

# Summer Camps 2012

June 25 to August 24, 2012



ClarkSportsCenter

*Adventure and Sports Camps for youths 4 to 18 years old*

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# Summer Camps Information

## Instruction and Supervision

All camps and trips are staffed by trained instructors who bring extensive experience, education, and advanced certifications including Wilderness First Responder, First Aid, CPR, AED, coaching, and Lifeguarding. They are professionals in their respective fields and are well equipped to provide safe, educational and fun experiences. Activities are designed and delivered in accordance with quality and safety guidelines established by the Sports Center and New York State.

## Registration

### Member Registration

Member registration for Sports Camps will begin on Monday, May 7 at the Main Desk. Member registration for Adventure Camps will begin on Saturday, May 12 at 8:00am in the Conference Room. Please note that in order to qualify for member registration, the participating youth must be a current member at the time of registration and camp.

### Non-member Registration

Non-member registration for both Sports and Adventure Camps will begin Saturday, May 19 at 8:00am at the Main Desk.

### Adventure Camp Enrollment Rule

In order to ensure each child gets a chance to participate in our camps, on the sign up day you will be allowed to sign your child up for only one session of any particular Adventure Camp. If you would like your child to participate in multiple sessions of a camp, their name will be placed at the bottom of the waiting list. If a spot becomes available, you will be called and your child may attend that camp if you are still interested.

### Registration Notes

Participants are registered on a first come first serve basis at the Sports Center Main Desk or by fax/mail. Faxes/mail will be processed the next business day. Please use the enclosed registration form. Phone registrations will be accepted after Saturday, May 19 for members and non-members. Payment in full is due upon registration. We accept cash, checks (made payable to The Clark Sports Center), and credit cards (MasterCard, Visa, and American Express).

## Cancellations

In the event your child cannot participate in a camp they are enrolled in, please refer to the schedule below for securing a refund of all or part of your tuition. The Sports Center retains a \$15 fee for all cancellations.

- 30 days prior to camp start: 100% of tuition refunded
- 15–29 days prior to camp start: 50% of tuition refunded.
- Cancellations made within 14 days of camp start: 100% forfeit of the tuition.

## Cancellations Continued

If a camp does not fill with a minimum number of participants, The Clark Sports Center reserves the right to cancel or combine two different sessions with low enrollment. We will notify participants in advance and you will receive a full tuition refund if we cannot find a substitute arrangement.

For safety reasons, The Clark Sports Center reserves the right to remove a participant from a program or to cancel all or part of a camp at any time. Participants may be removed from camp for violations of camp regulations, showing disrespect to the camp or facility staff, damaging equipment, or any other behavior which is harmful to The Clark Sports Center.

## Where To Meet

### Sports Camps

Baseball, Basketball, Cheerleading, Circus Theatrics, Golf, Gymnastics & Dance, Lacrosse, Soccer, Volleyball . . . Gym Floor  
Bowling . . . . . Bowling Alley  
Sports Conditioning . . . . . Lobby  
Swimming . . . . . Pool Area  
Tennis . . . . . Tennis Center

### Adventure Camps

Music, Art & Nature, Science, Secret Agent, and Beginner Adventures . . . . . Iroquois House  
Other Adventure Camps and Trips will meet in the Main Lobby of the Sports Center unless otherwise noted on registration materials.

## What To Bring

### Sports Camps

Each camp requires different apparel depending on the sport involved. Please make sure all participants are dressed appropriately for their activity. Clean, non-marking sneakers or spikes, comfortable athletic clothing or bathing suit, towel, and personal water bottles are required. The Clark Sports Center will supply most equipment.

### Adventure Camps

Please refer to the paperwork issued at the time of registration for a required list of items to bring.

## Assumption of Risk Form

An Assumption of Risk waiver form is required and must be signed by a parent or guardian for all camp participants. Forms can be found at the Main Desk or at our website at [www.clarksportscenter.com](http://www.clarksportscenter.com).

# Camps By Age/Grade

## Adventure Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
GPS Geocaching Camps															6 & 7
Kayak Paddling Camps															7 & 8
Mountain Biking Camps															7 & 8
Music, Art & Nature Camp															8
New Hampshire Advanced Rock Climbing															9
Secret Agent Camp															9
Three-Day Beginner Rock Climbing															9

Camp	Grades:	K	1	2	3	4	5	6	7	8	9	10	11	12	Page
Adventure Day Camps															6
Awesome Adventures Camps															6
Beginner Adventures															7
Extra Awesome Adventures Camps															8
Science Camps															9

## Sports Camps

Camp	Ages:	4	5	6	7	8	9	10	11	12	13	14	15	16+	Page
Circus Theatrics Camp															11
Gymnastics and Dance Camp															12
Tennis Camps															13
Volleyball Camp															13

Camp	Grades:	K	1	2	3	4	5	6	7	8	9	10	11	12	Page
Baseball Camp															10
Bowling Camp															10
Basketball Camp															10
Basketball Clinics															10
Competitive Swim Camps															11
Cheerleading Camp															11
Golf Camp															11
Lacrosse Camp															12
Soccer Intermediate Camp															12
Soccer Training Camp															12
Sports Conditioning Camp															13
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# Sports & Adventure Camp Calendar 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 24	25	26	27	28	29	30
	Adventure Camps: Extra Awesome Adventures Camp (pg. 8) • Intermediate Kayak Paddling Camp (pg. 8) Intermediate Mountain Biking Camp (pg. 8) • Science Camp (pg. 9)					
	Sports Camps: Baseball Camp (pg. 10) • Sports Conditioning Camp (pg. 13)					
July 1	2	3	4	5	6	7
	Adventure Camps: Adventure Day Camp (pg. 6) • Beginner Kayak Paddling Camp (pg. 7) • Beginner Mountain Biking Camp (pg. 7) • Science Camp (pg. 9)					
	Sports Camps: Basketball Camp (pg. 10) • Basketball Clinic (pg. 10) • Sports Conditioning Camp (pg. 13)					
8	9	10	11	12	13	14
	Adventure Camps: Awesome Adventures Camp (pg. 6) • Science Camp (pg. 9) • Three-Day Beginner Rock Climbing Camp (pg. 9)					
	Sports Camps: Bowling Camp (pg. 10) • Gymnastics & Dance Camp (pg. 12) • Sports Conditioning Camp (pg. 13) Volleyball Camp (pg. 13) • Volleyball Skills Clinic (pg. 13)					
15	16	17	18	19	20	21
	Adventure Camps: Adventure Day Camp (pg. 6) • Science Camp (pg. 9)					
	Sports Camps: Circus Theatrics Camp (pg. 11) • Sports Conditioning Camp (pg. 13) • Tennis Camp (pg. 13)					



# Adventure Camps

## Enrollment

Member registration for Summer Adventure Camps will start Saturday, May 12 at 8:00am in the Conference Room (an Adventure Department staff person will be present to answer questions). Initially, a parent or guardian is only allowed to register members of one family. If you are also acting as a proxy for a friend or relative, you must wait until everyone who has waited in line that morning has registered. Non-member registration will begin Saturday, May 19 at 8:00am at the Main Desk. Fill out the Adventure Camp registration form found at the end of this brochure and submit it with your payment to the Main Desk staff.

## Adventure Camp Enrollment Rule

In order to ensure each child gets a chance to participate in our camps, on the sign up day you will be allowed to sign your child up for only one session of any

particular Adventure Camp. If you would like your child to participate in multiple sessions of a camp, their name will be placed at the bottom of the waiting list. If a spot becomes available, you will be called and your child may attend that camp if you are still interested.

## Special Note

Our camps do not meet the definition of children's camps under New York State regulations; therefore, they are not regulated by the NYS Department of Health. An Assumption of Risk waiver form is required and must be signed by a parent or guardian for all camp participants. Forms can be found at the Main Desk and must be turned in 2 weeks prior to camp start date.

## Advanced GPS Geocaching Camp

Ages: 11–16 Level: Easy to Moderate

Time: 8:30am–3:30pm

Dates: Monday, August 6 through Friday, August 10

Cost: \$250 Members or \$350 Non-members • Limit: 9

Participants will be taking geocaching skills to the next level. You may bring your own GPS or use one of ours. Participants must have knowledge of geocaching and have tried it before. Participants will also be hiking, swimming and taking field trips.



## Adventure Day Camp

Grades: 3–4 Level: Easy

Time: 8:00am–4:00pm

Cost: \$205 Members or \$305 Non-members • Limit: 9

Session One: July 2–July 6 (We will run camp on July 4)

Session Two: July 16–20

Session Three: July 30–August 3

Enjoy an adventure every day, hiking to new heights, searching for local wildlife, visit historical sites, search for diamonds, and finish the week splashing around at Zoom Flume Water Park.



## Awesome Adventures Day Camp

Grades: 5–6 Level: Moderate

Time: 8:00am–4:00pm

Cost: \$205 Members or \$305 Non-members • Limit: 9

Session One: July 9–13

Session Two: July 23–27

Session Three: August 6–10

Spend awesome day's rappelling off cliffs, white water canoe down the West Canada River, take a bike ride along the Erie Canal and spend the night under the stars at Awesome Adventure Camp.



## Beginner Adventures

Grades: K-2 Level: Easy

Time: 9:00am-1:00pm

Dates: Monday, July 30 through Friday, August 3

Cost: \$135 Members or \$235 Non-members • Limit: 9

Let's begin our adventure, come spend a half day with us hiking, learning about insects, birds and all nature has to offer. Create bird houses, plant seeds and learn how they grow, anything is possible with Beginner Adventures.



## Beginner GPS Geocaching Camp

Ages: 11-16 Level: Easy to Moderate

Time: 8:30am-3:30pm

Dates: Monday, July 30 through Friday, August 3

Cost: \$205 Members or \$305 Non-members • Limit: 9

Come join the exciting new high tech global treasure hunt known as geocaching. Campers will be using hand held GPS receivers to search for hidden caches all over Otsego County and the surrounding area. The camp activities will include learning to use the GPS device, seeking caches locally, creating and hiding our own geocaches, and sending "travel bug". Campers will also be hiking, swimming and taking field trips.



## Beginner Kayak Paddling Camp

Ages: 10-13 Level: Easy to Moderate

Time: 9:00am-4:00pm

Dates: Monday, July 2 & Tuesday, July 3

Cost: \$135 Members or \$235 Non-members • Limit: 6

Learn the basics of river kayaking one of the most exciting sports in the world. Learn the basics of equipment selection, maneuvering your kayak in moving water and having fun on the river. No experience necessary, but kayaking is a sport that requires physical and mental stamina, so be ready for an adventure. All equipment except water shoes is provided by The Clark Sports Center.



## Beginner Mountain Biking Camp

Ages: 11-13 Level: Easy to Moderate

Time: 9:00am-4:00pm

Dates: Thursday, July 5 to Friday, July 6

Cost: \$135 Members or \$235 Non-members • Limit: 8

Over two days beginner mountain bikers will be introduced to cornering, climbing, descending, wheel lofting, riding over obstacles and balancing techniques associated with trail riding. No experience necessary, but mountain biking is a sport that requires physical and mental stamina so be ready for an adventure. Mountain bikes and helmets can be provided if necessary.



## Extra Awesome Adventures Camp

Grades: 7–8 Level: Challenging  
Time: 8:00am–4:00pm Monday; Overnights Tuesday through Thursday;  
Pickup 3:00pm Friday  
Session One: June 25–June 29 Session Two: August 13–17  
Cost: \$250 Members or \$350 Non-members • Limit: 9

Come join us this summer for an Extra Awesome adventure in the Adirondack Park. Monday we will spend the day on our Outdoor Ropes Course, then we will spend the rest of the week on a backcountry canoeing adventure.



## Intermediate Kayak Paddling Camp

Ages: 13–16 Level: Moderate to Challenging  
Time: 9:00am–4:00pm  
Dates: Monday, June 25 to Friday, June 29  
Cost: \$250 Members or \$350 Non-members • Limit: 6

Over the course of a week kayakers will get a chance to paddle some of the most exciting whitewater in the area. Participants will learn the concepts of rolling, bracing, technical maneuvering, river reading, and self rescue in whitewater. We will leave from the Sports Center in the morning and return each afternoon. Previous kayaking experience is important but not necessary; whitewater kayaking is a sport that requires physical and mental stamina so be ready for an adventure. All equipment except water shoes is provided by The Clark Sports Center.



## Intermediate Mountain Biking Camp

Ages: 13–16 Level: Challenging  
Time: 9:00am–4:00pm  
Dates: Monday, June 25 to Friday, June 29  
Cost: \$250 Members or \$350 Non-members • Limit: 8

Mountain bikers will bike some of the sweetest biking lines within Central New York. Learn necessary techniques associated with mountain biking here at the Sports Center and then head out on longer trail rides to test your skills. Should have experience riding a bicycle, mountain biking is a sport that requires physical and mental stamina so be ready for an adventure. Mountain bikes and helmets can be provided if necessary.



## Music, Art & Nature Camp

Ages: 9–12 Level: Easy to Moderate  
Time: 8:30am–3:00pm  
Dates: Monday, August 6 to Friday, August 10  
Cost: \$300 Members or \$400 Non-members • Limit: 9

The week will be a mix of hands-on workshops exploring the relationship between music and art ...building instruments, creating visual art work, exploring sound and music in a beautiful natural setting and having loads of fun. The daily workshops will take place at the Bremer farm in their many workshops and studio buildings and have various guest artists joining in the experience. No particular level of knowledge in either music or art is necessary.

**NEW!**



## New Hampshire Advanced Rock Climbing Camp

Ages: 13–18 Level: Challenging

Cost: \$350 Members or \$450 Non-members • Limit: 8

Date/Time: Departure is 8:00am Monday, August 13, and campers will return at 8:00pm on Friday, August 17

Spend a week in New Hampshire! Be prepared for five days of climbing where we will instruct you on the techniques of moving on vertical walls, traditional climbing protection, climbing equipment, and all the safety procedures involved with being tied to a rope and hanging off a cliff. This trip is intended for climbers who have experience.



## Science Camp

Grades: 4–7 Level: Easy

Time: 8:30am–3:30pm, Monday–Friday

Cost: \$205 Members or \$305 Non-members • Limit: 9

Session One: June 25–June 29

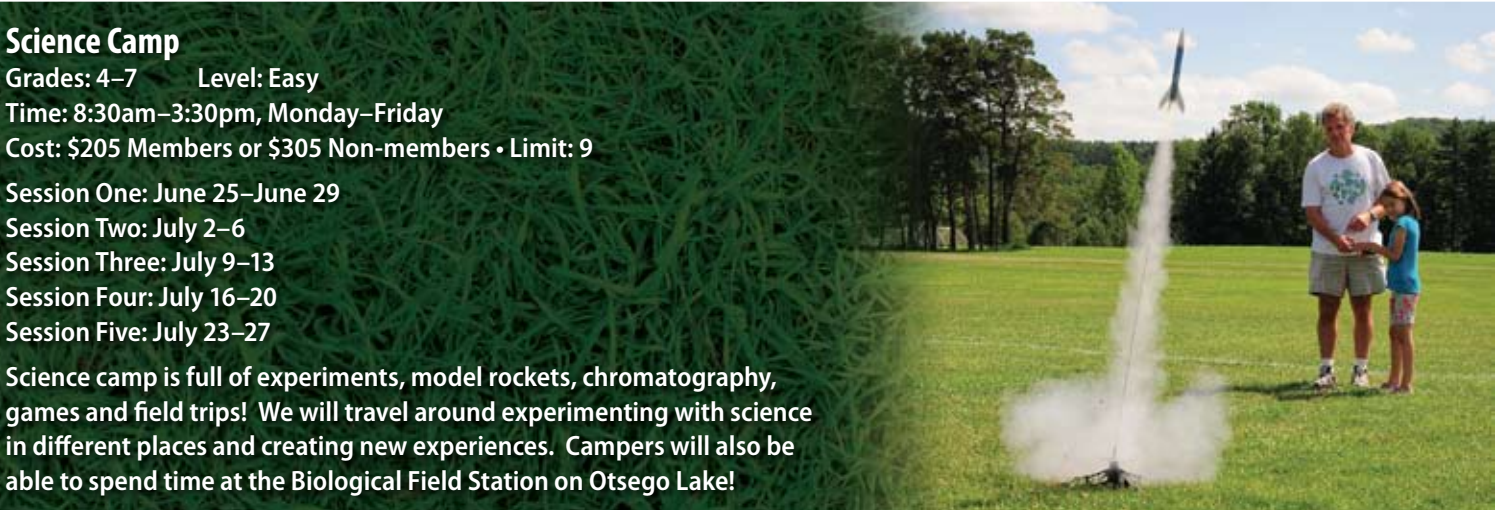
Session Two: July 2–6

Session Three: July 9–13

Session Four: July 16–20

Session Five: July 23–27

Science camp is full of experiments, model rockets, chromatography, games and field trips! We will travel around experimenting with science in different places and creating new experiences. Campers will also be able to spend time at the Biological Field Station on Otsego Lake!



## Secret Agent Camp

Ages: 10–14 Level: Moderate to Challenging

Time: 1:00–5:00pm

Cost: \$135 Members or \$235 Non-members • Limit: 20

Dates: Monday, July 23 through Friday, July 27

Campers receive training in intelligence gathering, strategical team land navigation, technical rope work, and code breaking. Then our new secret agents are challenged with a covert operation against other teams to access, rescue or protect priority targets, and assets in capture the flag or scavenger hunt style events.



## Three-Day Beginner Rock Climbing Camp

Ages: 10–12 Level: Easy to Moderate

Time: 9:00am–3:00pm

Dates: Tuesday July 11–Thursday, July 13

Cost: \$135 Members or \$235 Non-members • Limit: 9

If you find climbing and rappelling off vertical cliffs exciting this is the camp for you. Each day we introduce new techniques, equipment, and climbs. This camp takes place on Moss Island in Little Falls with a rain plan of using our new climbing wall. No experience necessary, all equipment will be supplied by The Clark Sports Center.



# Sports Camps

## Enrollment

Member registration for Summer Sports Camps will start Monday, May 7 at the Main Desk of The Clark Sports Center. Non-member registration will begin Saturday, May 19 at 8:00am at the Main Desk. Fill out the Sports Camp registration form found at the end of this brochure and submit it with your payment when you register for your camps. An Assumption of Risk waiver form is required and must be signed by a parent or legal guardian.

## Facilities Used For Sports Camps

Inside of the Sports Center is a multi-purpose gym floor that features an NBA length basketball court with six full-size glass backboards, space for two full-size volleyball nets, and ample room for gymnastics. Our indoor facilities also include a 25 yard lap pool, 13' deep diving pool, and an eight lane bowling alley. Outdoor athletic facilities include tennis courts, two softball fields and many multi-purpose playing fields.

## Baseball Camp

Dates: Monday, June 25 through Friday, June 29

Time: 9:00am–12:00pm Grades: 3–6

Location: Gym Floor & Baseball Fields • Cost: \$80 Members or \$180 Non-members • Limit: 24

This camp will be coached by long time Sports Center Coach Sharky Nagelschmidt with assistance from Sports Center Coach Scott Whiteman and some surprise visits from Cooperstown Hawkeyes baseball players. This camp will provide excellent instruction in a positive learning environment. Campers will then apply skills and strategy through playing games and contests. Campers should have a hat, glove, spikes, water bottle, and baseball attire (baseball pants or sweat pants).



## Basketball Camp

Dates: Monday & Tuesday, July 2-3 [2 day camp]

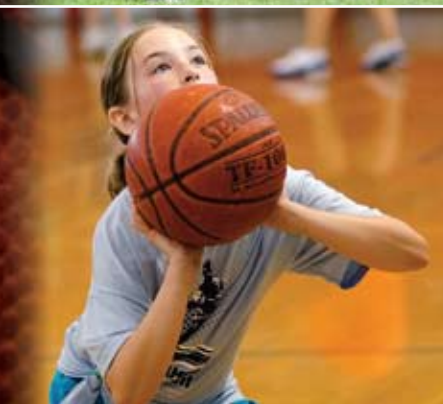
Location: Gym Floor • Cost: \$30 Members/\$60 Non-members

Grade: K • 8:30–9:30am • Limit: 20

Grade: 1 • 9:45–10:45am • Limit: 20

Grade: 2 • 11:00am–12:00pm • Limit: 20

This camp will be directed by our Sports Center staff, Coach Whiteman and Coach Nagelschmidt. This camp will emphasize basic fundamentals through drills, demonstrations, dribbling and shooting. Sneakers and shorts are required. Campers will receive a mini basketball.



## Basketball Clinic

Dates: Thursday, July 5, Friday, July 6 [1 day camp]

Location: Gym Floor • Cost: \$40 Members/\$80 Non-members

### July 5

Grades: 3–6 • Limit: 50

Time: 9:00am–12:00pm

### July 6

Grades: 6–12 • Limit: 50

Time: 9:00am–12:00pm

This camp will be directed by Doneilus King who works throughout the area with college and high school teams as well as individuals who have gone on to play at schools like Syracuse and Pittsburgh. This is a high intensity camp that will cover all aspects of the game.



## Bowling Camp

Dates: Monday, July 9 through Friday, July 13

Time: 9:00am–12:00pm Grades: 3–12

Location: Bowling Alley • Cost: \$80 Members or \$180 Non-members • Limit: 24

Four time PBA champion and New York State Bowling Hall of Famer Gus Lampo will direct this camp with assistance from Clark Sports Center Athletic Director Barry Gray. Campers will learn basic fundamentals through drills, competition, videos, tournament play, and one on one instruction with Gus Lampo.



## Cheerleading Camp

Dates: Monday, August 20 through Friday, August 24

Location: Gym Floor & Outdoor Fields • Cost: \$80 Members or \$180 Non-members

### Level One

Grades: 3–6 • Limit: 30

Time: 10:15am–11:45am

### Level Two

Grades: 7–12 • Limit: 60

Time: 8:30am–10:00am

This camp is back by popular demand, and will be instructed by Justin Hobbie who was a High School Cheerleading Coach at CCS. The focus of this camp will be on stunting progressions, cheerleading motions, jumps and safety. Coach Hobbie is a former UCA instructor and Cortland State College Cheerleading Coach.



## 1st Time Ever: Circus Theatricks Camp

Dates: Monday, July 16 through Thursday, July 19 • Each child should bring a lunch.

Time: 9:00am–3:00pm [Thursday, July 19, 9:00am–4:00pm] • Ages: 6–15

Location: Gym Floor • Cost: \$225 Members or \$325 Non-members

Circus show starts at 3:00pm on Thursday, July 19, for parents!

Sean Fagan created Circus Theatricks to introduce “children of all ages” to the athleticism and artistry of Circus and Theatre performance in fun, high-energy, and nurturing environments throughout the Capital District and beyond. Circus Theatricks can help you develop your sense of confidence, bag of tricks, and build your skills on any level— from process to performance!

Sean Fagan wears many hats as the Artistic Director of Circus Theatricks, introducing young people of all ages to circus, theatre, and the visual arts in school programs, summer camps, after-school enrichment settings, and private coaching. A former Ringling Bros. Barnum & Bailey Circus clown, Sean’s “theatricks” include a wide range of ground skills proficiency, including juggling, slapsticks, pratfalls, stilt-walking, unicycle, rolling globe, rola-bola, tumbling, partner acrobatics, magic and more.

**NEW!**

## Competitive Swim Camp

Dates: Monday, August 6 through Friday, August 17 • Time: 9:00–12:00

Location: Pool Area • Cost: \$80 Members or \$180 Non-members • Limit: 50 each week

### Beginner’s Competitive Swim Camp

Grades: 1–7 • Dates: August 6–August 10

### Advanced Competitive Swim Camp

Grades 1–12 • Dates: August 13–August 17

Beginner’s Competitive Swim Camp will suit swimmers who have no previous competitive swimming experience! Our goal is for campers to be able to “legally” swim 50 yards of front and back crawl. Campers will be introduced to butterfly and breaststroke, and develop starts and turns for all four strokes. Campers must be a deep level two or higher or be able to comfortably swim 25 yards of front and back crawl. If swimmers need to have abilities evaluated, contact the aquatics department prior to the camp.

Advanced Competitive Swim Camp will suit the intermediate and experienced swimmer who has had prior competitive swimming experience. The camp is set to provide swimmers with an opportunity to develop competitive swimming skills and techniques. This camp will also focus on starts/finishes, turns, dryland workouts and stroke focused workouts.

Both camps will be instructed by The Clark Sports Center Swim Team Coaches Lindsey Bailey, Matt Phillips, Bayla Akulin, and Sally Zaengle, who is also the Greene Central High School Boys Varsity Swim Coach.



## Golf Camp

Dates: Monday, July 30 through Friday, August 3

Location: Gym Floor & Outdoor Fields

### Level One

Grades: 4–6 • Limit: 12

Time: 9:00–10:00am • Cost: \$85 M/\$185 NM

### Level Two

Grades: 7–9 • Limit: 12

Time: 10:30–11:30am • Cost: \$85 M/\$185 NM

Clark Sports Center Coach Scott Whiteman will direct this camp. Campers will receive excellent instruction as well as a 9 hole round of golf at the end of the week. The camp focuses on teaching the correct form to help produce the most efficient swing for maximum power. Campers need to provide their own clubs. Parents will need to provide transportation to the Meadow Links Golf Course on Friday at 9:00am. The golf and picnic will finish at 12:00 noon and parents will need to pickup your child then.



## Gymnastics and Dance Camp

Dates: Monday, July 9 through Friday, July 13

Location: Gym Floor

### Level One

Ages: 4–6 • Limit: 24

Time: 11:15am–12:10pm • Cost: \$40 M/\$140 NM

Long time instructor and coach Betty Gavin-Singer will direct this camp. The program will provide first class instruction in an exceptional environment. Improved self-image, increased body awareness, and enhanced health and fitness are some of the outcomes for those engaged in these activities. Proper stretch and warm up will be in the daily program.

### Level Two

Ages: 7–13 • Limit: 40

Time: 9:00–11:00am • Cost: \$80 M/\$180 NM



## Lacrosse Camp

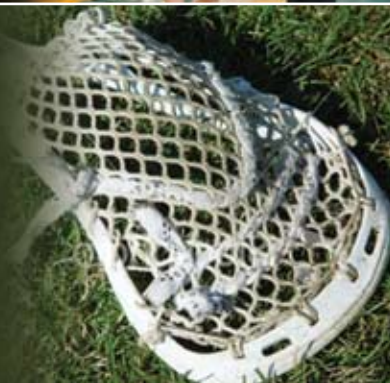
Dates: Monday, August 20 through Friday, August 24

Time: 12:00pm–3:00pm Grades: 4–10

Location: Gym Floor & Outdoor Fields

Cost: \$80 Members or \$180 Non-members

This camp will be directed by Jim Peterson who has coached and played lacrosse for many years. This is an introductory camp for the sport of lacrosse which will focus on individual fundamental skills; cradling, ground balls, passing, catching, dodging and shooting. No prior experience is necessary. Participants will need to provide their own lacrosse sticks.



## Soccer Intermediate Camp

Dates: Monday, August 13 through Friday, August 17

Time: 9:00am–12:00pm Grades: 4–6

Location: Gym Floor & Outdoor Fields

Cost: \$80 Members or \$180 Non-members • Limit: 60

Frank Miosek will direct this camp. Frank has coached for over 30 years at all levels. Area coaches and Sports Center Staff will be assisting coach Miosek. This camp will focus on all the fundamentals necessary for campers to improve their skills and take their game to the next level. Coach Miosek will lead a team of coaches to instill proper fundamentals for your child. Spikes, shin guards and water bottles are required.



## Soccer Training Camp

Dates: Monday, August 6 through Friday, August 10

Time: 8:00am–12:00pm Grades: 7–12

Location: Gym Floor & Soccer Fields

Cost: \$80 Members or \$180 Non-members • Limit: 60

Camp will be led by Frank Miosek and assisted by local coaches, high school players, and college players. Goalie instruction will be taught by former college goalie, Scott Whiteman. This camp will deliver first rate instruction, superior team competition, and strategic and tactical skills needed for the motivated individual trying out for school soccer teams. Spikes, shin guards, and water bottles are required.



## Super Juniors Soccer Camp

Dates: Tuesday, July 24 through Friday, July 27 [4 day camp]

Location: Gym Floor & Soccer Fields

**Level One • Grades: K & 1**

Time: 8:00–10:00am Limit: 20

Cost: \$80 Members or \$180 Non-members

**Level Two • Grades: 2 & 3**

Time: 10:00am–12:00pm Limit: 60

Cost: \$80 Members or \$180 Non-members

This popular camp will be directed by coach and teacher Sherri France with other area coaches as well. Campers will get their fill of fitness, fun, lead-up games, and friendly competition. Join the excitement and be a part of the world's fastest growing sport! This camp will have a series of stations teaching the children basic fundamentals of passing, dribbling, positioning, and goalie instruction. Spikes, shin guards, and water bottles are required.



## Sports Conditioning Camp

Dates: Monday, June 25 through Thursday, August 16 (Closed on Wednesday, July 4 and Monday July 23).

Location: Meet in the Clark Sports Center Lobby • Cost: \$80 M/\$180 NM.

### Group One

Grades: 8–12

Time: 12:00–3:00pm, Mondays & Wednesdays

### Group Two

Grades: 8–12

Time: 12:00–3:00pm, Tuesdays & Thursdays

Sports Conditioning Camp will provide young athletes with a summer-long training program to increase endurance, build strength, and improve agility. Drills targeting each athletes' core muscles will improve flexibility and balance. Camp will also feature guest athletes and speakers to talk about nutrition and playing college level sports. All sports are welcome. Clark Sports Center Personal Trainer Kara Arnold will supervise the program.



## Tennis Camp • Session One

Dates: Monday–Friday, July 16–20

Location: Tennis Center

### Level One

Ages: 6–7 • Limit: 20

Time: 10:00–10:45am

Cost: \$40 M/\$80 NM

### Level Two

Ages: 8–9 • Limit: 20

Time: 11:00am–11:45pm

Cost: \$40 M/\$80 NM

### Level Three

Ages: 10–14 • Limit: 20

Time: 12:00–1:30pm

Cost: \$80 M/\$180 NM

## Tennis Camp • Session Two

Dates: Monday–Friday, August 20–24

Location: Tennis Center

### Level One

Ages: 6–7 • Limit: 20

Time: 10:00–10:45am

Cost: \$40 M/\$80 NM

### Level Two

Ages: 8–9 • Limit: 20

Time: 11:00am–11:45pm

Cost: \$40 M/\$80 NM

### Level Three

Ages: 10–14 • Limit: 20

Time: 12:00–1:30pm

Cost: \$80 M/\$180 NM

Tennis Camp will introduce tennis to youths over a week-long training period. The camp will establish solid fundamentals and basic tennis skills including stroke production, proper footwork, game strategy, conditioning, sportsmanship, and court etiquette. The Varsity Tennis Coach from Mt. Markham High School, Terry McKane will be leading the sessions of Tennis Camp.



## Volleyball Camp

Dates: Monday, July 9 through Friday, July 13

Location: Gym Floor Cost: \$80 Members/\$180 NM

### Session One

Time: 1:00–2:30pm

Ages: 10–13 • Limit: 18

### Session Two

Time: 2:30–4:00pm

Ages: 14–18 • Limit: 18

Volleyball Camp will consist of focused offensive and defensive skills training, game-like drills, and learning teamwork through competitive play in a fun and meaningful experience. The camp is directed by The Clark Sports Center's Health, Fitness and Racquets Director Rich Jantzi, who coached the CCS Varsity Volleyball team to a Section Three Class C championship, Regional Championship, and earned 2009 Section Three Coach Of The Year honors.



## Volleyball Skills Clinics

Dates: Monday, July 9 through Friday, July 13

Location: Gym Floor Cost: \$25 Members/\$50 NM

### Hitting Clinic

Time: 12:30–1:00pm

Ages: 10–18 • Limit: 8

### Setting Clinic

Time: 4:00–4:30pm

Ages: 10–18 • Limit: 8

The Skills Clinics require a fee additional to the Volleyball Camp and will feature focused small group training in hitting and setting. The clinics will be led by CCS Varsity Volleyball Coach Rich Jantzi.



# Adventure Camps Registration 2012

Name of participant: \_\_\_\_\_ Member? (Circle one): Yes No

Grade (entering Fall '12): \_\_\_\_\_ Age (at time of camp): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

Camp	Session & Age/Grade	Dates	Time	Cost	Page
Advanced GPS Geocaching Camp	Ages 11–16	August 6–10	8:30–3:30	\$250/\$350	6
Adventure Day Camp	Session One • Grades 3–4	July 2–July 6	8:00–4:00	\$205/\$305	6
Adventure Day Camp	Session Two • Grades 3–4	July 16–20	8:00–4:00	\$205/\$305	6
Adventure Day Camp	Session Three • Grades 3–4	July 30–Aug 3	8:00–4:00	\$205/\$305	6
Awesome Adventures Camp	Session One • Grades 5–6	July 9–13	8:00–4:00 & Overnight	\$205/\$305	6
Awesome Adventures Camp	Session Two • Grades 5–6	July 23–27	8:00–4:00 & Overnight	\$205/\$305	6
Awesome Adventures Camp	Session Three • Grades 5–6	August 6–10	8:00–4:00 & Overnight	\$205/\$305	6
Beginner Adventures Camp	Grades K–2	July 30–Aug 3	9:00–1:00	\$135/\$235	7
Beginner GPS Geocaching Camp	Ages 11–16	July 30–Aug 3	8:30–3:30	\$205/\$305	7
Beginner Kayak Paddling Camp	Ages 10–13	July 2 & 3	9:00–4:00	\$135/\$235	7
Beginner Mountain Biking Camp	Ages 11–13	July 5 & 6	9:00–4:00	\$135/\$235	7
Extra Awesome Adventures Camp	Session One • Grades 7–8	June 25–29	8:00–4:00 & Overnights	\$250/\$350	8
Extra Awesome Adventures Camp	Session Two • Grades 7–8	August 13–17	8:00–4:00 & Overnights	\$250/\$350	8
Intermediate Kayak Paddling Camp	Ages 13–16	June 25–29	9:00–4:00	\$250/\$350	8
Intermediate Mountain Biking Camp	Ages 13–16	June 25–29	9:00–4:00	\$250/\$350	8
Music, Art & Nature Camp	Ages 9–12	August 6–10	8:30–3:00	\$300/\$400	8
New Hampshire Advanced Rock Climbing Camp	Ages 13–18	August 13–17	All Overnight	\$350/\$450	9
Science Camp	Session One • Grades 4–7	June 25–29	8:30–3:30	\$205/\$305	9
Science Camp	Session Two • Grades 4–7	July 2–6	8:30–3:30	\$205/\$305	9
Science Camp	Session Three • Grades 4–7	July 9–13	8:30–3:30	\$205/\$305	9
Science Camp	Session Four • Grades 4–7	July 16–20	8:30–3:30	\$205/\$305	9
Science Camp	Session Five • Grades 4–7	July 23–27	8:30–3:30	\$205/\$305	9
Secret Agent Camp	Ages 10–14	July 23–27	1:00–5:00	\$135/\$235	9
3-Day Beginner Rock Climbing Camp	Ages 10–12	July 11–13	9:00–3:00	\$135/\$235	9

**Total:** \_\_\_\_\_

# Sports Camps Registration 2012

Name of participant: \_\_\_\_\_ Member? (Circle one): Yes No

Grade (entering Fall '12): \_\_\_\_\_ Age (at time of camp): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email address: \_\_\_\_\_

Camp	Session & Age/Grade	Dates	Time	Cost	Page
Baseball Camp	Grades 3–6	June 25–29	9:00–12:00	\$80/\$180	10
Basketball Camp	Level One • Grade K	July 2–3	8:30–9:30	\$30/\$60	10
Basketball Camp	Level Two • Grade 1	July 2–3	9:45–10:45	\$30/\$60	10
Basketball Camp	Level Three • Grade 2	July 2–3	11:00–12:00	\$30/\$60	10
Basketball Clinic	Grades 3–6	July 5	9:00–12:00	\$40/\$80	10
Basketball Clinic	Grades 6–12	July 6	9:00–12:00	\$40/\$80	10
Bowling Camp	Grades 3–12	July 9–13	9:00–12:00	\$80/\$180	10
Cheerleading Camp	Level One • Grades 3–6	August 20–24	10:15–11:45	\$80/\$180	11
Cheerleading Camp	Level Two • Grades 7–12	August 20–24	8:30–10:00	\$80/\$180	11
Circus Theatricks Camp	Ages 6–15	July 16–19	9:00–3:00	\$225/\$325	11
Competitive Swim Camp (Beginner)	Grades 1–7	August 6–10	9:00–12:00	\$80/\$180	11
Competitive Swim Camp (Advanced)	Grades 1–12	August 13–17	9:00–12:00	\$80/\$180	11
Golf Camp	Level One • Grades 4–6	July 30–Aug 3	9:00–10:00	\$85/\$185	11
Golf Camp	Level Two • Grades 7–9	July 30–Aug 3	10:30–11:30	\$85/\$185	11
Gymnastics & Dance Camp	Level One • Ages 4–6	July 9–13	11:15–12:10	\$40/\$140	12
Gymnastics & Dance Camp	Level Two • Ages 7–13	July 9–13	9:00–11:00	\$80/180	12
Lacrosse Camp	Grades 4–10	August 20–24	12:00–3:00	\$80/\$180	12
Soccer Intermediate Camp	Grades 4–6	August 13–17	9:00–12:00	\$80/\$180	12
Soccer Training Camp	Grades 7–12	August 6–10	8:00–12:00	\$80/\$180	12
Super Juniors Soccer Camp	Level One • Grades K–1	July 24–27	8:00–10:00	\$80/\$180	12
Super Juniors Soccer Camp	Level Two • Grades 2–3	July 24–27	10:00–12:00	\$80/\$180	12
Sports Conditioning Camp	Group One • Grades 8–12	June 25–Aug 16	Mon/Wed 12:00–3:00	\$80/\$180	13
Sports Conditioning Camp	Group Two • Grades 8–12	June 25–Aug 16	Tues/Thurs 12:00–3:00	\$80/\$180	13
Tennis Camp (Session One)	Level One • Ages 6–7	July 16–20	10:00–10:45	\$40/\$80	13
Tennis Camp (Session One)	Level Two • Ages 8–9	July 16–20	11:00–11:45	\$40/\$80	13
Tennis Camp (Session One)	Level Three • Ages 10–14	July 16–20	12:00–1:30	\$80/\$180	13
Tennis Camp (Session Two)	Level One • Ages 6–7	August 20–24	10:00–10:45	\$40/\$80	13
Tennis Camp (Session Two)	Level Two • Ages 8–9	August 20–24	11:00–11:45	\$40/\$80	13
Tennis Camp (Session Two)	Level Three • Ages 10–14	August 20–24	12:00–1:30	\$80/\$180	13
Volleyball Camp	Ages 10–13	July 9–13	1:00–2:30	\$80/\$180	13
Volleyball Camp	Ages 14–18	July 9–13	2:30–4:00	\$80/\$180	13
Volleyball Skills Clinic • Hitting	Ages 10–18	July 9–13	12:30–1:00	\$25/\$50	13
Volleyball Skills Clinic • Setting	Ages 10–18	July 9–13	4:00–4:30	\$25/\$50	13

**Total:** \_\_\_\_\_



# Assumption of Risk Form

Children under 18 years of age

### Parent/Guardian Contact Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

### Emergency Contact Information

Phone: \_\_\_\_\_ Name: \_\_\_\_\_

### Consent with Respect to Minors

I am applying for a subscription or registration in a Clark Sports Center program on behalf of my children under the age of 18 years, listed below. I have explained to them the nature of the facilities and activities available at and under the sponsorship of the Center and of the inherent dangers of such facilities and activities. On behalf of my children, I agree that neither the Center, nor The Clark Foundation, nor the staff, officers, trustees, agents or instructors of either organization may be held liable in any way for any injury, death or other damage to them or their property arising out of or resulting from their participation in activities at or sponsored by the Center except to the extent that any such claim arises from an accident or injury caused by or resulting from the negligence or willful misconduct of the Center, The Clark Foundation or the staff, officers, trustees, agents or instructors of such organizations and I waive any such claim on their behalf.

Permission is hereby given for any emergency anesthesia, operation, hospitalization or other treatment which might become necessary as a result of my children's participation.

### Names of Clark Sports Center's participants under the age of 18

### Date Of Birth

_____	_____
_____	_____
_____	_____
_____	_____

**This consent must be completed, signed, and dated by a parent or legal guardian.**

Signature: \_\_\_\_\_ Check one: Parent  Legal Guardian

Print name: \_\_\_\_\_ Date: \_\_\_\_\_