

# Summer Sport Camps - 2017

KID7020 \_\_\_\_\_

## BASEBALL CAMP

Develop the fundamental baseball skills that all players must have to be successful in the game. Hitting, fielding, bunting, throwing, catching, sliding, and base running will be covered. Players will also learn to play all positions. **For students entering grades 3-8.**

Monday-Friday 5 Sessions

Fee: \$80

*\$100 after July 7th*

July 17, 18, 19, 20, 21

9:30 a.m.-Noon

IHS Baseball fields

Instructor: Tim Mabb, IHS Varsity Baseball coach & staff

KID7021 \_\_\_\_\_

## BASEBALL CAMP- ADVANCED

Designed for boys and girls who have had significant baseball experience. We will focus on all the basics needed to compete at the high school level. **For students entering grades 9-12.**

Monday-Friday 5 Sessions

Fee: \$80

*\$100 after July 7th*

July 17, 18, 19, 20, 21

9:30 a.m.-Noon

IHS Baseball fields

Instructor: Tim Mabb, IHS Varsity Baseball coach & staff

KID7022 \_\_\_\_\_

## BASEBALL CAMP-YOUTH T- BALL

Boys and girls will be taught the proper mechanics of throwing, hitting, fielding and base running. Heavy emphasis will be on proper hitting and throwing techniques. Your child will learn how to play baseball and have fun. **For students entering grades K-2. If you have a glove and T-ball bat please bring them with you.**

Monday-Friday 5 Sessions

Fee: \$50

*\$70 after July 7th*

July 17, 18, 19, 20, 21

10:00-11:15 a.m.

IHS Baseball fields

Instructor: Tim Mabb, IHS Varsity Baseball coach & staff

KID7030S & KID7030S2 \_\_\_\_\_

## IRONDEQUOIT BASEBALL SKILLS CAMP

The Irondequoit Baseball Skills Camp is intended to provide players with an opportunity to have fun and make growth throughout the summer. This camp will focus on maximizing the amount of quality repetitions players get in the areas of hitting, fielding, base running, pitching and catching. Drills are differentiated and position specific. Mondays and Wednesdays are skill days. Tuesday and Thursdays participants will engage in live scrimmages.

KID7030S **For students entering grades 8-11**

Monday-Thursday, 8 Sessions

Fee: \$90

*\$110 after July 15th*

July 24, 25, 26, 27, 31, Aug. 1, 2, 3

9:00-11:00 a.m.

KID7030S2 **For students entering grades 4-7**

Monday-Thursday, 8 Sessions

Fee: \$80

*\$100 after July 15th*

July 24, 25, 26, 27, 31, Aug. 1, 2, 3

11:00 a.m.-12:30 p.m.

IHS Baseball fields

Instructor: Joe Kuhn, IHS Assistant Varsity Baseball coach & staff

KID7023 \_\_\_\_\_

## PITCHING & CATCHING CAMP

This camp will provide instruction to all pitchers and catchers, covering the proper pitching or catching mechanics. Learn the skills and drills that are needed to improve your performance. Catchers should bring their own equipment, if available. **For students entering grades 6-12.**

Monday-Friday 5 Sessions

Fee: \$50

*\$70 after July 7th*

July 17, 18, 19, 20, 21

8:00-9:30 a.m.

IHS Baseball fields

Instructor: Tim Mabb, IHS Varsity Baseball coach & staff

KID7036 \_\_\_\_\_

## BASKETBALL CAMP-GIRLS

This basketball camp is designed to teach basketball fundamentals and skill building. Please bring: sneakers, comfortable athletic apparel and a water bottle. **For students entering grades 3-5.**

Monday-Friday, 5 Sessions

Fee: \$57

*\$77 after July 21st*

July 31, Aug. 1, 2, 3, 4

3:00-4:15 p.m.

Iroquois School, 150 Colebrook Dr., Gym

Instructor: Gerard Porter, IHS Girls' Modified Basketball coach

# Summer Sport Camps - 2017

KID7029S & KID7029S2

## BASKETBALL CAMP-GIRLS

This basketball camp is designed to give girls of all skill levels a fun and exciting environment to learn and play the game while teaching basketball fundamentals and providing skill development. Each session consists of age appropriate drills and activities that will cover all aspects of the game. Coaches will bring structure, organization, and supervision to each session. Please bring: sneakers, comfortable athletic apparel and a water bottle.

**KID7029S -For students entering grades 6-8**

Monday-Thursday, 4 Sessions Fee: \$92  
*\$112 after June 30th*  
July 10, 11, 12, 13 9:00-11:00 a.m.

**KID7029S2-For students entering grades 9-12**

Monday-Thursday, 4 Sessions Fee: \$92  
*\$112 after June 30th*  
July 10, 11, 12, 13 11:30 a.m.-1:30 p.m.  
IHS Gym, 260 Cooper Rd.  
Instructor: Scott Smith, IHS Girls' Varsity Basketball coach

KID7033S & KID7033S2

## BASKETBALL CAMP-BOYS

This camp develops the basic fundamentals necessary to become a winner in basketball. Develop individual offensive and defensive skills. Individual and team awards will be presented at the end of the session. Basketball and t-shirt for each participant. Players with exceptional skills may move to a higher level.

**KID7033S -For students entering grades 3-7**

Monday-Friday, Wednesday-Friday, 8 Session Fee: \$105  
*\$125 after June 16th*  
June 26, 27, 28, 29, 30, July 5, 6, 7 8:00-10:30 a.m.

**KID7033S2-For students entering grades 8-12**

Monday-Friday, Wednesday-Friday, 8 Session Fee: \$105  
*\$125 after June 16th*  
June 26, 27, 28, 29, 30, July 5, 6, 7 11:30 a.m.-2:00 p.m.  
IHS Gym, 260 Cooper Rd.  
Instructor: Chris Cardon, IHS Boys' Varsity Basketball coach & staff

KID7035

## BASKETBALL BIG MAN CAMP-BOYS

Learn, develop and improve the fundamentals of big man(post) and defensive play. Footwork, positioning and post moves will be emphasized. T-shirt included. **For students entering grades 7-12.**

Monday-Thursday, 4 Sessions Fee: \$55  
*\$75 after July 21st*  
July 31, Aug. 1, 2, 3 10:00-11:15 a.m.  
IHS Gym, 260 Cooper Rd.  
Instructor: Chris Cardon, IHS Boys' Varsity Basketball coach & staff

KID7034

## BASKETBALL SHOOTING CAMP-BOYS

Learn and improve the fundamentals of shooting. Footwork and shooting form will be emphasized. Instruction on shooting off the pass, off the dribble, off a shot fake and off a screen will also be included. Participants will receive a t-shirt. Awards given at the conclusion of camp. **For students entering grades 7-12.**

Monday-Thursday, 4 Sessions Fee: \$75  
*\$95 after July 21st*  
July 31, Aug. 1, 2, 3 8:00-10:30 a.m.  
IHS Gym, 260 Cooper Rd.  
Instructor: Chris Cardon, IHS Boys' Varsity Basketball coach & staff

KID7044S & KID7044S2

## CHEERLEADING CAMP

This cheerleading camp teaches young athletes all the essential skills for leading a crowd, team-building, as well as leadership. The athletes will learn Eagles sidelines, a dance, gymnastics, jumping and stunting techniques, and the proper body movements of an Eagles cheerleader. The week will conclude with a performance of each 'team' for parents to come watch.

**KID7044S - For students entering grades 2-4**

Monday-Friday, 5 Sessions Fee: \$80  
*\$100 after June 30th*  
July 10, 11, 12, 13, 14 3:30-5:00 p.m.

**KID7044S2 - For students entering grades 5-7**

Monday-Friday, 5 Sessions Fee: \$80  
*\$100 after June 30th*  
July 10, 11, 12, 13, 14 5:00-6:30 p.m.  
Rogers School, 219 Northfield Rd., Gym  
Instructor: Jessica Nickles, IHS Varsity Cheerleading Coach

# Summer Sport Camps - 2017

KID7012SP & KID7012SP2

## FOOTBALL CAMP

The objective of this camp is to provide an opportunity for football players to experience the offensive and defensive aspects of football. Emphasis will be on providing each participant with football fundamentals as well as specialty skills.

KID7012SP - **For students entering grades 3-6**

Tuesday, Thursday, 2 Sessions      Fee: \$30  
*\$50 after May 26th*  
June 6, 8      4:00-6:00 p.m.

KID7012SP2 - **For students entering grades 7-12**

Monday, Wednesday, 2 Sessions      Fee: \$35  
*\$55 after May 26th*  
June 5, 7      4:00-6:00 p.m.

IHS Stadium Turf

Instructor: Dan Fichter, IHS Varsity Football Head coach & staff

KID7016

## FIELD HOCKEY CAMP

This camp gives girls **entering grades 7-12** an opportunity to play field hockey scrimmages in a controlled environment. While experience is preferred, beginners are welcome. **Mandatory equipment needed: Stick, shin guards, goggles, mouth guard, water and water bottle.**

Monday-Friday, 5 Sessions      Fee: \$80  
*\$100 after July 14th*  
July 24, 25, 26, 27, 28      5:30-8:00 p.m.

IHS Stadium Turf

Instructor: Emily Payne, IHS Varsity Field Hockey coach and staff

KID7015

## GET HOOKED ON FIELD HOCKEY

This camp gives girls **entering grades 1-6** an opportunity to be introduced to field hockey in a controlled environment. Beginners are welcome. **Mandatory equipment needed: Stick, shin guards, goggles, mouth guard, water and water bottle.** Sticks and goggles may be available if needed.

Monday-Friday, 5 Sessions      Fee: \$40  
*\$60 after July 14th*  
July 24, 25, 26, 27, 28      4:00-5:00 p.m.

IHS Stadium Turf

Instructor: Emily Payne, IHS Varsity Field Hockey coach and staff

KID7013

## LACROSSE CAMP-BOYS

This camp is carefully designed to develop the participant's skills and knowledge of the game of lacrosse. There will be specific training on individual skill development, as well as instruction on how to play "team" lacrosse. The goal of the camp is to educate student athletes on proper fundamentals which will help them become the best lacrosse player they can be. Participants will need a stick, helmet, mouth piece, shoulder pads, elbow pads, gloves, appropriate footwear and a water bottle. **For students entering grades 7-12.**

Tuesday, Wednesday, Thursday, 6 Sessions      Fee: \$112  
*\$132 after June 23rd*

July 11, 12, 13, 18, 19, 20      6:00-8:00 p.m.

IHS Stadium Turf

Instructor: Terry Coholan, IHS Boys' Varsity Lacrosse coach & staff

KID7010

## EAGLES YOUTH LACROSSE - BOYS

Each day is designed to develop our young athletes skills and lacrosse knowledge in an atmosphere that promotes learning, competition and most importantly fun. Skills, concepts and game situations will be instructed through drills, small games, team competition and other team building activities. The end goal will be to educate our young athletes on the fundamentals and life skills in order to help them become the best player and person they can be. Participants will need a stick, mouth guard, helmet, shoulder pads, elbow pads and gloves, packed lunch and a water bottle. **For students entering grades 3-6.**

Monday-Thursday, 4 Sessions      Fee: \$237  
*\$257 after July 7th*  
July 17, 18, 19, 20      9:00 a.m.-3:00 p.m.

IHS Stadium Turf

Instructor: Bill Buttaro, IHS Boys' Lacrosse coach & staff

# Summer Sport Camps - 2017

KID7011S & KID7011S2 & KID7011S3

## LACROSSE CAMP-GIRLS

Each day is designed to develop participant's skills and lacrosse knowledge in an atmosphere that promotes learning, competition and fun. Skills, concepts and game situations will be instructed through drills, small games and team competition. The end goal is to educate players on fundamentals in order to help them become the best player they can be. Participants will need a stick, mouth guard, cleats or sneakers, goggles, and water bottle. (For the **K-6** camps, sticks and goggles may be available if needed. Please note on your registration form if you are going to need to borrow them.)

**KID7011S - For students entering grades 7-12**

Monday-Thursday, 8 Sessions      Fee: \$92  
*\$112 after June 16th*  
June 26, 27, 28, 29, July 10, 11, 12, 13      Noon-1:30 p.m.

**KID7011S2 - For students entering grades K-2**

Monday-Thursday, 4 Sessions      Fee: \$57  
*\$77 after June 30th*  
July 10, 11, 12, 13      9:00-10:00 a.m.

**KID7011S3 - For students entering grades 3-6**

Monday-Thursday, 4 Sessions      Fee: \$77  
*\$97 after June 30th*  
July 10, 11, 12, 13      10:00-11:30 a.m.

IHS Stadium Turf  
Instructor: Mike Butler, IHS Girls' Varsity Lacrosse coach and staff

KID7042

## LACROSSE CAMP-COLLEGE LEVEL PREP FOR GIRLS

This camp is a college level prep camp, involving technical and tactical instruction to prepare athletes for the next level. The program combines physical conditioning and game play to help with increasing speed for girls wanting to play in college. This is a six-week program involving high-energy elite girls lacrosse training. **For ages 16-21.**

Wednesday, 6 Sessions      Fee: \$140  
*\$160 after June 4<sup>th</sup>*  
June 14, 21, 28, July 5, 12, 19      6:00-8:00 p.m.

IHS Stadium Turf  
Instructor: Mike Butler, IHS Girls' Varsity Lacrosse coach, Kerrie Brown East Rochester Girls' Varsity Lacrosse coach

KID7302SP & KID7302S

## REACH WEEK -STEM EDUCATION & SAILING

This program provides a hands on discovery STEM (Science, Technology, Engineering, and Math) based learning experience. Utilizing sailing as an educational platform, the sailboat, weather, and water provide the perfect tools for a real-world science experience that will inspire students to embrace education, build self-confidence, and apply life skills. Most of all, everyone will have fun! All levels of sailing are welcome. Students will need to bring lunch. **For students entering grades 6-8**

KID7302SP

Monday-Friday, 5 Sessions      Fee: \$325  
June 19, 20, 21, 22, 23      9:00 a.m.-4:00 p.m.

KID7302S

Monday-Friday, 5 Sessions      Fee: \$325  
Aug. 14, 15, 16, 17, 18      9:00 a.m.-4:00 p.m.  
Rochester Yacht Club, 5555 St. Paul Blvd.  
Instructor: Liam Faudree, RYC Waterfront Director

KID7017S &

KID7017S2

## SOCCER CAMP-GIRLS

For students **entering grades 3-6** this camp will address the development of soccer technique and skills as well as an introduction to individual and small group tactics. We will be using game like activities to enhance player skill development that will be used in small sided and full games. For students **entering grades 7-12** this camp will address both the technical and tactical skills at each student's level of ability. There will be small sided games and full field matches which will be challenging and competitive. T-shirt included. Please bring a soccer ball, water bottle, cleats and sneakers and shin guards.

**KID7017S - For students entering grades 3-6**

Monday-Friday, 5 Sessions      Fee: \$65  
*\$85 after July 14th*  
July 24, 25, 26, 27, 28      9:00-11:00 a.m.

**KID7017S2 - For students entering grades 7-12**

Monday-Thursday, 4 Sessions      Fee: \$75  
*\$95 after July 21st*  
July 31, Aug. 1, 2, 3      9:00 a.m.-Noon

Sproule Field House  
Instructor: Jeff Lancy, IHS Girls' Varsity Soccer coach and Jon Poulakis, Irondequoit Soccer Club Director of Coaching

# Summer Sport Camps - 2017

KID7025S & KID7025S2 \_\_\_\_\_

## SOCCKER CAMP-BOYS

This camp allows boys to develop technical skills as well as tactical awareness through small sided and full field games. Please bring a soccer ball, water bottle, cleats and sneakers and shin guards.

**KID7025S -For students entering grades 1-6**

Monday-Friday, 5 Sessions      Fee: \$55  
*\$75 after July 7th*  
July 17, 18, 19, 20, 21      8:00-9:30 a.m.

**KID7025S2-For students entering grades 7-12**

Monday-Friday, 5 Sessions      Fee: \$65  
*\$85 after July 7th*  
July 17, 18, 19, 20, 21      10:00 a.m.-Noon

Pinegrove fields

Instructor: Steve Brickler, IHS Boys' Varsity Soccer coach, Tom Gillett, Dave VerWeire

KID7037 \_\_\_\_\_

## SOFTBALL CAMP

Develop the fundamental softball skills that all players must have to be successful in the game. Hitting, fielding, bunting, throwing, catching, sliding, and base running will be covered. Players will also learn to play all positions. T-shirt included. **For students entering grades 5-8.**

Monday-Friday 5 Sessions      Fee: \$72  
*\$92 after July 7th*  
July 17, 18, 19, 20, 21      10:00 a.m.- Noon

JV Softball field, Sproule Field House

Instructor: Amanda Cappelli, IHS JV Softball coach

KID7038 \_\_\_\_\_

## SOFTBALL CAMP-PITCHING & CATCHING

This camp will provide instruction to all pitchers and catchers, covering the proper pitching or catching mechanics. Learn the skills and drills that are needed to improve your performance. Catchers should bring their own equipment, if available. **For students entering grades 5-8.**

Tuesday, Wednesday, Thursday 3 Sessions      Fee: \$47  
*\$67 after July 14th*

July 25, 26, 27      10:00-11:30 a.m

JV Softball field, Sproule Field House

Instructor: Amanda Cappelli, IHS JV Softball coach

KID7027S & KID7027S2 & KID7027S3 \_\_\_\_\_

## VOLLEYBALL CAMP-GIRLS & BOYS

For students **entering grades 3-6** their camp will provide an introduction into many of the fundamental skills involved in the sport of volleyball. Skills to be covered include serving, passing, setting and hitting through both drills and game play. For students **entering grades 7-8** their camp will provide players with an opportunity to practice individual volleyball skills as well as team play. Offensive and defensive systems will be introduced which will allow the players to improve their all-around game. For students **entering grades 9-12** their camp is designed to provide players with an opportunity to learn, refine and develop their individual skills and team concepts. Offensive and defensive systems will be a focal point of the camp in order to allow players the opportunity to take their game to the next level.

**KID7027S -For students entering grades 3-6**

Monday-Friday, 5 Sessions      Fee: \$60  
*\$80 after July 14th*  
July 24, 25, 26, 27, 28      8:30-10:00 a.m.

**KID7027S2 -For students entering grades 7-8**

Monday-Friday, 5 Sessions      Fee: \$70  
*\$90 after July 14th*  
July 24, 25, 26, 27, 28      10:15 a.m.-12:15 p.m.

**KID7027S3-For students entering grades 9-12**

Monday-Friday, 5 Sessions      Fee: \$70  
*\$90 after July 14th*  
July 24, 25, 26, 27, 28      1:00-3:00 p.m.

IHS Gym, 260 Cooper Rd.

Instructor: Marc Callari, IHS Girls' Varsity Volleyball coach