



TROY SPORTS Camps

2010



Award Winning Varsity Coaches
Coaching for the Future



Special Thanks to All Our Sponsors



Troy Parks & Recreation Department 3179 Livernois Troy, MI 48083



Dear Parents,
Camps have been designed this year for your child to experience two sports in the same day and at the same location. Now more than ever Troy Summer Sports Camps allows full instruction at unbelievably reasonable fees. Please look at all the offerings to see what works for you.

Sincerely,
The Troy Sports Camp Staff

Athletic Trainers

Train with the best! A workshop to learn the basics of athletic training; anatomy, injury evaluation, taping, wrapping techniques and first aid. Certificate upon completion. Bring a bag lunch Mon-Thur. Lunch provided Friday.

COORDINATOR *Bryan Baines, A.T.C., E.M.T., Athletic Trainer Beaumont Hospital, Head Trainer at Athens High School and Troy Sports Camp Athletic Trainer*

LOCATION *Athens High School*

ACTIVITY #	DATE	TIME	AGES	COST
134201 A	August 2- 6	8:30am - 3:30pm*	14 and over	\$155

** Includes one hour practice session*

Baseball

Transform into a solid baseball player. Start off by improving your fielding, hitting and games strategies.

EQUIP REQ'D *Baseball glove, baseball/ gym shoes (Bat optional)*

COORDINATOR *Mike Morris, Athens Varsity Coach*

LOCATION *Athens High School Field*

ACTIVITY #	DATE	TIME	AGES	COST
134202 A	June 22-25 (4 days)	9:00am - 11:00am	7-8 Fundamentals	\$55
134202 B	June 22-25 (4 days)	9:00am - 11:30am	9-12 Fundamentals	\$69

Cheerleading

Learn what it takes to become a cheerleader at the middle or high school level. Each year campers learn a series of brand new cheers and chants, a dance routine and other cheerleading skills. The older class will also include stunts.

EQUIP REQ'D *Gym shoes, shorts, no jewelry*

COORDINATOR *Stephanie Brosky, Athens High School Varsity Coach*

LOCATION *Athens H.S. East Deck*

ACTIVITY #	DATE	TIME	AGES	COST
134205 A	June 28-July 2	9:00am - 11:00am	5-9	\$71
134205 B	June 28-July 2	12:00pm - 3:00pm	10-14	\$101
134205 C	July 12-16	9:00am - 11:00am	5-9	\$71

Junior/All Star Basketball

JUNIOR BASKETBALL

Receive basic instruction on shooting, passing, dribbling, rebounding, defense techniques and scrimmaging.

Lowered Baskets.

COORDINATOR *B.J. Smith*

AGES *5-7 Years Old*

NOTE *Campers receive a basketball.*

ACTIVITY #	DATE	TYPE	TIME	LOCATION	COST
134204 A	June 28 - July 2	JR	10:00am - 12:00pm	Schroeder	\$71
134204 B	June 28 - July 2	JR	12:30pm - 2:30pm	Schroeder	\$71
134204 C	July 12-16	JR	10:00am - 12:00pm	Hamilton	\$71
134204 D	July 12-16	JR	12:30pm - 2:30pm	Hamilton	\$71
134204 E	July 19-23	STAR	10:00am - 12:00pm	Wass	\$71
134204 F	July 19-23	JR	12:30pm - 2:30pm	Wass	\$71
134204 G	August 2-6	JR	10:00am - 12:00pm	Barnard	\$71
134204 H	August 2-6	STAR	12:30pm - 2:30pm	Barnard	\$71
134204 I	August 9-13	JR	10:00am - 12:00pm	Leonard	\$71
134204 J	August 9-13	JR	12:30pm - 2:30pm	Leonard	\$71

Basketball

Receive instruction on shooting, passing, dribbling, rebounding and defensive techniques. Campers will receive a basketball.

EQUIP REQ'D *Gym shoes*

COORDINATOR *Girls' Camps; Stacie Klump, Athens High Jr. Varsity Coach - Boys' Camps; Gary Fralick, Troy High Varsity*

Boys Coach (Section E and F), Coach Aaron Smith,

Troy High Junior Varsity Coach (Section G)

NOTE *Place in grade entering in 2010-11 school year*

ACTIVITY #	DATE	TIME	GRADES	COST
<i>Athens High West Sports Deck in AM/Main Gym in PM</i>				
134203 A	June 28-July 2	9:00am - 11:30am	Girls 3-6	\$86
134203 B	June 28-July 2	12:00pm - 3:00pm	Girls 7-10	\$101
134203 C	July 12-16	8:30am - 11:30am	Girls 7-10	\$101
134203 D	July 12-16	12:00pm - 2:30pm	Girls 3-6	\$86
<i>Troy High School – Main Gym</i>				
134203 E	June 28-July 2	12:00pm - 3:00pm	Boys 3-8	\$101
134203 F	July 12-16	12:00pm - 3:00pm	Boys 3-8	\$101
134203 G	August 9-13	12:00pm - 3:00pm	Boys 3-8	\$101

Gotta Dance

This dance program offers Tap, Jazz, and Ballet, a four week program on Mondays. (No pizza party or shirt for this camp) Call Suzy Sanitate at 248.680.8722 for questions on program.

EQUIP REQ'D *Proper shoes and comfortable clothing*

COORDINATOR *Suzy Sanitate, Dance Director*

LOCATION *Gotta Dance - Dance Studio, located inside Troy Sports Center, 1819 East Big Beaver Road*

ACTIVITY #	DATE	TIME	AGES	CLASS	COST
134210 A	July 12-Aug 2	4:00pm - 4:30pm	3-5	Tap	\$30
134210 B	July 12-Aug 2	4:30pm - 5:00pm	3-5	Ballet	\$30
134210 C	July 12-Aug 2	5:00pm - 5:30pm	6-8	Tap	\$30
134210 D	July 12-Aug 2	5:30pm - 6:00pm	6-8	Ballet	\$30
134210 E	July 12-Aug 2	6:00pm - 6:30pm	6-8	Jazz	\$30
134210 F	July 12-Aug 2	6:30pm - 7:00pm	3-5	Ballet	\$30
134210 G	July 12-Aug 2	7:00pm - 7:30pm	9-12	Ballet	\$30
134210 H	July 12-Aug 2	7:30pm - 8:00pm	9-12	Jazz	\$30
134210 K	July 12-Aug 2	8:00pm - 8:30pm	12+	Jazz	\$30

Fantasy Sports

Back by popular demand, this “fun based” camp is great for boys and girls and is jam packed with non-traditional game competitions, sport activities for all levels of ability and swimming daily. Campers bring a bag lunch Monday-Thursday. Pizza lunch provided on Friday.

EQUIP REQ'D *Gym shoes, swim suit, and towel*

COORDINATOR *E.J. Howell*

LOCATION *Troy High School Gym*

ACTIVITY #	DATE	TIME	AGES	COST
134207 A	July 19-23	9am - 2pm	7-11	\$120
134207 B	August 2-6	9am - 3pm	9-13	\$144

Fast Pitch Softball

Designed for the player of any skill level, this camp specializes in fast pitch skills including infield and outfield play, hitting and base running. Section B will devote the last half hour to just pitching and catching. This is a four day camp.

EQUIP REQ'D *Glove and proper shoes*

COORDINATOR *Dave Marr, Athens High School Girl's Varsity Softball Coach*

LOCATION *Athens High School, diamond #3 & #4*

ACTIVITY #	DATE	TIME	AGES	COST
134208 A	June 22-25 (4 Days)	9:00am - 11:30am	8-15	\$69
134208 B	June 22-25 (4 Days)	9:00am - 12:00pm	8-15 Pitching and Catching	\$83

Football

A great pre-training for the start of football season. Learn the basics of all football positions. Preventative taping available for campers requiring attention. For youngsters ages 8-11 the program targets training for all skill positions.

EQUIP REQ'D *Cleats or gym shoes, shirt, shorts or sweat pants*

COORDINATOR *Gary Griffith varsity football coach at Troy High and Josh Heppner, Athens varsity coach*

LOCATION *Section A&B - Troy High School Section C&D - Athens High School*

ACTIVITY #	DATE	TIME	GRADE	COST
134209 A	July 26-30	9am-12:00pm	3-8	\$97
134209 B	July 26-30	12:30pm - 3:30pm	9-12	\$97
134209 C	July 26-30	9am-12:00pm	3-8	\$97
134209 D	July 26-30	12:30pm - 3:30pm	9-12	\$97



Junior Golf Camp (2½hrs)

These week long camps are designed for boys and girls (ages 7-13) of all levels. 1 instructor per 10 players. In addition to developing full swing technique, you will learn the essentials of the short game and how to improve your scoring. Learn and apply your new techniques through situational on-course instruction with a PGA professional.

EQUIP REQ'D *Golf clubs, golf/gym shoes (no sandals). Clubs available courtesy of the “Sticks for Kids” GCBA foundation*

COORDINATOR *Paul Toski, Sanctuary Lake Golf Academy*

LOCATION *Sanctuary Lake Practice Range (South Blvd & Dequindre)*

NOTE *Mon - Thurs 2 ½ hours. Friday play a scramble (4 hours). Friday 7-11 am. Scramble Golf Tournament with pizza party.*

ACTIVITY #	DATE	TIME	AGES	COST
134211A	June 23-25 (3 days)	8:30am - 11:00am	7-13	\$100
134211B	June 28-July 2	8:30am - 11:00am	7-13	\$131
134211C	July 12-16	8:30am - 11:00am	7-13	\$131
134211D	July 19-23	8:30am - 11:00am	7-13	\$131
134211E	July 26-30	8:30am - 11:00am	7-13	\$131
134211F	August 2-6	8:30am - 11:00am	7-13	\$131
134211G	August 9-13	8:30am - 11:00am	7-13	\$131
134211H	August 16-20	8:30am - 11:00am	7-13	\$131

Junior Golf Camp (Half Day - 4hrs)

A camp for both boys and girls of all skill levels. 1 instructor per 5 players. Junior golfers spend the week practicing and playing, with a tournament held on the last day. Develop a better full swing technique, short game, tournament preparation and how to practice for lasting improvement. There is situational on-course instruction with PGA professionals. Includes video and computer analysis. Add one more hour on Friday.

COORDINATOR *Paul Toski, Sanctuary Lake Golf Academy*

LOCATION *Sanctuary Lake Practice Range (South Blvd. & Dequindre)*

ACTIVITY #	DATE	TIME	AGES	COST
134206A	June 28-July 2	1:00pm - 5:00pm	12-18	\$250
134206B	July 12-16	1:00pm - 5:00pm	12-18	\$250
134206C	July 19-23	1:00pm - 5:00pm	12-18	\$250
134206D	August 2-6	1:00pm - 5:00pm	12-18	\$250
134206E	August 9-13	1:00pm - 5:00pm	12-18	\$250

Lasrosse

Focus on basic skills and team concepts. Offensive skills taught include: passing, catching, feeding, shooting and dodging. Defensive skills include: stance, checks, holds and slides. Team concepts include: clearing, riding, man up and man down offense and defense, fast break man for man and zone offensive/defensive concepts.

BOYS

EQUIP REQ'D *helmet, gloves, stick and mouth pieces; 5th-10th graders also require shoulder and arm protection*

COACH *Nick Stensen, Troy Athens Varsity Coach*

LOCATION *Costello Lax Field*

ACTIVITY #	DATE	TIME	GRADES	COST
134213 A	June 28-July 2	9:00am - 12:00pm	Boys 2-4	\$97
134213 B	June 28-July 2	9:00am - 12:00pm	Boys 5-10	\$97
134213 C	July 19-23	9:00am - 11:30am	Girls 4-12	\$82

Junior Soccer

Jump start your little soccer star with this fun approach to learning the basics. Each camper to receive a soccer ball.

EQUIP REQ'D *Soccer or gym shoes and shin guards*

COORDINATOR *Erika Rust and Meghan Sermo*

LOCATION *Firefighters Park*

ACTIVITY #	DATE	TIME	AGES	COST
134215 A	June 28-July 2	10:00am -11:30am	4-5	\$58
134215 B	June 28-July 2	9:30am -11:30am	6-7	\$73
134215 C	July 12-16	10:00am -11:30am	4-5	\$58
134215 D	July 12-16	9:30am -11:30am	6-7	\$73
134215 E	July 26-30	10:00am -11:30am	4-5	\$58
134215 F	July 26-30	9:30am -11:30am	6-7	\$73
134215 G	August 2-6	10:00am -11:30am	4-5	\$58
134215 H	August 2-6	9:30am -11:30am	6-7	\$73

Soccer

Learn basics such as shooting, heading, receiving rolling balls, receiving air balls, dribbling, feinting and attacking moves, shielding and goalkeeping. The advanced premier camp will cover technical instruction in the morning followed by tactical play and functional training by position in the afternoon. Each camper to receive a soccer ball. Camp prepares you to be a successful high school team player. Athens/Troy High guest coach appearance throughout week.

EQUIP REQ'D *Soccer or gym shoes and shin guards*

COORDINATOR *Todd Heugh, Rochester High School Girls Varsity Soccer Coach*

LOCATION *Firefighters Park*

ACTIVITY #	DATE	TIME	AGES		COST
134214 A	July 19-23	9:00am - 11:30am	8-11	Rec	\$89
134214 B	July 19-23	9:00am - 2:00pm	9-13	Premier	\$155
134214 C	July 19-23	9:00am - 2:00pm	14-17	High School Premier	\$155

Competitive and Synchronized Swim

THESE CAMPS ARE NOT LEARN-TO-SWIM PROGRAMS.

INTRODUCTION TO COMPETITIVE SWIM

FOR ELEMENTARY SCHOOL STUDENTS

These camps are designed for swimmers who have no previous swim team experience. Instruction will include all four competitive strokes, starts and turns. Emphasis is on what competitive swimming is all about. Games and races are used as part of the learning process.

COORDINATOR *TBD*

PREREQUISITE *Must be able to swim 50 yards (2 lengths of pool)*

EQUIP REQ'D *Swimsuit, goggles, and towel. Swim caps suggested for girls.*

DURATION *1.5 hours per day*

LOCATION *Troy High School Pool*

COST *\$66*

COMPETITIVE SWIMMING FOR MIDDLE AND HIGH SCHOOL STUDENTS

This camp is designed for swimmers who are interested in participating on their high school swim team. Previous participation on an intramural or other competitive team is helpful, but not required. Instruction will include all four competitive strokes, starts, turns, and an introduction to swim training techniques. Emphasis is on what competitive swimming is all about. Games and races are used as part of the learning process.

COORDINATOR *TBD*

PREREQUISITE *Must be able to swim 50 yards*

EQUIP REQ'D *Swimsuit, goggles, and towel. Swim caps suggested for girls.*

DURATION *3 hours per day*

LOCATION *Troy High School Pool*

COST *\$96*

SYNCHRONIZED SWIMMING

Synchronized swimming is like dancing in the water. The sport combines grace and flexibility with strength and power. You will learn specific elements called figures, as well as routines to music. Swim caps and nose clips are provided.

COORDINATOR *Instructor Ami Iceman, Synchronized Swim Coach*

PREREQUISITE *Must be able to swim 100 yards (4 laps of the pool without stopping)*

and be able to tread water for 30 seconds

Swimsuit, goggles, and towel.

DURATION *2 hours per day*

AGES

Speed and Agility

Improve speed, and agility in all sports based on cutting edge techniques of sports science. Participants will improve body mechanics, acceleration, speed, flexibility, change of direction and jumping performance. Core strength and conditioning will be included.

EQUIP REQ'D *practise clothes, running shoes, wter bottle, and a physical card (on file in school athletic program)*

COORDINATOR *Judy Steinberger, Baker Middle School Physical Education Instructor*

LOCATION *Troy High School Track*

ACTIVITY #	DATE	TIME	AGES	COST
134219A	June 28-July 2	9:00am - 11:30am	7-10	\$81
134219B	July 12-16	9:00am - 11:30pm	9-14	\$81

Track and Field

This week will give each athlete experience in the field events of the high jump, long jump, and shot put. Track races include 100m, 200m, 400m, 800m, 1600m, hurdles and relays. Proper running and hurdle form will be emphasized. Times and distances will be recorded. The week will conclude with a mini meet on Friday. Awards and certificates will be presented to each athlete.

COORDINATOR *John Epple, Athens High School Varsity Coach. 24 years track experience.*

LOCATION *Boulan Park Middle School Track*

ACTIVITY #	DATE	TIME	AGES	COST
134219 A	June 28-July 2	9:00am - 11:30am	7-10	\$81
134219 B	July 12-16	9:00am - 11:30am	9-14	\$81

Volleyball

Girls and boys learn basic volleyball skills such as passing, serving and game strategies. All campers will receive a volleyball.

EQUIP REQ'D *Gym shoes and kneepads*

COORDINATOR *Tammy Gilbert, Boulan Middle School Coach*

LOCATION *Athens High School Auxiliary Gym*

ACTIVITY #	DATE	TIME	AGES	COST
134220 A	June 28-July 2	8:30am - 11:30am	11-14	\$103
134220 B	June 28-July 2	12:00pm - 3:00pm	8-10	\$103
134220 C	July 12-16	9:00am - 11:30am	8-10	\$88
134220 D	July 12-16	12:00pm - 3:00pm	11-14	\$103
134220 E	July 19-23	9:00am - 12:00pm	8-10	\$103
134220 F	July 19-23	1:00pm - 4:00pm	11-14	\$103

Wrestling

All wrestling basics including: neutral, offensive and defensive starting positions in addition to take-downs, break-downs, reversals and escapes. Emphasis on high school folk style technique, plus overview of Olympic wrestling styles of Freestyle and Greco-Roman.

EQUIP REQ'D *Workout clothes, wrestling or gym shoes*

COORDINATOR *Gary Harlan, Troy High wrestling coach*

LOCATION *Troy High School Auxiliary Gym*

ACTIVITY #	DATE	TIME	AGES	COST
134221A	June 22-25 (4 Days)	9am - 1:00pm	7-18	\$96



General Camp Information

The Troy Parks and Recreation department and the Troy School District are once again offering many youth sports camps this summer. All camps are coordinated by a "Blue Ribbon" coaching staff including many state and area Coach of the Year recipients.

Camp Ratio:

Approximately 1:10 (some have lower ratios)

Medical Information:

If your son/daughter has a medical condition that may affect their participation in the camp program, please make a note on the registration form (allergies, etc...) and complete a physical card for the camp participant.

Athletic Trainer:

A licensed athletic trainer will be available for assistance during the camps.

Equipment Required:

For some of the camps, equipment may be required by the participant. Please see the description under each camp for requirements.

Inclement Weather Policy:

In case of rain, please call our weather hotline number at 248.689.9756. Each camp will discuss their weather procedure the first day. Check on-line for up to date cancellations. www.troymi.gov/ParksRec/WeatherUpdates

Registration:

All camp registrations begin January 25, 2010 at the Troy Community Center, 3179 Livernois. For MAIL-IN registrations, complete the registration form and mail it with your check

or money order to: 3179 Livernois, Troy, MI 48083. Online registrations available for most camps, check listings for exceptions. To register online, contact Parks and Recreation for your household number and password **CALL** 248-524-3484 during normal business hours. **ONLINE** registration begins January 25, 2010 at www.troymi.gov/parksandreconline. **NO PHONE registrations will be accepted.** Only Visa and MasterCard accepted. Limited enrollments for some camps.

Camp Includes:

In addition to quality instruction, each camper receives an official Troy Sports Camp t-shirt, a participation certificate and a camp ending **pizza party** (exception noted).

Refunds and Transfers:

Any refund requested prior to camp beginning will be assessed a **\$10 administrative fee**. Contact the Parks and Recreation office to request a refund. **NO REFUNDS OR TRANSFERS after a camp begins.**

Additional Information:

Contact Troy Parks and Recreation at 248.524.3484 or the Troy School District Athletic Department at 248.823.5093.

Make check payable to:

**"City of Troy"
and mail it to:
Troy Sports Camps
3179 Livernois, Troy, MI 48083**

2010 Troy Sport Camp Registration Form

Registration: January 25, 2010

Camper's Name _____

Address _____

City _____

Zip _____

Email Address _____

Current Age _____

Birthdate _____

Home Phone _____

Parent's Work Phone _____

Camp Activity # _____

Camp Activity # _____

Wrestling Only: weight _____

Signature _____

Date _____

Additional Medical Info _____

Please request camp by activity number listed beside each specific camp. Fees are payable upon registration. Make Checks payable to "City of Troy". VISA and MASTERCARD are accepted in person only. NO PHONE REGISTRATIONS. Please select an alternate in case your first choice is closed. Receipt will be emailed.

I hereby voluntarily release and hold harmless the City of Troy and the Troy School District from all liability for all type of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching, traveling to or from this activity.

I/We also hereby authorize the city to reproduce copy, exhibit, publish, broadcast or distribute my image or my child's image in any and all video tapes and photographs taken while participating, watching and travelling to or from the activity for promotional purposes.