

# Hartnell College

# \$115 per camp



# 2010 Summer Sport Camps

CAMPS	DATES	DESCRIPTION
<b>Basketball (Boy's)</b> Ages 7 – 18	<b>June 14 – 18</b> 9 am – 1 pm	Basic and advanced fundamentals of shooting and ball handling, team and individual defensive and offensive strategies. Participants should bring workout gear, towel, water bottle and snacks.
<b>Baseball</b> Ages 7 – 12	<b>June 21– June 25</b> 9 am – 1 pm	This camp will be held on the new Baseball facility where you will learn techniques for running, catching, hitting, pitching and more. Participants should bring baseball shoes, glove, bat, sweatshirt, water bottle and a snack.
<b>Softball (Girl's)</b> Ages 7 – 18	<b>June 28 – July 2</b> 9 am – 1 pm	This camp will be held on the new Softball facility where you will learn techniques for running, catching, hitting, pitching and more. Participants should bring softball/baseball shoes, glove, bat, sweatshirt, water bottle and a snack.
<b>Tennis (Coed)</b> Ages 7 – 14	<b>June 28 – July 2</b> 1 pm – 5 pm	This camp will improve your tennis skills with stroke analysis, drills, and match play. Tennis is a great way to stay in shape, make new friends, and have lots of FUN! Participants should bring a snack, water, sunscreen, hat and sweatshirt. Must bring own tennis racquet.
<b>Volleyball (Boy's)</b> <b>Volleyball (Girl's)</b> Ages 7 – 18	<b>June 28– July 2</b> July 5 – 9 9 am – 1 pm	Campers learn strategy, offense, defense, drills on serving, hitting, setting, digging, and team activities. Participants should bring workout gear, knee pads, towel, water bottle and snacks.
<b>Football</b> Ages 9 - 14	<b>July 12– 16</b> 9 am – 1 pm	Each athlete is encouraged to develop new skills and achieve a new level of play and self-confidence. Campers cover all aspects of offense, defense and special teams to help develop their skills and enhance their interest in the game of football. Participants should bring workout gear, towel, water bottle, snacks, and sweatshirt.
<b>Basketball (Girl's)</b> Ages 7 – 18	<b>July 12– 16</b> 9 am – 1 pm	Basic and advanced fundamentals of shooting and ball handling, team and individual defensive and offensive strategies. Participants should bring workout gear, towel, water bottle and snacks.
<b>Track (Coed)</b> Ages 5 – 18	<b>July 19 - 23</b> 9 am – 1 pm	Each camper will learn techniques in sprinting, throwing, jumping, hurdling and relays. Events offered include: hurdles, sprints, mid-distance running, long jump, triple jump, high jump, and shot put. Participants should bring workout gear, snack, sunscreen, hat, water bottle, sweatshirt and towel.
<b>Soccer (Coed)</b> Ages 6 – 18	<b>July 26 – 30</b> 9 am – 1 pm	This camp will be held on the new Soccer facility where soccer drills and training techniques will dramatically improve your game performance. Dribbling/juggling, movement of ball, shooting and securing, heading, passing and ball control, free kicks and goal keeping. Participants should wear soccer gear and shin guards and bring a towel, water bottle and snacks.

For more information or to register, please visit [www.hartnell.edu/athletics](http://www.hartnell.edu/athletics) or call (831)755-6830 .