



## 2019 SUMMER 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. 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: Tony Caraker**

**Baseball Hitting Clinic:** The elite "hitting skills" clinic is structured for current travel and showcase baseball players who are interested in growing their skills at hitting for power and average plus the mental approaches for hitting. All players will be assessed via video plus exit velocity, launch angle and attack angles. Each player will receive a developmental program to increase bat speed, exit velo and launch angle. This clinic is a must opportunity to help you Son succeed at the most difficult sporting activity hitting for success. **LEAD INSTRUCTOR: Tony Caraker**

**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: CP3 Academy**

**Field Hockey:** A full program designed using USA Field Hockey coaching techniques to give players of all ages and ability a challenging yet fun experience as they learn and grow their skills. The program will include both basic and advanced skills as well as numerous game based training schemes. **LEAD INSTRUCTOR: Lance Wood, USAFH Level 2 Coach.**

**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: Chris Kennedy**

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

**Soccer:** This camp focuses on fundamental skill instruction in a fun and relaxed setting. The camp boasts an excellent coach-to soccer camper ratio and will feature small groups focused on fundamentals (dribbling, passing, receiving and striking.) Players will learn individual technique and teamwork through fun small-sided games, played both on indoor turf and the outdoor fields of Proehlfic Park. Campers will have the opportunity to compete in daily relays, scrimmages and of course, World Cup Games. It is a great opportunity to learn more about soccer while having a fun experience! **LEAD INSTRUCTOR: Anne Weber**

**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: Blaze Thompson**

**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:** Proehlfic 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, each week has a different theme, so make sure to check the SUMMER BLAST! Page for a description of the theme to go along with the sports camp.