

VolleyBall

Dates: Week 1: June 29th-July 2nd
Week 2: August 3rd-August 7th

Times: 8:00 am-12:00 pm

Location: C-A Middle School Gym

Grade Level: 7th-12th

Campers Needs:

- Proper Clothing
- Sneakers
- Knee Pads

Camp Format

- Co-educational *(Unless otherwise denoted)
- Divided into 2 skill level groups after first day if needed
- Some Individual Instruction
- Conditioning/Practice Drills
- Games
- Possible Tournament at the end of camp

Staff:

David Carlson Girls' Varsity Volleyball

August Skills and Drills

Dates: August 10th –12th & August 17th-19th
(Monday, Tuesday, Wednesday)
8:30-10:30

Location: C-A Fields, Gym & Fitness Room

Camp Format:

- Continue with basic strategies
- Add passing, receiving, kicking, non-contact offensive and defensive line work

Staff:

Jason Danz Modified Football Coach
Marty Hudson Varsity Defensive Coordinator

Basketball

Dates: Week 1: July 20th-July 24th

Week 2: July 27th-July 31st

Ages: Entering 3rd grade- entering 12th grade

Times: 8:00am-10:00am (3rd grade-6th grade)
10:30am-12:30am(7th grade-12th grade)

Location: C-A High School Gym

Campers Needs:

- Proper Clothing (Gym Shorts and T-Shirt)
- Sports Sneakers
- Water Bottle; preferably reusable

Camp Format:

Grade Levels 3-6

The first 60 minutes will focus on drills designed to improve fundamentals.

- Dribbling
- Shooting (form)
- Passing (technique)
- Court Movement (with and without ball)

The second 60 minutes will consist of 5 on 5 team games ending in a tournament.

Grades Levels 6-12

The first 60 minutes will focus on fundamental drills and team drills.

- Core Fundamentals
- Team Ball Movement
- Court Awareness

The second 60 minutes will consist of team 5-5 games ending in a tournament.

Winning teams will be awarded a trophy

Staff:

Shawn Mousseau
Elizabeth Ferenczy

2009

C-A

Summer Sports Camps



Information and Registration Form

Field Hockey

Date: July 13th-July 17th, Monday-Friday

Time: 6:00pm-8:00pm

Location: Field Hockey Field

Grade Level: 9th-12th Graders

Campers Needs:

- Mouth Guards
- Water

Camp Format:

- Players will review basic Skills and Strategies
- Player will play small sided games
- Players will play full scrimmages

Date: July 13th-July 17th, Monday-Friday

Time: 10:00 am-12:00 pm

Location: Field Hockey Field

Grade Level: 7th-8th Graders

Camper Needs:

- Mouth Guard
- Water

Camp Format:

- Players will learn the basic skills of Field Hockey
- Basic Positioning & game strategies
- Players will play in small sided games

Staff

Rita Magee
Girls' Varsity Field Hockey Coach
Diane Loughran
JV Field Hockey Coach

Co-ed Tennis

Date:

August 17th-21st

Time: 9:00 am-12:00 pm

Location: C-A Tennis Courts

Grade Level: Incoming 5th- 12th Graders

Campers Needs:

- Appropriate Tennis Attire
- Footwear
- Tennis Racquet

Camp Format:

- Co-Educational
- Instruction- Basics of the Game, Strokes, Serves, Volleying, Court Awareness Mix of Fun, Skill-Building Games.
- Camp Will Run Rain or Shine/Snack Given

Staff

Matthew Seekamp
Boys' Varsity Tennis Coach

Golf

Beginner Golf :

Dates: August 10th-August 13th Mon-Thurs

August 14th: 9 Holes beginning at 8:00 am

Time: 8-9 am at Thunderhart Golf Driving Range

Intermediate Golf :

Time: 9-10 am at Thunderhart Golf Driving Range

Dates: August 10th -August 13th Mon-Thurs

August 14th: 9 Holes beginning at 7:45 am

Cost Includes: Thunderhart's Range, 9 Hole

Round of Golf, Pull cart with drink.

Staff

Leif Roberg
Varsity Golf Coach

Camper Registration Form:

C-A Summer Sports Camps

Camp size is limited so applicants accepted

into camps on a first come basis.

Camp Cost: \$70.00 for first camp 1st child
\$50.00 for second camp 1st child
\$50.00 for each sibling thereafter
(Includes T-Shirt and Snack)

Camp(s) Attending: _____

Name: _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Emergency Contact Information:

Name: _____ Phone: _____

Entering Grade: _____

T-Shirt Size: _____

Total Camp Cost Due: _____

Please make checks payable to CACSD

*All participants must have a current C-A sports physical and parent permission slip on file. Forms may be accessed on the Cocksackie-Athens school district website at Cocksackie-Athens.org.

Grades 5-8 turn in completed registration form, payment, and parent permission slip to the Middle School Office.

Grades 9-12 turn in completed registration form, payment and parent permission slip to Mr. Proper in the High School.

Any questions please contact:

Dave Proper: C-A High School

Phone: 731-1720 or 731-1722

E-Mail: properd@coxsackie-athens.org