

US SPORTS W/CAMP 2009

Baseball



Tennis



Soccer



Basketball



Field Hockey



In-Line Hockey



Mountain Biking



Golf



Speed, Agility, & Quickness



Softball





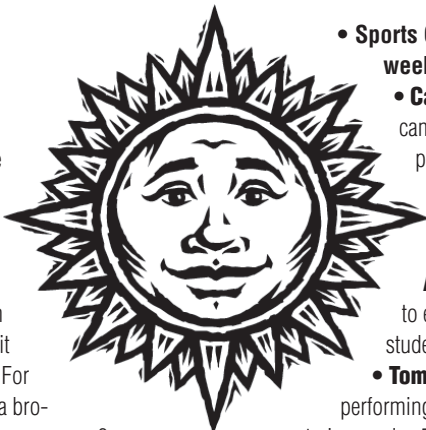
WELCOME TO SUMMER SPORTS CAMPS AT MCCC



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 7-17**
- **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 6-17, 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



www.mccc.edu

TABLE OF CONTENTS



INTRODUCTION TO SPORTS CAMPS

Information on the sports camps: costs, ages, hours, etc..... 4

THE FITNESS CENTER

Information on equipment, membership fees, hours..... 6

BEFORE CARE AND AFTER CARE ACTIVITIES

Providing extended hours

Before-Care (ages 6-15)..... 9

After-Care (ages 6-15)..... 9

HEALTH HISTORY AND MEDICAL FORM

Forms need to be completed and submitted with each child's application..... 10

SPORTS CAMPS

22 separate one-week sessions focused on 13 different sports camps:

Tennis Camp (ages 8-15) 11

Soccer Camp (ages 7-15)..... 12

Baseball Camp (ages 7-15) 13

Softball Camp (ages 7-15) 13

Basketball Camp (ages 7-15) 14

Speed, Agility, & Quickness (ages 8-15) 15

Golf Camp (ages 9-16)..... 15

Mountain Biking Camp (ages 8-16) Coed 16

Field Hockey Camp (ages 8-12) Girls Only 17

In-Line Hockey Camp (ages 7-16)..... 18

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

TOMATO PATCH WORKSHOPS (grades 5-12)

An intensive visual and performing arts summer workshop now celebrating its 35th 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

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



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 \$50 per week is charged for After Care, and \$30 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

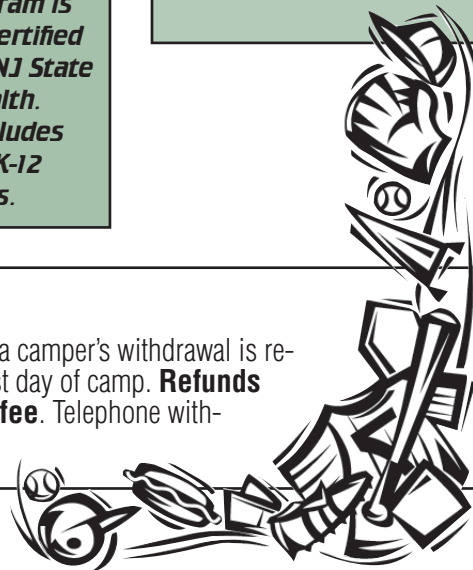
The cost for each sports camp session is listed in the following pages and on each application form.

CAMP DAY DISMISSAL POLICY

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



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.

CELEBRATING 36 YEARS OF FUN!



SPORTS CAMPS

TENNIS CAMP

(AGES 8-15)
June 22-26, 2009
June 29 - July 3, 2009
July 6-10, 2009
July 13-17, 2009
July 20-24, 2009

GOLF CAMP

(AGES 9-16)
July 6-10, 2009

BASEBALL CAMP

(AGES 7-15)
July 13-17, 2009
July 20-24, 2009
July 27-31, 2009

SOFTBALL CAMP

(AGES 7-15)
August 3-7, 2009

BASKETBALL CAMP

(AGES 7-15)
June 29 - July 3, 2009
July 6-10, 2009
July 13-17, 2009 (Girls Only)
August 3-7, 2009
August 10-14, 2009

SPEED, AGILITY, & QUICKNESS

(AGES 8-15)
July 20-24, 2009

FIELD HOCKEY CAMP

(AGES 8-12) GIRLS CAMP
July 13-17, 2009

SOCCER CAMP

(AGES 7-15)
June 22-26, 2009
July 6-10, 2009
July 27-31, 2009 (Girls Only)

IN-LINE HOCKEY CAMP

(AGES 7-16)
July 27-31, 2009

MOUNTAIN BIKING CAMP

(AGES 8-16)
August 10-14, 2009

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



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

*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
www.mccc.edu

Mercer County Community College Summer Sports Camps REGISTRATION FORM 2009

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
Speed, Agility, & Quickness (ages 8-15)	July 20-24	080257	\$210	_____
Baseball (ages 7-15)	July 13-17	080252	\$210	_____
	July 20-24	080254	\$210	_____
	July 27-31	080259	\$210	_____
Basketball (ages 7-15)	June 29 -July 3	080245	\$210	_____
	July 6-10	080248	\$210	_____
	August 3-7	080262	\$210	_____
	August 10-14	080262	\$210	_____
Basketball (ages 7-15) Girls Only	July 13-17	080253	\$210	_____
Golf (ages 9-16)	July 6-10	080247	\$210	_____
In-line Hockey (ages 7-16)	July 27-31	080260	\$210	_____
Field Hockey (ages 8-12) Girls Only	July 13-17	080251	\$210	_____
Soccer (ages 7-15)	June 22-26	080242	\$210	_____
	July 6 -10	080249	\$210	_____
Soccer (ages 7-15) Girls Only	July 27-31	080258	\$210	_____
Softball (ages 7-15)	August 3-7	080261	\$210	_____
Tennis (ages 8-15)	June 22-26	080243	\$210	_____
	June 29-July 3	080244	\$210	_____
	July 6-10	080246	\$210	_____
	July 13-17	080250	\$210	_____
	July 20-24	080256	\$210	_____
Mountain Biking (ages 8-16)	August 10-14	080263	\$210	_____

Total for Sports Camps \$ _____

Continued on the next page

Player level and preferences...

Lacrosse / 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 off 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 7-15 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"/> 080266	June 22-26	\$30
<input type="checkbox"/> 080267	June 29 - July 3	\$30
<input type="checkbox"/> 080268	July 6-10	\$30
<input type="checkbox"/> 080269	July 13-17	\$30
<input type="checkbox"/> 080270	July 20-24	\$30
<input type="checkbox"/> 080271	July 27-31	\$30
<input type="checkbox"/> 080272	August 3-4	\$30
<input type="checkbox"/> 080273	August 10-14	\$30

TOTAL: _____

AFTER CARE

SECTION	DAYS	COST
<input type="checkbox"/> 080274	June 22-26	\$50
<input type="checkbox"/> 080275	June 29 - July 3	\$50
<input type="checkbox"/> 080276	July 6 - 10	\$50
<input type="checkbox"/> 080277	July 13-17	\$50
<input type="checkbox"/> 080278	July 20-24	\$50
<input type="checkbox"/> 080279	July 27-31	\$50
<input type="checkbox"/> 080280	August 3-7	\$50
<input type="checkbox"/> 080281	August 10-14	\$50

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)

I give Mercer County Community College consent to use the name and/or photograph/video of the above registered camper for inclusion in promotional and informational materials related to MCCC Sports Camps. These include and are not limited to newspaper, television and brochures. I waive the right to approve such uses and I release Mercer County Community College from any liability.

Signature of parent or guardian _____

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:

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

- June 22-26, 2009
- June 29 - July 3, 2009
- July 6-10, 2009
- July 13-17, 2009
- July 20-24, 2009

DIRECTORS

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

COACHES

Ken Klek, Head Coach, Nottingham HS
 Dan Dumpel, outstanding player
 and clinician
 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

June 22-26, 2008
July 6-10, 2008
July 27-31, 2008 (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
Head Soccer Coach, Ewing HS

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

July 13-17, 2008
July 20-24, 2008
July 27-31, 2008

CAMP STAFF

Director
Matt Wolski,
Head Coach, MCCC

Kevin Kerins
Assistant Coach, MCCC

COACHES

Beth Fitzpatrick
Chris Freihaut

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 adja-

SOFTBALL CAMP



AGES 7-15

August 3-7, 2008

CAMP STAFF

Director
Ryan Zegarski,
MCCC Head Softball Coach

COACHES

Chris Freihaut

GUEST SPEAKERS

Each week, camp staff are joined by different guest speakers. Past guests have included Trenton Thunder players, Outstanding local college and high school coaches

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 29 - July 3, 2008
July 6-10, 2008
July 13-17, 2008 (Girls Only)
August 3-7, 2008
August 10-14, 2008

DIRECTOR

Howard Levy (MCCC) has developed a program that is dedicated to helping each camper become a total player. Coach Levy 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

Mike Tenaglia,
Women's Basketball Coach, MCCC

GUEST COACHES

Beth Fitzpatrick, Erin Devenney
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 20-24, 2008

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

Lisa Camillone, MCCC
Certified Physical Education 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 6-10, 2008

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

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 10-14, 2008

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 13-17, 2008

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.



IN-LINE HOCKEY CAMP



AGES 7-16

July 27 - 31, 2008

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 Ferraris

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.

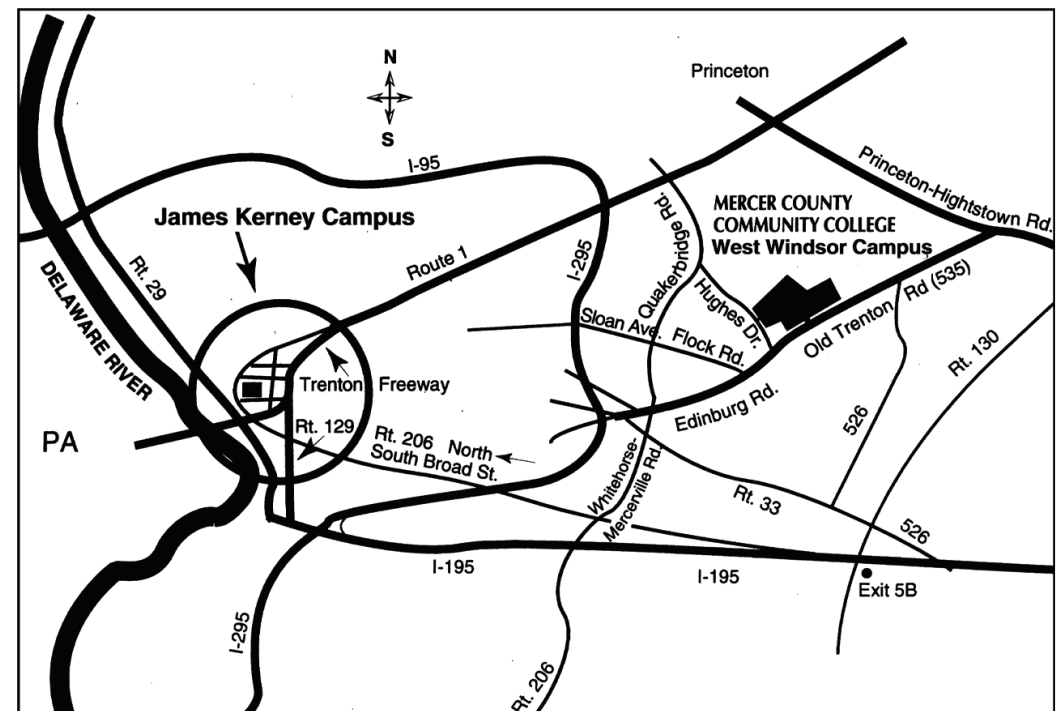


OTHER MCCC SUMMER PROGRAMS FOR YOUTH

- **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

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



MERCER COUNTY COMMUNITY COLLEGE
SPORTS CAMPS
2009

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