

# Atholton Raiders

## Summer Sports Camps

### 2021

The Atholton Athletic Boosters is planning to hold their annual **Raiders Summer Sports Camps** this summer. Each individual camp will be taught by highly talented and skillful staff. The staff is committed to implementing an instructional clinic from beginners to advanced athletes in a safe and fun environment. The staff will teach fundamental skills to the beginning campers, will maximize the potential of our intermediate players and will challenge the advanced athletes tactically and technically to master their skills.

#### TUITION

**Tuition** for each camp is \$150 per camper which includes t-shirt, individual skills testing and specialized instruction from qualified staff members.

#### AGES

**Eligible Campers** are any students aged 10-18 who HAVE NOT played that particular sport at Atholton High School.

**PLEASE NOTE:** the Boys & Girls Soccer Camp run by Derek Phillips is offered to boy and girl campers aged 6-16.

<b>JUNE</b>				
Sport	Date	Time	Location	Instructor
<p><b>Boys &amp; Girls Soccer 1</b></p> <p>The Atholton soccer camp is led by former professional soccer players/coaches and designed to help each child develop their soccer skills in a competitive, challenging, and fun-filled environment. <b>The camp is opened to Boys and Girls ages 6-16;</b> regardless of skill level.</p> <p>Campers will be exposed to games and exercises created to develop their technical skills (passing, receiving, dribbling shooting). Goalkeepers will be given special daily training and work with outfield players. Please bring plenty of water.</p>	June 21-26	9-12 noon	Atholton HS	Derek Phillips

<b>JULY</b>				
<b>Sport</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Instructor</b>
<p><b>Boys Basketball 1</b></p> <p>The Atholton basketball camp offers an opportunity for campers 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. Campers will also learn to apply their skills in 1v1, 3v3, and 5v5 tournaments throughout the week.</p>	July 12-16	9-12 noon	Atholton HS	Jared Albert
<p><b>Boys Basketball 2</b></p> <p>The Atholton basketball camp offers an opportunity for campers 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. Campers will also learn to apply their skills in 1v1, 3v3, and 5v5 tournaments throughout the week. Please bring plenty of water.</p>	July 19-23	9-12 noon	Atholton HS	Jared Albert
<p><b>Boys &amp; Girls Tennis</b></p> <p>The Atholton tennis 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 games that enhance these skills. Throughout the week we will focus on building technical skills (serve, forehand, backhand, volleys, and overheads), match play, and building confidence. The main goal is to help teach each player how to reach their full potential as a tennis player through instruction and fun games. Please bring your own tennis equipment and plenty of water.</p>	July 19-23	9-12 noon	Atholton HS	Wendy Heger
<p><b>Girls Basketball</b></p> <p>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 and 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. Please bring plenty of water.</p>	July 19-23	1-4 pm	Atholton HS	Julia Reynold
<p><b>Football</b></p>	July 26-30	9-12 noon	Atholton HS	Eric Woodson

<p>The Atholton football camp focuses on developing skills to be able to play at a more competitive level. We will focus on combine drills, position specific drills, 7 on 7 play, and lineman competitions. We will conduct a baseline test for combine numbers in the 40-yard dash, 5-10-5 shuttle, L cone, power ball toss, broad jump, and vertical jump. Throughout the week we will focus on building a variety of football developmental drills, physical performance workouts, conditioning, speed and agility drills and football based non-contact games/competitions. The main goal is to help teach each player how to reach their full potential as a football player through instruction and fun games/competitions. Please bring plenty of water.</p>				
<p><b>Girls Soccer</b> The Atholton girls soccer 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 the focus will be on building technical skills (passing, receiving, shooting and dribbling), game/field awareness and building confidence. The main goal is to help teach each player how to reach their full potential as a soccer player through instruction and fun games. Please bring plenty of water.</p>	July 26-30	9-12 noon	Atholton HS	Clifford Walcott
<p><b>Boys Lacrosse</b> The Atholton 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. The camp is for all skill levels from advanced to beginners, however all participants must provide their own sticks and equipment. Please bring plenty of water.</p>	July 26-30	1-4 pm	Atholton HS	Alexander McCoy
<p><b>Girls Lacrosse</b> The Atholton girls lacrosse camp focuses on developing fundamental skills for emerging players. Athletes will receive instruction in areas such as stick work, shooting, dodging,</p>	July 26-30	1-4 pm	Atholton HS	TBD

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. Please bring plenty of water.				
<b>Girls Volleyball 1</b> The Atholton volleyball camp is designed for girls 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. Please bring plenty of water.	July 26-30	5-8 pm	Atholton HS	Rob Moy

<b>AUGUST</b>				
<b>Sport</b>	<b>Dates</b>	<b>Times</b>	<b>Location</b>	<b>Instructor</b>
<b>Baseball</b> The Atholton baseball 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. This camp allows players to see how baseball is played at Atholton and will push all players to advance their craft. Please bring plenty of water.	August 2-6	9-12 noon	Atholton HS	Scott Peddicord
<b>Boys &amp; Girls Soccer 2</b> The Atholton soccer camp is led by former professional soccer players/coaches and designed to help each child develop their soccer skills in a competitive, challenging, and fun-filled environment. <b>The camp is opened to Boys and Girls ages 6-16;</b> regardless of skill level. Campers will be exposed to games and exercises created to develop their technical skills (passing, receiving, dribbling shooting). Goalkeepers will be given special daily training and work with outfield players. Please bring plenty of water.	August 2-6	9-12 noon	Atholton HS	Derek Phillips
<b>Field Hockey</b> 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	August 2-6	9-12 noon	Atholton HS	Martie Dyer

over 40 years of experience coaching field hockey. Please bring plenty of water.				
<b>Softball</b> The Atholton softball camp is designed to promote the fundamentals of softball. 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. Please bring plenty of water.	August 2-6	9-12 noon	Atholton HS	Allyson O'Neil
<b>Boys and Girls Track &amp; Field</b> This Atholton camp is for athletes at all levels who want to understand the why and how of sprinting, jumping and hurdling. Each day the athletes will receive instruction from coaches about different events such as block setup, running mechanics/drills, long and triple jump training and how to three step in the hurdles. The main goal is to help the athlete gain a fundamental understanding of each event. Please bring plenty of water.	August 2-6	9-12 noon	Atholton HS	Roderick Gray
<b>Girls Volleyball 2</b> The Atholton volleyball camp is designed for girls 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. Please bring plenty of water.	August 2-6	5-8 pm	Atholton HS	Rob Moy

\* Location of the camp is subject to change. Campers will be notified of the change as soon as possible.

\*\* Participation in these camps DOES NOT have any bearing on whether a camper makes the high school team.

\*\*\*Face coverings will be required for all students and staff while on school property. Face coverings are to be worn during roll, instruction, warm-ups, cool downs and whenever not engaged in physical exertion. Face coverings may be removed during actual conditioning exercises.

\*\*\* For more information or questions, please contact: Tracy Boule (443)812-2559 or [tracyboule@verizon.net](mailto:tracyboule@verizon.net)