

# USPORTS IN CAMP

Baseball



Tennis



Soccer



Basketball



Field Hockey



Street Hockey



Mountain Biking



Golf



Speed, Agility, & Quickness



Softball



Sport Recreation Camp





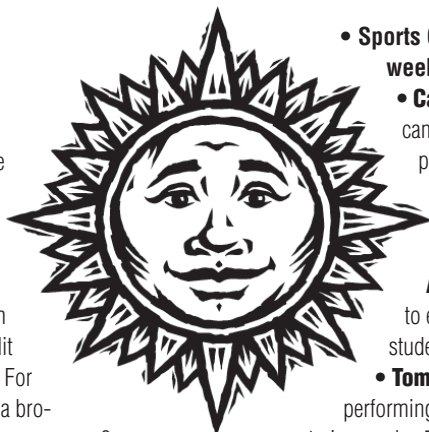
# WELCOME TO **SUMMER SPORTS CAMPS** AT MCCC



## featuring...

### UNIQUE PROGRAMS

Mercer County Community College provides "one-stop" shopping to fill all of your summer camp needs for children, ages 6-17. Whether you're looking for a variety of sports, intensive visual and performing arts workshops, traditional camp, half and full-day arts and science programs, or an opportunity for high school students to earn college credit for academic study, look no further. For additional information or to request a brochure for any summer youth program, see page 3.



- **Sports Camps:** A variety of 13 one-week sports camps for ages 6-15

- **Camp College:** Four-week traditional camp of academic and recreational programs and half and full day arts, sciences, and recreational programs for ages 6-14

- **Mercer County Performing Arts High School:** An opportunity to explore and experience the arts for students in grades 7-9

- **Tomato Patch:** An intensive visual and performing arts summer workshop for students entering grades 5-7 and grades 8-12

- **Summer College for High School Students:** A unique opportunity for students who have completed at least one year of high school to earn from three to seven college credits.

### LOCATION

More than 70 different summer programs, full of variety and fun for young people ages 6-15, will be offered at Mercer County Community College's beautiful West Windsor campus. The 292-acre campus is located five miles south of Princeton on Old Trenton Road in West Windsor/Hamilton Townships, bordering Mercer County Park. For directions to the college call (609) 586-4800, ext. 3950.

### TOP-NOTCH FACILITIES

- Fully equipped "state of the art" computer and technology laboratories
- A variety of art studios
- A 400-seat professional theater
- Air conditioned, handicapped-accessible buildings
- Indoor swimming pool
- Greenhouse complex, athletic fields (including an astro-play soccer field) and eight all-weather tennis courts
- College cafeteria serving a variety of hot and cold breakfast and lunch items
- 1000-seat gymnasium

### HOW TO USE THIS CATALOG

- **The medical form required for every program is on page 10.**

Read the descriptions carefully for information regarding applications, deadlines, and prerequisites.

**NOTE:** When registering for any of our camp programs, enclose a completed and signed copy of the medical form on page 10 with your application and payment.

*We look forward to seeing you this summer!*

**RYAN ZEGARSKI**

for Sports Camps  
(609) 570-3778



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# Other Summer Youth Programs at MCCC

## CAMP COLLEGE (ages 6-14)

Art, music, foreign languages, journalism, crafts, swimming, computers, accelerated English and Math prep, sports and games, and more! Campers choose up to six "courses" and activities for each session to make this a truly customized summer experience. Offering a total of eight exciting weeks, Camp College begins June 16 and meets Monday through Thursday from 8:30 am to 4 pm. Optional "Early Bird" program begins at 7:15 am and "After Camp" ends at 6 pm. Specialty Camps offer intellectually challenging and stimulating hands-on full and half-day programs for ages 6-14. For more information call (609) 570-3311 or visit [www.mccc.edu/campcollege](http://www.mccc.edu/campcollege)

## TOMATO PATCH WORKSHOPS (grades 5-12)

An intensive visual and performing arts summer workshop now celebrating its 35<sup>th</sup> year, Tomato Patch is the longest running, most successful summer arts program in Central N.J. Designed for children entering grades five through twelve and who have had some structured study in any one of the visual or performing arts, Tomato Patchers select a "major area of interest" in performing or visual arts which they may pursue in the morning. During the remainder of the day, they enroll in courses to expand their awareness and skills in other disciplines. June 23 to July 17 for students entering grades 8-12. July 21 to August 7 for students entering grades 5-7. For more information call (609) 570-3566 or visit [www.kelseyatmccc.org/tomato\\_patch](http://www.kelseyatmccc.org/tomato_patch)

## MERCER COUNTY PERFORMING ARTS HIGH SCHOOL

COME EXPERIENCE THE "FAME"... Be a part of a unique experience! Whether you are already a Performing Arts High School student, have been accepted to the school, are thinking about applying, or are simply interested in the performing arts, you won't want to miss this unique program. Students will attend daily sessions, August 11-15, that integrate multiple experiences in dance, drama and vocal music. No experience necessary. Limited to students in grades 7-9. For more information call (609) 570-3400 or 586-3550.

## SUMMER COLLEGE FOR HIGH SCHOOL STUDENTS

A unique opportunity for students who have completed at least one year of high school to "try" college in the supportive environment for which Mercer has become known. Under the guidance and supervision of Mercer staff, qualified students will be able to earn from three to seven college credits this summer, beginning June 23 and ending August 18. For more information call (609) 570-3225 or visit [www.mccc.edu](http://www.mccc.edu)



# SPORTS CAMPS

Quality instructors, visiting college and high school coaches, and limited enrollment provide the opportunity for maximum individualized instruction in each session of our 13 popular one-week session sports camps. Our instructors' numerous years of experience and the structure of all sports camp programs are designed to help develop and enhance the skills of each camper. Special guest speakers will appear during each camp session to lend their expertise as well.

## AGES

Each sports camp has been designed to serve a specific age group, as described on the following pages.

## CAMP HOURS

Campers must report to the gymnasium at 8:30 am on Monday for registration and at 9:00 am on all other days. Campers may be picked up at 3:00 pm, or at 3:45 pm if they choose to swim at the end of the day's activities.

## BEFORE/AFTER CARE

For their safety, all campers who will not be picked up by 3:45 pm, or who will be dropped off prior to 9:00 am, must be registered for Before and/or After Care. These programs provide supervised activity from 7:30 am until 9:00 am and from 4:00 pm until 6:00 pm, including an additional one hour swim period from 4:00 to 5:00 pm. A fee of \$60 per week is charged for After Care, and \$40 per week is charged for Before Care. For further information or to register for Before and/or After Care, see applications on page 9 or call (609) 586-4800, ext. 3779.

## CAMPER RESPONSIBILITIES

Campers must submit a completed copy of the medical form on page 10 with each application submitted. Registrations will not be accepted without a medical form.

Campers may bring their own lunches (refrigeration is not available) or purchase meals and drinks at the college cafeteria.

***The camp program is inspected and certified annually by the NJ State Dept. of Health. Each camp includes certificated K-12 Instructors.***

Any camper who wishes to use the pool at the end of the afternoon session must provide his or her own swimsuit and towel.

Locker facilities are available but campers must bring their own locks.

Campers should not bring electronic games or devices.

## COST

The cost for each sports camp session is listed in the following pages and on each application form.

## CAMP DAY DISMISSAL POLICY

Campers are dismissed daily with Elementary School (not Day Care) type supervision.

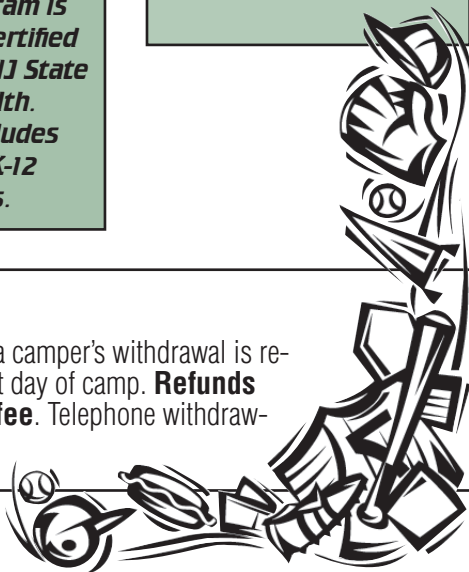
Example: counselor supervision and sign out in the lobby and gymnasium area.

\* Optional daycare type dismissal for 7-8 year olds

**The elective After-Care program will provide Day Care sign-out type dismissal for 7-8 year olds**

## REFUND POLICY

Refunds will only be granted when written notice of a camper's withdrawal is received no later than five working days before the first day of camp. **Refunds thereafter will be charged a \$25 processing fee.** Telephone withdrawals will not be accepted.





# ***SPORTS CAMPS***

## ***TENNIS CAMP***

*(AGES 8-15)*

*June 21-25, 2010*

*June 28 - July 2, 2010*

*July 6-9, 2010*

*July 12-16, 2010*

*July 19-23, 2010*

## ***GOLF CAMP***

*(AGES 9-16)*

*July 6-9, 2010*

## ***BASEBALL CAMP***

*(AGES 7-15)*

*July 12-16, 2010*

*July 19-23, 2010*

*July 26-30, 2010*

## ***SOFTBALL CAMP***

*(AGES 7-15)*

*August 2-6, 2010*

## ***BASKETBALL CAMP***

*(AGES 7-15)*

*June 28 - July 2, 2010*

*July 6-9, 2010*

*July 12-16, 2010 (Girls Only)*

*August 2-6, 2010*

*August 9-13, 2010*

## ***SPEED, AGILITY, & QUICKNESS***

*(AGES 8-15)*

*July 19-23, 2010*

## ***FIELD HOCKEY CAMP***

*(AGES 8-12) GIRLS CAMP*

*July 12-16, 2010*

## ***SOCCER CAMP***

*(AGES 7-15)*

*June 21-25, 2010*

*July 6-9, 2010*

*July 26-30, 2010 (Girls Only)*

## ***STREET HOCKEY CAMP***

*(AGES 7-16)*

*July 26-30, 2010*

## ***MOUNTAIN BIKING CAMP***

*(AGES 8-16)*

*August 9-13, 2010*

## ***RECREATION CAMP***

*(AGES 6) 1/2 DAY*

*July 12-16, 2010*

*August 2-6, 2010*



# THE FITNESS CENTER at Mercer County Community College



**1200 Old Trenton Road  
609-570-3758**

**Hours:** *Mon, Wed:* 6am - 9pm  
*Tue, Thur:* 7am - 9pm  
*Fri:* 6am - 8pm  
*Sat:* 9am - 3pm  
*Sun:* 10am - 2pm



<b>OPTIONS</b>	<b>TIMES</b>	<b>FEES</b>
<b>Option A</b>	<b>Mon. - Sun.</b>	<b>\$225 annual*</b> <b>\$75 quarter</b>
<b>Option C</b>	<b>Mon. - Fri. (9am - 3pm)</b>	<b>\$150 annual*</b>
<b>Alumni / Sr. Citizen</b>	<b>Mon. - Sun.</b>	<b>\$200 annual*</b>
<b>Monthly</b>	<b>Mon. - Sun.</b>	<b>\$35 per month</b>
<b>Senior Quarterly</b>	<b>Mon. - Sun.</b>	<b>\$50 per quarter</b>

*\*Only annual memberships include the use of Olympic-size pool during recreational hours*

**VISA, MasterCard, American Express Accepted**

- Assisted Chin/Dip
- Full Nautilus Training Circuit
- Indoor Olympic-Size Pool
- Dumbbells & Benches
- Stair Masters
- Elliptical Machines
- Recumbent Bicycles
- Locker Rooms with Showers
- Treadmills
- NordicTrack
- Rowing Machine
- Strive Training Circuit



*For those who are not familiar with  
the proper use of our equipment,  
the Center offers a special instructional course.*



# Mercer County Community College Summer Sports Camps

## REGISTRATION FORM 2010

**Mail this signed, completed form with full payment and a completed medical form to:**

Athletics Department

Mercer County Community College • PO Box B • Trenton, NJ 08690

Camper's Last Name _____	First Name _____
Street _____	Male/Female _____
City _____	State & Zip _____
Home Phone _____	Date of Birth _____ Age _____
T-Shirt Size (S/M/L) _____	Ball Size (Soccer Camp Only) #4 _____ #5 _____
Ball Size (Basketball Camp Only) - Youth (27.5) _____	Girls (28.5) _____ Boys (30.0) _____

### Mark your SELECTION(S) for the desired sport(s) and dates...

Camp	Dates	Section	Cost	Check
<b>Speed, Agility, &amp; Quickness</b> (ages 8-15)	July 19-23	087150	\$220	_____
<b>Baseball</b> (ages 7-15)	July 12-16	087157	\$220	_____
	July 19-23	087158	\$220	_____
	July 26-30	087159	\$220	_____
	June 28 -July 2	086892	\$220	_____
<b>Basketball</b> (ages 7-15)	July 6-9	086893	\$170	_____
	August 2-6	087153	\$220	_____
	August 9-13	087154	\$220	_____
	July 12-16	087155	\$220	_____
<b>Basketball</b> (ages 7-15) Girls Only	July 12-16	087155	\$220	_____
<b>Golf</b> (ages 9-16)	July 6-9	086894	\$170	_____
<b>Street Hockey</b> (ages 7-16)	July 26-30	087160	\$220	_____
<b>Field Hockey</b> (ages 8-12) Girls Only	July 12-16	086891	\$220	_____
<b>Soccer</b> (ages 7-15)	June 21-25	086885	\$220	_____
	July 6-9	086886	\$170	_____
<b>Soccer</b> (ages 7-15) Girls Only	July 26-30	087149	\$210	_____
<b>Softball</b> (ages 7-15)	August 2-6	087161	\$220	_____
<b>Tennis</b> (ages 8-15)	June 21-25	086887	\$220	_____
	June 28-July 2	086888	\$220	_____
	July 6-9	086889	\$170	_____
	July 12-16	086890	\$220	_____
	July 19-23	087151	\$220	_____
<b>Mountain Biking</b> (ages 8-16)	August 9-13	087152	\$220	_____
<b>Sport Recreation Camp</b> (age 6)	July 12-16	087605	\$140	_____
	August 2-6	087604	\$140	_____

**Total for Sports Camps \$ \_\_\_\_\_**

Continued on the next page

Player level and preferences...

Field Hockey

Does camper have experience? Yes\_\_ No\_\_

Tennis Check the camper's tennis ability:

- \_\_\_\_\_ Beginner (never had lessons -- cannot rally)
- \_\_\_\_\_ Advanced Beginner (can rally 3 or 4 times)
- \_\_\_\_\_ Intermediate (can play games and sets)
- \_\_\_\_\_ Advanced Intermediate (play in local or USTA tournaments)

Soccer Which ball size? #4\_\_\_\_\_ #5\_\_\_\_\_

Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

Baseball Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

Softball Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

Hockey Which position? \_\_\_\_\_ Second choice? \_\_\_\_\_

Golf Beginner\_\_\_\_\_ Intermediate\_\_\_\_\_ Advanced\_\_\_\_\_

Signature (required)  
Also enclosed is the completed medical form. I am aware that locker facilities are available and that campers must bring their own locks or be prepared to carry all items. Participants of optional swimming from 3:00 to 3:30 p.m. daily are required to bring their own locks.

In addition, for Golf & Tennis Camp, and all other camps that incur inclement weather, I give my child permission to be bused to an indoor facility or campus property by a licensed school bus company, and under the supervision of directors and counselors.

Signature of parent or guardian \_\_\_\_\_  
Date \_\_\_\_\_

Method of Payment

\$\_\_\_\_\_ Check or Money Order payable to MCCC Athletic Foundation

Write camper's name on check. DO NOT SEND CASH.

Charge to: \_\_\_\_\_ Visa  
\_\_\_\_\_ Mastercard  
\_\_\_\_\_ American Express Card Number \_\_\_\_\_  
Exp. Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Charge Amount \$\_\_\_\_\_

Questions? E-mail athlete@mccc.edu or call (609) 570-3779.



# BEFORE AND AFTER-CARE FOR SPORTS CAMPS

FOR PARTICIPANTS AGES 6-15 IN ALL MCCC SUMMER YOUTH PROGRAMS

## BEFORE

Does your workday begin before 8:30 am? Would you like to drop your camper off earlier than his or her regularly scheduled camp starting time? Our Before-Care program may provide the solution. If you would like your child to participate in an extended day program that allows you to bring your camper to MCCC **as early as 7:30 am**, you should enroll your youngster in MCCC's "BEFORE-CARE" program.

Participants will be supervised on campus from 7:30 to 9:00 am during the weeks and days listed below. Experienced camp staff will ensure your child's safety and prompt check-in at their regularly scheduled camp programs.

## AFTER

For safety reasons, unless otherwise noted, all camps end by 3:45 pm. Campers are not permitted to remain on campus following the end of their regularly scheduled camp day without authorized supervision.

If you would like your child to remain on campus for an optional swim period and additional activities following his or her regular camp day, you can enroll your child in MCCC's "AFTER-CARE" program. At the end of the regular camp day, children enrolled in this program will remain in the PE Building where they participate in a variety of supervised activities from 4 to 6 pm, including a recreational swim period from 4 to 5:15 pm during the weeks and days listed below. \*Children left after 6:00 will be taken to the Security Department.

## Summer Sports Camps • Mercer County Community College Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

### BEFORE CARE

SECTION	DAYS	COST
<input type="checkbox"/> 086895	June 21-25	\$40
<input type="checkbox"/> 086896	June 28-July 2	\$40
<input type="checkbox"/> 086897	July 6-9	\$40
<input type="checkbox"/> 086898	July 12-16	\$40
<input type="checkbox"/> 087162	July 19-23	\$40
<input type="checkbox"/> 087163	July 26-30	\$40
<input type="checkbox"/> 087164	August 2-3	\$40
<input type="checkbox"/> 087165	August 9-13	\$40

TOTAL: \_\_\_\_\_

### AFTER CARE

SECTION	DAYS	COST
<input type="checkbox"/> 086899	June 21-25	\$60
<input type="checkbox"/> 086900	June 28-July 2	\$60
<input type="checkbox"/> 086901	July 6-9	\$60
<input type="checkbox"/> 086902	July 12-16	\$60
<input type="checkbox"/> 087166	July 19-23	\$60
<input type="checkbox"/> 087167	July 26-30	\$60
<input type="checkbox"/> 087168	August 2-6	\$60
<input type="checkbox"/> 087169	August 9-13	\$60

TOTAL: \_\_\_\_\_

### Method of Payment

\$\_\_\_\_\_ Check or Money Order payable to MCCC Athletic Foundation

Write camper's name and Social Security number on check. DO NOT SEND CASH.

Charge to: \_\_\_\_\_ Visa

\_\_\_\_\_ Mastercard

\_\_\_\_\_ American Express Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Charge Amount \$ \_\_\_\_\_

Questions? E-mail athlete@mccc.edu or call (609) 570-3779.

### Permission to Use Photography/Video (optional)

In case of emergency, accident or serious illness in which medical treatment is required for the camper named on this form, I (parent/guardian) ask Sports Camps to contact me. If the camp is unable to reach me, my signature below authorizes MCCC personnel to exercise their judgement in contacting the physician indicated below and to follow his/her instructions. If this physician is unavailable, MCCC may make whatever arrangements are necessary to transport the camper to a hospital emergency room. In addition, I give permission for the above registered camper to be photographed/videotaped during this camp season by a representative of Mercer County Community College. I understand that the photographs/videotapes will be used by MCCC for the purpose of promoting the college's programs and services, and that no compensation will be offered to the child or family.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# MERCER COUNTY COMMUNITY COLLEGE—SPORTS CAMPS

## HEALTH HISTORY & MEDICAL AUTHORIZATION FOR ALL PERSONS UNDER AGE 18

This form must be completed and returned with EACH camp application. No application will be processed unless it is accompanied by this form. NOTE: A doctor's signature is NOT required.

NAME OF STUDENT \_\_\_\_\_  
Last First MI Home Phone

DATE OF BIRTH \_\_\_\_\_ Sex \_\_\_\_\_

Camp Attending: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Alternate Emergency Contact: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

FAMILY PHYSICIAN: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

### PLEASE COMPLETE THE FOLLOWING:

1. Currently under physician's care for: \_\_\_\_\_
  2. Current medications being taken: \_\_\_\_\_
  3. Were you ever advised not to allow this child to play in any sports? \_\_\_\_\_ YES\* \_\_\_\_\_ NO
  4. List any malfunction or loss of an organ: \_\_\_\_\_
  5. List any allergies including bee stings, hives, asthma, peanuts: \_\_\_\_\_
  6. Will your child need medication at camp? **IF YES**, please bring medication to the nurse on the first day your child attends camp.
  7. Has this child:

	YES	NO
(a) had difficulty with sight?	_____	_____
(b) had difficulty with hearing?	_____	_____
(c) ever been unconscious after an injury?	_____	_____
(d) ever had a fracture or dislocation?	_____	_____
(e) ever experienced high blood pressure?	_____	_____
(f) ever experienced chest pain/palpitations?	_____	_____
(g) had to stay in the hospital overnight within the last year?	_____	_____
(h) other _____	_____	_____
  8. Does this child have a history of:

(a) fainting with exercise?	_____	_____
(b) undue tiredness/fatigue?	_____	_____
(c) a family member having sudden unexplained death under the age of 40?	_____	_____
- \* Please explain (attach extra pages if necessary)

According to state law, all campers must be immunized or submit a statement from a physician, prior to the first day of camp, that immunization is in progress. **\*\* IMPORTANT!** *Attach most recent immunization record from child's physical or school nurse.*

If an emergency illness or injury occurs, I (parent/guardian) hereby authorize Mercer County Community College to treat and/or send this person to a physician or hospital and authorize the necessary treatment. I also authorize the physician or hospital to release my child after treatment to a representative of Mercer County Community College.

My hospital of choice: \_\_\_\_\_. The child's medical insurance carrier: \_\_\_\_\_

All information on this form is complete, true and accurate to the best of my knowledge.

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

### \*\*NOTE

1. If there is a religious objection to immunization of a child, a written statement must be signed and submitted which states that the child is in good health and that you will assume full responsibility for his/her health while in camp.
2. If immunization is contraindicated for medical reasons, the parent or guardian shall submit to the camp a written statement signed by a licensed physician, indicating both the reason and length of the medical contraindication.

**A COMPLETED COPY OF THIS FORM MUST BE SUBMITTED WITH EACH CAMP APPLICATION**

**Questions? Call (609) 586-4800 ext. 3779**

# TENNIS CAMP

## **AGES 8-15, 2010**

June 21-25, 2010  
June 28 - July 2, 2010  
July 6-9, 2010  
July 12-16, 2010  
July 19-23, 2010

## **DIRECTORS**

Marc Petchel  
Former MCCC player  
Teacher in the Ewing High School  
District. Experienced clinician  
and Tennis Coach

## **COACHES**

Ken Klek, Teacher, Nottingham HS  
Local Teams Instructor

Marc Biuno  
Hillsborough High School

## **VARIED INSTRUCTIONAL ACTIVITIES**

- Basic strokes, etiquette, rules and scoring for beginners
- Strategy, tactics for advanced—strokes for intermediates
- Movies and exhibitions
- Small pupil/teacher ratio to guarantee individualized instruction

## **FACILITIES**

- 24 all-weather tennis courts
- Screened-in backboard
- Spacious gymnasium
- Indoor swimming pool
- Mercer County Tennis Center (off campus)

## **AGES**

Boys and girls ages 8-15 are welcome, and all participation is co-ed. Participants will be separated by age and/or ability for both instruction and games. Younger or handicapped applicants may be accepted with approval of camp director.

## **DAILY SCHEDULE**

9:00-9:30	Attendance & warm-up
9:30-11:30	Groundstrokes, serve, volley, and drills
11:30-12:15	Lunch
12:15-1:00	Film
1:00- 2:45	Games, round robins, singles & doubles
3:00-3:30	Swimming or free play on courts



# Soccer Camp

## **AGES 7-15, 2010**

June 21-25, 2010

July 6-9, 2010

July 26-30, 2010 (Girls Only)

## **CAMP STAFF**

Director Jodi Ricciardi, High School and Collegiate Soccer Coach, has developed a popular program that features expert instruction by outstanding coaches assisted by some of the best college and high school players in the country. Most of them are from the local area.

## **GUEST COACHES**

Brian Dudeck

Teacher, Ewing HS

Local Soccer Instructor

Local College & High School  
Players

Beth Fitzpatrick,

West Windsor/Plainsboro South HS

## **FACILITIES**

- MCCC's astro-play stadium
- Full-size soccer fields
- Smaller field for younger players
- Spacious indoor playing area
- Indoor swimming pool

## **AGES**

Boys and girls ages 7-15 are welcome. Participants will be separated by age and ability for both instruction and games. Participation is co-ed.

## **DAILY SCHEDULE**

9:00-9:30	Attendance & warm-up with junior staff, daily announcements
9:30-10:00	Demonstration of activities for the day (senior staff)
10:00-11:30	Three instructional periods (1/2 hour ea.)
11:40-12:20	Film or video
12:20-1:00	Lunch
1:00-2:00	1 instructional period
2:00-2:45	League games/indoor and outdoor
3:00-3:30	Swim, gym or classroom for video

**NOTE:** Campers should bring sneakers, soccer cleats, shin guards and a lock for belongings. Sneakers or flat soccer shoes are mandatory for indoor games and in the event that inclement weather forces activities indoors.



# BASEBALL CAMP



## **AGES 7-15, 2010**

July 12-16, 2010  
July 19-23, 2010  
July 26-30, 2010

## **CAMP STAFF**

Director  
Matt Wolski,  
Head Coach, MCCC  
  
Kevin Kerins  
Assistant Coach, MCCC

## **COACHES**

Beth Fitzpatrick  
  
Local H.S. Coaches and  
College-Level Players

## **VARIED INSTRUCTIONAL ACTIVITIES**

- Techniques and drills for all positions
- Fielding and throwing
- All phases of pitching
- Defensive techniques
- Sliding
- Base-running
- Swimming (optional)

## **FACILITIES**

- MCCC stadium
- Spacious gymnasium
- 3 practice fields
- Indoor mounds
- Batting T's
- Indoor swimming pool
- Batting cage

## **AGES**

Boys and girls ages 7-15 are welcome. Participants will be separated by age and ability for both instruction and games. Participation is co-ed. 12-year-old players will be oriented to the Babe Ruth level field and rules through use of transitional type field dimensions.

## **DAILY SCHEDULE**

9:00-10:00 Warm-up and games  
10:00-11:45 (2 sessions)  
Individual & group instruction  
11:45-12:15 Lunch  
12:15-1:00 Films  
1:00-1:45 Afternoon sessions/  
defense  
1:45-2:45 Team games  
3:00-3:30 Swimming or practice  
drills

**NOTE:** Campers should bring pants, glove, bat, hat, and baseball shoes. Sneakers are mandatory for indoor games in the event inclement weather forces activities indoors. Transportation is provided to adjacent park fields.

# SOFTBALL CAMP



## **AGES 7-15**

August 2-6, 2010

## **CAMP STAFF**

Director  
Ryan Zegarski,  
MCCC Head Softball Coach

## **COACHES**

Chris Freihaut

## **VARIED INSTRUCTIONAL ACTIVITIES**

- Techniques & drills for all positions
- Fielding and throwing
- All phases of pitching
- Individualized hitting instruction
- Defensive techniques
- Sliding
- Base-running
- Swimming (optional)

## **FACILITIES**

- MCCC stadium
- Spacious gymnasium
- 2 practice fields
- Pitching machines
- Batting T's
- Indoor swimming pool

## **AGES**

Girls ages 7-15 are welcome. Participants will be separated by age and ability for both instruction and games.

## **DAILY SCHEDULE**

9:00-10:00 Warm-up and games  
10:00-11:45 (2 sessions)  
Individual and group instruction  
11:45-12:15 Lunch  
12:15-1:00 Films  
1:00-1:45 Afternoon sessions/  
defense  
1:45-2:45 Team games  
3:00-3:30 Swimming or practice  
drills

**NOTE:** Campers should bring pants, glove, bat, hat, and baseball shoes. Sneakers are mandatory for indoor games in the event inclement weather forces activities indoors.

# BASKETBALL CAMP



## **AGES 7-15**

June 28 - July 2, 2010  
July 6-9, 2010  
July 12-16, 2010 (Girls Only)  
August 2-6, 2010  
August 9-13, 2010

## **DIRECTOR**

Mike Tenaglia (MCCC) has developed a program that is dedicated to helping each camper become a total player. Coach Tenaglia feels that personal attention to each camper, a high-quality instructional staff, and an emphasis on the fundamentals of the game are the unique strengths of an effective basketball camp.

## **COACHES**

Howard Levy,  
Men's Basketball Coach, MCCC

## **GUEST COACHES**

Beth Fitzpatrick,  
West Windsor/Plainsboro South HS

## **FACILITIES**

- Newly renovated gym
- Indoor swimming pool
- Outdoor courts
- Video room

## **AGES**

Boys and girls ages 7-15 are welcome. Participants will be separated by age and/or ability for both instruction and games. Participation is co-ed.

## **DAILY SCHEDULE**

9:00-9:30	Warm-up
9:30-10:30	Team game
10:30-11:45	Visiting coach instruction
11:45-1:00	Lunch
1:00-2:00	MCCC instruction
2:00-3:00	Team game
3:00-3:30	Swim or practice drills

**NOTE:** Campers should bring sneakers and suitable gym clothing.





# ***SPEED, AGILITY, QUICKNESS***



## **AGES 8-15**

July 19-23, 2010

One of Mercer's newest camps is in response to the growing demand for speed, agility and quickness training! Campers will be introduced to the many components of physical fitness and sport performance. The emphasis will be on promoting the development of speed, agility, quickness, reaction time and acceleration through a professionally designed program that combines drills, mechanical analysis, instruction and videos. Personal challenge and accomplishment will be encouraged through skills testing and team play.

## **DIRECTOR**

John Kalinowski, MCCC, Certified strength and conditioning specialist. Local High School and Elementary Teacher

## **FACILITIES**

- Gymnasium
- Tennis courts
- Turf field
- Fitness Center

## **AGES**

Full day: boys and girls ages 8-15

Half day: ages 16+

## **DAILY SCHEDULE**

9:00-9:30	Dynamic warm-up
9:30-10:30	SAQ and Plyos
10:30-10:45	Mandatory water
10:45-11:45	Videos
11:45-1:00	Lunch
1:00-1:45	Instruction
1:45-2:30	Core training
2:30-3:00	Games/drills
3:00-3:30	Swim, gym or classroom for video

# ***GOLF CAMP***

## **AGES 9-16**

June 6-9, 2010

This camp will focus on introducing the fundamentals of golf and golf etiquette. The campers will spend a half day at the college, then bus transport to local driving ranges. One day will be spent at a par 3 golf course.

## **FACILITIES**

- Mercer County Community College
- Driving ranges (off campus)
- Par 3 golf course (off campus)
- Busing is provided
- Indoor swimming pool

## **DIRECTOR**

Mark Kmiec, South Brunswick School District

## **AGES**

Boys and girls ages 9-16 are welcome. Participants will be separated by age and ability for both instruction and games. Participation is co-ed.

## **DAILY SCHEDULE**

9:00-9:30	Attendance & warm-up
9:30-11:00	Fundamentals/drills
11:00-11:45	Instructional films
11:45-12:15	Lunch
12:15-2:45	Driving ranges
3:00-3:30	Swim, gym or classroom for video

**NOTE:** Campers are required to supply their own #9 iron and putter. A "driver" is optional. Camper's name should be on all equipment.



# MOUNTAIN BIKING CAMP

## **AGES 8-16**

August 9-13, 2010

This camp will focus on some of the fundamental skills required in cross country mountain bike racing as well as the mechanics and general maintenance of bicycles. Campers will learn skills associated with mountain bike racing such as proper body position for maximum balance and control while navigating through narrow trails and terrain, plus how to properly triumph over obstacles such as small log climbs. Along with these skills, campers will also learn proper racing etiquette as well as how to take care of their bike with basic maintenance.

## **CAMP STAFF**

Director  
Greg Schipske,  
Competitor in the Mid Atlantic Super  
Series of Mountain Biking

Glenn Ferraris

## **FACILITIES**

- Mercer County Community College and the adjoining Mercer County Park trail system
- Indoor swimming pool

## **AGES**

Boys and girls ages 8-16 are welcome. Participants will be separated by age and ability for both instruction and games. Participation is co-ed.

## **DAILY SCHEDULE**

9:00-10:00	Attendance & warm-up
10:00-11:45	Riding the cross country course marked out in Mercer County Park
11:45-12:15	Lunch
12:15-1:00	Instructional films
1:00-2:00	Warm-up and small group races
2:00-3:00	Bike cleaning and general maintenance
3:00-3:30	Swim, gym or classroom for video

**NOTE:** Campers must have a BMX or all-terrain type bike (ten-speed road-style bikes will not work) and a helmet.

Campers must have the ability to ride a two-wheeler without help. Campers will be grouped by ability as long as they can ride without assistance.

Campers must have a locking mechanism for overnight storage.



# FIELD HOCKEY CAMP

## **AGES 8-12**

July 12-16, 2010

This camp will introduce the female athlete to the skills necessary to excel in field hockey. In addition, an emphasis will be placed on game competition as well. The camp will be conducted on our state-of-the-art turf field.

## **CAMP STAFF**

Suzanne Albanese

Local College Players and  
High School Coaches

## **FACILITIES**

- MCCC astro-play field
- Indoor swimming pool
- Spacious gymnasium

## **AGES**

Girls 8-12 are welcome. Participants will be separated by age and ability for both instruction and games.

## **DAILY SCHEDULE**

9:00-10:00	Attendance & warm-up
10:00-11:45	Fundamentals/drills
11:45-12:15	Lunch
12:15-1:00	Instructional films
1:00-1:45	Instruction
1:45-2:45	Games
3:00-3:30	Swim, gym or classroom for video

## **NOTE:**

Campers must have sticks, eye guards and mouthpieces. Protective equipment required.

Campers' footwear can be sneakers and/or rubber cleats for turf field. One mouthpiece will be provided for each camper.



# STREET HOCKEY CAMP



## **AGES 7-16**

July 26 - 30, 2010

This camp will focus on introducing in-line hockey as well as skating skills. Ice hockey players would also benefit from this camp.

## **CAMP STAFF**

Director

Greg Schipske,

Area Youth Hockey Coach

Local Hockey Coaches and Players

Glenn Ferarris

## **FACILITIES**

- Mercer County Community College converted tennis facility
- Indoor swimming pool

## **AGES**

Boys and girls ages 7-16 are welcome. Participants will be separated by age and ability for both instruction and games. Participation is co-ed.

## **DAILY SCHEDULE**

9:00-10:00	Attendance & warm-up
10:00-11:45	Fundamentals/drills
11:45-12:15	Lunch
12:15-1:00	Instructional films
1:00-1:45	Instruction
1:45-2:45	Games
3:00-3:30	Swim, gym or classroom for video

**NOTE:** Campers must bring skates, shin pads, knee pads, gloves, hockey-type helmet (with face cage), elbow pads, mouthpieces, and sticks. Shoulder pads are recommended.

# SPORT & RECREATIONAL CAMP

## **AGES 6**

July 12-16, 2010

August 2-6, 2010

Mercer's newest camp for boys and girls age 6, will encourage the development of basic athletic and social skills as they relate to athletic competition. The format of this camp will include a variety of recreational/athletic games and the promotion of skills necessary to compete with confidence. We hope to emphasize fun with safety and learning.

## **CAMP STAFF**

Kelly Dutko, Burlington County District

Beth Fitzpatrick, West Windsor Plainsboro High School

Nicole Hover

## **FACILITIES**

- Mercer County Community College converted tennis facility
- Indoor swimming pool

## **AGES**

Boys and girls age 6 are welcome.

## **DAILY SCHEDULE**

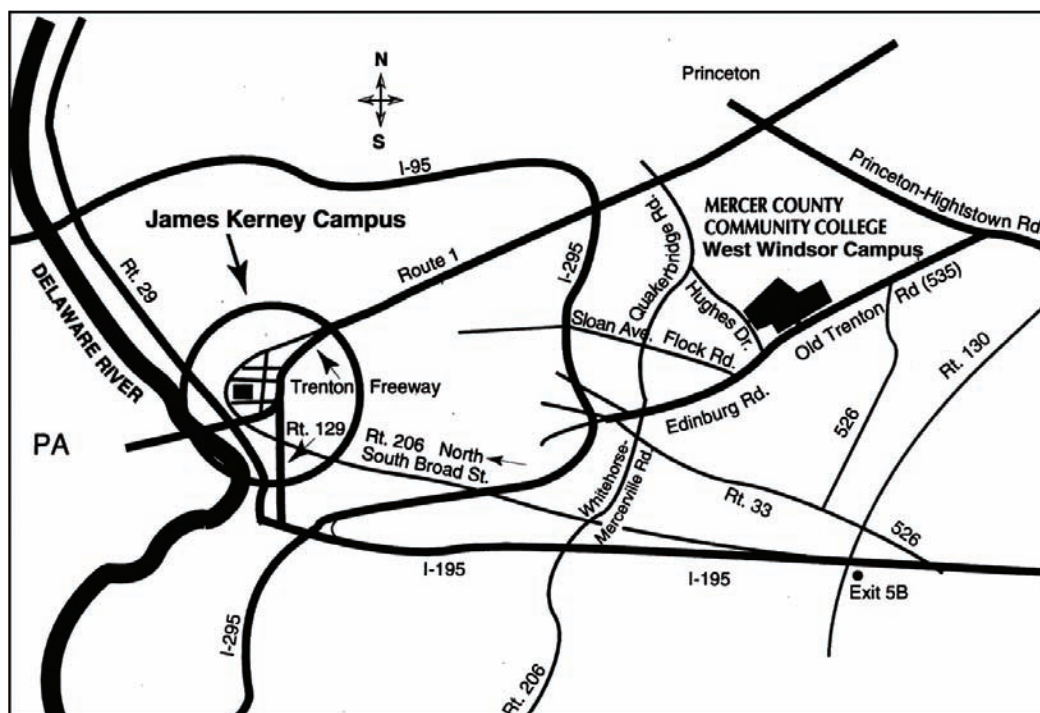
9:00-9:30	Attendance & warm-up
9:30-11:00	Daily Activity
11:00-11:30	Break/Snack
11:30-12:15	Recap of Daily Activity
12:30	Dismissal

# OTHER MCCC SUMMER PROGRAMS FOR YOUTH

- *Camp College*
- *Tomato Patch*
- *Summer College for High School Students*
- *Mercer County Performing Arts High School*

**FOR COMPLETE DETAILS SEE PAGE 3.**

## MAP TO CAMPUSES





[www.mccc.edu](http://www.mccc.edu)

Mercer County Community College  
Athletics Department  
P.O. Box B  
Trenton, New Jersey 08690  
609.570.3779



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