

ATHLETIC CAMPS

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

The 2017 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 \$165
- Basketball \$160
- Soccer \$160

Half-day Programs

- Advanced Golf \$150
- Adventure \$90
- Amazing Athletes \$100
- Dodgeball \$90
- Football \$90
- Golf \$130
- Lacrosse \$90
- Softball \$90
- Tennis \$90
- Track & Field \$90
- Volleyball \$90

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 HVCC. 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 10.



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 Building (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
June 26 - 30	70291	8 - 9 a.m.	\$10
July 10 - 14	70292	8 - 9 a.m.	\$10
July 17 - 21	70293	8 - 9 a.m.	\$10
July 24 - 28	70294	8 - 9 a.m.	\$10
July 31 - Aug. 4	70295	8 - 9 a.m.	\$10

P.M. CARE

Dates	CRN	Times	Cost
June 26 - 30	70297	3 - 4 p.m.	\$10
July 10 - 14	70298	3 - 4 p.m.	\$10
July 17 - 21	70300	3 - 4 p.m.	\$10
July 24 - 28	70301	3 - 4 p.m.	\$10
July 31 - Aug. 4	70670	3 - 4 p.m.	\$10

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 course each day so dress accordingly. Please bring water and snacks to be carried in your golf bag.

70904 \$150

Mon. - Fri., 8:30 a.m. - Noon

July 31 - August 4

Catherine Becker, Head Coach

**This camp meets off-site each day.*

A complete schedule will be provided before camp begins.

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 \$90

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

July 24 - 28

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, wiffle-ball, badminton, weight training, team building and brain games. Campers will attend Camp Day at The ValleyCats on Tuesday, July 18. Equipment: workout clothes and sneakers.

70094 \$165

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

July 17 - 21

Christopher Jura, 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 \$160

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

July 10 - 14

70185

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

July 31 - August 4

Christopher Jura, Head Coach



DODGEBALL

AGES: 10-14

This camp will provide participants 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 \$90

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

July 24 - 28

Christopher Jura, 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 the knowledge of the basic rules of the game. All in attendance will learn to pass, kick, punt, snap, catch, and block and tackle. Equipment: workout clothes, cleats and sneakers. NO PADS OR HELMET WILL BE USED.

70095 \$90

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

July 10 - 14

Michael Muehling, Head Coach

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 two days at Route 4 Golf Center and two days at a local course. A schedule will be handed out on the first day, which will be held at HVCC.

70169 \$130

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

June 26 - 30

70602

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

July 17 - 21

Catherine Becker, Head Coach

**This camp meets off-site Tuesday - Friday. A complete schedule will be provided on the first day.*



ATHLETIC CAMPS



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 \$90

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

July 24 - 28

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 \$160

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

June 26 - 30

70102

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

July 24 - 28

Travis Cooke, 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 \$90

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

July 17 - 21

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 \$90

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

July 10 - 14

70091

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

July 17 - 21

70092

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

July 31 - August 4

Derek Minkler, Head Coach

TRACK AND FIELD

AGES: 8-12

This camp provides participants the opportunity to experience the world of track and field. It is perfect for those who enjoy running and being active, or who just want to try something different. Through various running and field events, team building activities and games, we will focus on proper stretching, running and exercise techniques that create a strong discipline and better understanding of the sport. Equipment: workout clothes and sneakers.

70448 \$90

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

July 10 - 14

Sean Mullen, 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 needed: workout clothes and sneakers.

Suggested: knee pads.

70103 \$90

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

July 17 - 21

Kelsey Wilson, 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, 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 \$100

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

July 24 - 28

Jessica Perott, Head Coach

