

## **Atholton Raider Summer Camps 2017**

Each summer, the Athletic Boosters hold their annual Atholton Raider Summer Camps. Each individual camp will be taught by our highly talented and skillful staff. The staff is committed to implement the philosophy to all of our participants.

The philosophy of the Raider Summer Camp is to provide an instructional clinic from beginner to advanced athletes in a safe and fun environment. We will teach fundamental skills to beginning campers. We will maximize the potential of our intermediate players and challenge the advanced athletes tactically and technically to master their skills.

Tuition for each camp will be \$135 which includes a Raider t-shirt, individual skills testing, specialized instruction from qualified staff members, guest speakers, and daily awards.

### **Boys Basketball (Various Locations) – Jared Albert**

June 26–30 (9 – 12pm) Hammond Middle School); July 24–28 (9 – 12pm)Murray Hill

Middle School; July 30 – Aug 4 (9 – 12pm) Hammond Middle School; Aug 21 – 25 (9 – 12pm) Atholton High School

The Atholton basketball camp offers an opportunity for campers in grades 5<sup>th</sup>– 8<sup>th</sup> to participate in an exciting week of basketball training and game participation. Our camp will focus on fundamental skill development in a safe and fun environment led by head varsity basketball coach Jared Albert. Campers will also learn to apply their skills in 1v1, 3v3, and 5v5 tournaments throughout the week.

### **Football (Clemens Crossing Elementary) – Justin Carey**

June 26 – 30 (3 – 6 pm)

This is a non-contact camp that focuses on player development. Develop basic football positional skills on Offense, Defense, and Special Teams. Learn Heads-Up Tackling and combine instruction with proper form. Compete in individual and team competitions throughout the week. Players will have an introduction to off the field preparation including Academics, Introduction to the Weight Room, and Film Study. Learn from Guest Speakers including Atholton Staff, College Players, and select High School and College Coaches. Camp Director is new Head Coach Justin Carey. 6 Years of Coaching experience at the Varsity Level. Coach Carey previously was the Head Coach at Hammond HS with a 15-16 record, and a 28-7 record as Assistant Head Coach at Atholton HS with three finishes in the MD HS Top 25 including #7 in 2011. Coach Carey was a standout Linebacker at Bowie State University (NCAA DII)

### **Cross Country/Track and Field (Hawthorn Park) – Ivan Alvarado**

July 6 – Aug 3 (9 – 10:30 am Tues and Thurs)

### **Volleyball (Various Locations) – Rob Moy**

June 26 - June 30 (9am – 12) rising 6th thru 8 graders, Glenelg High; July 10 - 14 (9am – 12) incoming freshman, Long Reach High; July 24 - 28(9am -12) experienced freshman; Hammond High; July 31 - Aug 4 (8am - 5pm) experienced freshman, Glenelg High

This Volleyball Camp is designed for students who want to promote their skill to compete at the upper levels of high school volleyball. The camp will focus on proper technique and movement skills related to volleyball. Camp will include drills and game play designed to develop and master the skills of volleyball. This is the intermediate to advanced skills camp.

### **Wrestling (Hammond High) – Bruce Lindblad**

July 10 – 14 (9am – 12)

The Booster Camp for wrestling will be conducted by three Atholton coaches along with current wrestlers on the team. The camp is open to any level of experience. Let us know what your current weight is so you can be paired accordingly. We provide basic instruction and can challenge any level of experience at the camp. Our main goal is to have fun and provide a great learning experience for our participants. The camp will include weight and core training, instruction, live wrestling, combative camps, and information on a healthy nutritional lifestyle. We also stress the importance of goal setting.

### **Boys Soccer (Clemens Crossing Elementary/AHS) – Mike Bouman**

July 31 - Aug 4 (9am – 12)

The Atholton Athletic Boosters Boys Soccer Camp will teach skills and tactics aimed at the future High School player. The coaching staff uses small group learning pods to help players master the skills they will need to be successful playing in High School or upper level Club teams. The camp will focus on skills related to proper heading technique; dribbling; passing; shooting and defense. Each day camp will wrap up with small game situations to incorporate the day's training.

### **Speed and Strength Conditioning (Hammond Weight Room & Track) – Chris Clark**

July 10 – 14 (9am – 11)

Coach Clark is Atholton's Head Sprint and Strength Training Coach for Atholton's Track team. Before being hired as a Science Teacher and Coach at Atholton, Coach Clark was a professional track athlete for Reebok. He also has a Master's degree in Exercise Science. This 5 day camp will give young athletes a solid foundation on how to train to be faster as well as stronger in ways they can apply to their sport. This is the perfect camp for any young athlete who can benefit from being faster over 40-100 meters, stronger, and more explosive. Each day they will be put through a training program that includes 1 speed session and 1 strength session in Atholton's weight room. The athletes will keep track of their workouts and be taught the reason for doing everything they do. All athletes will be tested in the 40 and 100 meters at the start and end of camp. Any athlete who chooses to take advantage of it will also leave with a personalized workout plan that will take them from camp to their fall sports tryouts.

### **Cheerleading (Hammond Middle School) – Shonte Wicks**

July 10 – 14 (9 – 12pm)

July 24 - 28 (9 - 12pm)

The Atholton Boosters Summer Cheer Camp is designed to provide athletes of all skill sets an opportunity to build and learn in a safe and fun environment.

Participants will have a structured schedule that will include: Stunting, Jumps, Motions/Cheer, Dancing, and Tumbling. We will also provide a 30 minute conditioning time to show participants ways to stay in shape, as well as prepare for tryouts.

At the end of the camp the goal is to have a choreographed mini routine to perform for participants parents!

### **Boys Lacrosse (Clemens Crossing/AHS) – Erik Burnett**

July 10 – 14 (9am – 12)

The lacrosse camp focuses on developing fundamental skills for emerging players. Athletes will receive instruction from varsity coaches in areas such as stick work, shooting, dodging, defense, and offensive and defensive strategy. This camp balances the importance of skill building and repetition with fun, competitive drills. This camp is for all skill levels from advanced to beginners, however all participants must provide their own sticks and equipment.

**Girls Basketball (Long Reach High) – Julia Reynold**

July 17 – 21 (9am – 12)

The Atholton Lady Raiders Basketball camp is designed to develop fundamental skills while in a fun environment. The coaches and counselors will help provide drills for players to practice to improve their all around game. These topics include passing, shooting, rebounding, man- to - man defense, and overall offense and defense. Campers will participate in competitive games and contests to master these skills.

**Softball (Clemens Crossing Elementary) – Sue Ericksen**

June 26 – 30 (10am – 1pm)

The camp is designed to promote the fundamentals of softball for girls entering the 7th, 8th or 9th grade. Emphasis will be on fielding, throwing, hitting, base running and the strategy of the game. Specific areas of pitching and catching will be available by interest. Fun, competitive skill assessment will be incorporated with the basics. Gloves, bats and specialized equipment need to be provided by the participant.

**Baseball (AHS Baseball Field) – Jon Dupski**

July 31 – Aug 4 (5 – 8pm)

The camp is designed to teach fundamental baseball skills to all levels of players while having fun! We go over infield, outfield, hitting, pitching, base running, and catching techniques throughout the week. Additionally, there are highly qualified coaches at the camp, including Atholton alumni who are currently playing baseball in college. This camp allows players to see how baseball is played at Atholton and will push all players to advance their craft.

**Girls Lacrosse – (Clemens Crossing Elem) – Devin White**

July 17 – 21 (9am – 12pm)

The girls lacrosse camp will focus on developing the fundamental skills for all levels of players. Areas of instruction will focus on stick work, offensive and defensive strategies, shooting and field positions. Players must provide their own stick, mouthguard and face gear. Coach White has coached boys and girls at Atholton for the past 15 years and some former Lady Raiders that are now playing in college will be assisting with the camp.

**Field Hockey (Blandair Park) – Martie Dyer**

July 31 – Aug 4 (9am – 12)

Action packed week of learning new skills and perfecting, fine tuning skills already possessed. We will also work on small games and the tactical aspects of the fastest growing and best sport there is!!! Coach Martie has over 40 years of experience coaching field hockey.

**Girls Soccer (Clemens Crossing Elementary/AHS) – Stephanie Stoutenborough**

July 31 – Aug 4 (9am – 12)

This camp is for athletes of all levels who want to develop their skills to be able to play at a more competitive level. Each day several new skills will be introduced to the group, then applied in small sided games. Throughout the week we will focus on: building technical skills (passing, receiving, shooting and dribbling), game/field awareness, and building confidence. Our main goal is to help teach each player how to reach their full potential as a soccer player through instruction and fun games.