

SPORTS CAMPS

Weekly Fun



GIRLS FIELD HOCKEY

6/28-7/01 at Chaptico Park

Grades 1-9 will be taught the basic fundamentals such as passing the ball, driving the ball and stopping the ball. Campers will learn the proper techniques in holding and controlling the stick as well as shooting the ball properly. The camper must provide her own equipment which includes a stick, mouth guard and shin guards.

Rachel Boyle will be the director.



GIRLS BASKETBALL CAMP

6/28-7/01 at Chopticon High School

Ages 8 to 13 will learn the basic and intermediate techniques: dribble, ball handling, shooting, rebound, defense and much more. Camp will incorporate various fun games and scrimmages. Joe Cook is the camp director.



BASEBALL HITTING CAMP

7/12-7/15 at Dorsey Park

Ages 8 to 13 will learn the mechanics of hitting. Basics as to the proper stance, bat speed, eye contact and hitting to the opposite field will be taught. Proper bunting techniques and how to hit where the pitch is pitched is also included.

Brad Combs is the camp director.



TENNIS CAMP

7/19-7/23 at Leonardtown High School

Campers will learn rules and etiquette of the game as well as the places on the court. Proper techniques in the use of both forehand and back hand will be taught. Serving techniques will also be covered as well as fun practice drills.

Bring your own racquet, water bottle and wear comfortable clothes. Phil Weiner, current USTPA teaching professional will be the director.



BILL SENTO SOCCER CAMP

7/19-7/22 at Leonard Hall

Camp is named in the honor of Bill Sento, former head coach at Loyola University. Staff will lead an exciting and well organized camp full of practice drills and stations. Learn the basic skills as well as improve your existing skills. Terri Cox is the director, and camp staff is experienced local players. Campers must bring their own water bottle.

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BOYS LACROSSE CAMP

7/26-7/29 at Leonard Hall

Learn the basic fundamentals such as catching and passing the ball, scooping and cradling the ball. Learn how to handle ground balls and to shoot properly. Goalie work will also be covered. Brian Frank, Offensive Coordinator at Embry-Riddle University, will be the director. Camp instructors will be current or former NCAA players. All participants will need to bring their own equipment which includes, stick, helmet, gloves, mouth guard and pads.



BASEBALL CAMP

8/02-8/05 at Chancellors Run Park

Ages 8 to 13 will learn hitting, position play such as corners-middle-infield-outfield-pitcher and catcher. Also bunting and throwing. Brad Combs is the camp director.



GIRLS LACROSSE CAMP

8/02-8/05 at Leonard Hall

Ages 7 to 14 who are enthusiastic about the sport of lacrosse! This camp is designed for girls of all skill levels who are interested in improving their lacrosse skills and knowledge of the sport. Drills, games, and concepts will all be a part of the fun filled week. Each camper will have the opportunity to work with top collegiate coaches. Campers must provide their own goggles, stick, mouth guard and water bottle. Erin McDonnell, head coach at St. Mary's College.



GIRLS SOFTBALL CAMP

8/09-8/12 at Chancellors Run Park

This summer softball camp brings together top local High School softball coaches and an intensive program to allow softball players to improve their softball skills in a fun environment. Daily softball training includes offensive and defensive training such as batting practice, defensive drills and position work. Jim Sewell is the director.