



## 2018 SUMMER SPORTS CAMPS

**Baseball Elite:** The elite "all skills" camp is structured for current travel baseball players who are interested in growing their skills at hitting, throwing, fielding (all 9 positions), base running, pitching and the mental side of the game. All players will be assessed with the 5 tools; hitting for average, hitting for power, defense, throwing and foot speed and provided a video assessment (1 of the 5 tools) plus a developmental program for the season. We provide a comprehensive, individualized instruction that includes the mental, physical and individual skill sets. Our innovative training programs and complete training facilities will provide your Son everything they need to succeed. Campers work hard to develop next level skills while meeting new friends that share the same passion for baseball. **LEAD INSTRUCTOR: Dean DiMaria**

**Basketball:** Each player will gain and improve on their overall basketball abilities including ball handling, shooting, and defensive coverage. Through a variety of exercises each camper will get multiple reps to engrain correct habits into all aspects of the game. Campers will team up and use these skills during competitions throughout the week. **LEAD INSTRUCTOR: Steve Shelton**

**Football:** A camp that will sharpen the talent of any football player whether it is through offense, defense or special teams. This camp will enhance a person's mental and physical aspect of the game. Activities will include running passing routes, throwing, catching, positions, stances and learning strategies of the game. All aspects of the game will be touched upon to improve each campers overall abilities. **LEAD INSTRUCTOR: Rodney Beasley**

**Lacrosse:** Please see Triad Elite Lacrosse for Camp description. **LEAD INSTRUCTOR: Ira Vanterpool**

**Soccer:** The game of soccer is complex which is why this camp will break down different facets of the game allowing the campers to focus on building their coordination, ball control, and individual technical development (dribbling, passing, receiving, and ball striking) through challenging drills and activities, as well as small sided play. Offensively and defensive the campers will be provided with the knowledge to increase their game awareness through sport-specific drills and games. **LEAD INSTRUCTOR: Chad Heinicke**

**Speed and Agility:** Improve foot quickness, lateral movement and explosion through the days of the camp. The use of ladders, hurdles and box jumps will teach each camper ways to improve their speed and agility. Becoming faster and quicker is beneficial no matter what the sport. Keeping a close eye on each camper they can individually improve in just a short week. **LEAD INSTRUCTOR: Rodney Beasley**

**Volleyball: Beginners/Emerging** – Beginner players with no to 1 year of recreational play. Will work on proper volleyball techniques, such as proper foot work, proper passing, proper setting, proper hitting and serving over hand. **Level I** – Already familiar with volleyball basic skills group (overhead serve, good passing skills, understands court positioning). Our goal is to provide campers a focus on all aspects of the game. Emphasis will be on the development of the technical aspects of the game so that campers can perform such skills as serving, serve reception, passing, setting, attacking, defense, blocking, and team dynamics. Campers will experience large numbers of reps, and high quality instruction. This camp will help improve overall volleyball skills, sportsmanship, teamwork, AND it will be FUN! **LEAD INSTRUCTOR: Glenn Cashion**

**Extended Care:** Proehlific Park offers early drop off 7:30am and late pick up 6:00pm. Children needing this extra service will participate in our summer blast program with their appropriate age group.