceptable.

70788 \$95

Mon. - Fri., 9 a.m. - Noon
July 22 - 26

Derek Minkler, Head Coach

SOCCER

AGES: 6-16

This camp includes instruction in the technique and tactics of soccer. Younger groups will focus on technical skill development, while older groups will concentrate on decision-making under pressure and tactical awareness. Equipment: workout clothes, cleats, sneakers, shin guards and soccer ball (optional).

70101 \$165

Mon. - Fri., 9 a.m. - 3 p.m.
July 15 - 19

70102

Mon. - Fri., 9 a.m. - 3 p.m.
July 29 - August 2

Jarrett Farrell, Head Coach



SOFTBALL

AGES: 8-15

Instruction in this camp will emphasize batting, base-running, throwing, fielding, pitching and catching. Equipment: glove, sneakers, workout clothes, cleats (optional) and bat (optional).

70104 \$95

Mon. - Fri., 9 a.m. - Noon
July 29 - August 2

Alicia Ozols, Head Coach

TENNIS

AGES: 8-15

Instruction in this camp will emphasize the development of ground strokes, net play and serving. Individualized instruction is provided for all levels of play, from beginner to advanced. Equipment: racquet, workout clothes and tennis shoes.

70090 \$95

Mon. - Fri., 9 a.m. - Noon
July 8 - 12

70091

Mon. - Fri., 9 a.m. - Noon
July 15 - 19

70092

Mon. - Fri., 9 a.m. - Noon
July 29 - August 2
Derek Minkler, Head Coach

VOLLEYBALL

AGES: 9-15

The beginning player will learn to pass, set, dig, block, spike and serve in this camp. Focus will be on basic skill improvement and fun activities centered around the game of volleyball. Equipment: workout clothes and sneakers. Suggested: knee pads.

70103 \$95

Mon. - Fri., 9 a.m. - Noon
July 15 - 19

Kelsey Wilson, Head Coach

