

SKYHAWKS

S.N.A.G. Golf Ages 5-8 One of the most popular programs, SNAG golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. As we know, golf is a challenging and lifelong sport, therefore the focus will be on the form, swinging, putting, and body position. SNAG (Starting New At Golf) was developed by PGA professionals and designed for entry-level players by simplifying instructions so that the young players can make an easy & effective transition onto the golf course. All equipment will be provided including special helmets for the campers. To register go to www.skyhawks.com

Dates/Times/Cost: June 28-July 2 / M-F/ 9-noon / \$115

Location: Bassett Field : (Waite St & Ridge Rd.)

Mini Hawks Ages 4-7 (soccer, basketball, baseball) Multi-sport camps for 4-7 year olds. There is no pressure-just lots of fun while these young athletes participate in all three sports through unique Skyhawk games. The staff is trained to meet the specific needs of young children and is committed to helping them start off on the right foot as they venture into athletics. Participant-to-coach ratio is approx. 8:1. All receive a t-shirt and a merit award. To register go to www.skyhawks.com

Dates/Time/Cost: July 6-July 9/ Tues-F/ 9-noon / \$95

Aug 2-Aug 6 / M-F / 9-noon / \$115

Location: Bassett Field (Waite St & Ridge Rd.)

Flag Football Ages 7-12

Skyhawks Sports flag football offers a complete package of skills and thrills that teaches young athletes to enjoy this fast-paced game. The camp introduces the core skills of passing, catching, and de-flagging or defensive positioning - all presented in a fun and invigorating training environment. The participant-to-coach ratio is approximately 14:1. All participants receive a t-shirt and a merit award. To register go to www.skyhawks.com

Dates/Time/Cost: Jul 12-Jul 15 / M-TH / 6-8PM / \$75

Location: Bassett Field (Waite St. & Ridge Rd.)

Hamden Parks & Recreation Summer Sports Programs 2010



IMPORTANT INFORMATION

In this pamphlet you will find many sports clinics and programs in conjunction with the **Hamden Department of Parks & Recreation**. All of the programs have been carefully selected to provide a safe educational environment, qualified coaches and instructors, and an opportunity for participants to have fun, fun, fun!!

Register early! Nothing cancels a good program quicker than everyone waiting until the last minute to register. If there are not enough registrations by one week prior to the start date of the program, it may be cancelled. Coming in on the day the program begins won't resurrect it, so please register early. If a program must be cancelled registrants will be notified by telephone approximately 2 days before a program start date. The Parks & Recreation Dept does not send confirmations. You will only be notified if a program has **NOT** been filled. **No news is good news!**

Refund Policy Full refund will be given only if a recreation program is cancelled due to lack of registration. Once a program begins, **no credit or refunds** will be given. It is therefore requested that careful consideration be given prior to registration.

Payment Policy Registration forms must be accompanied with full payment in order to be processed. The Parks & Rec. Dept. prefers checks or money orders, however cash is also accepted for programs. Registration forms are available in the Parks & Recreation office for all programs listed or on-line which many programs prefer.

Please Note Checks should be made payable to each individual program, please refer to registration form.

www.hamden.com
Hamden Parks & Recreation
2750 Dixwell Ave.
Hamden, CT 06518
Office 203-287-2579
Fax 203-287-2587
Department Hours:
Monday-Friday
8:30 am-4:30 pm
Laura F. Luzzi-Recreation Supervisor

SYNCHRONIZED SWIMMING



Come learn the Olympic Sport of synchronized swimming. This unique sport requires a combination of strength & flexibility, grace & beauty, endurance & dramatic flair. Open to returning swimmers, novice and competitive levels. Must be 7 yrs. old and have knowledge of basic swim strokes. Check our website to download application: www.heronettes.org

Dates/Location: July 7, 12, 14, 19, 21, 26, 28 August 2 & 4 Hamden High School Pool
Time/Cost: 6-7 pm, \$135

CHEERLEADING

Cheerleading Clinic: Athletes will learn about the discipline of the sport of cheerleading. Participants will be instructed on fundamentals such as motions, jumps, and stunts. Check out www.hamdenhurricanes.com

Dates / Location: June 21-24, Alice Peck School

Times / Cost: 6:00-8:00 pm, \$125

Ages: 5-15



GOLF

Golf clinic designed to give players instruction on the fundamentals of the game. Focus is on etiquette, rules of the game, putting/chipping and swing mechanics.

Dates/Times/Cost: To be determined-contact Laurel View CC directly-info listed below.

Boys & Girls: Ages 8-17
Location: Laurel View Country Club, 310 West Shepard Ave.

www.laurelviewcc.com 203-281-0670



FOOTBALL

DragonFire Football Clinic: sponsored by the Hamden Football Foundation:

The camp is designed for young men wishing to play football at the high School level. No previous experience is required, but all athletes must be in good physical shape. The staff of DragonFire will teach the fundamentals of football in a non-contact setting and help young players discover the best positions suited for their skills. The camp will test the athletes in a variety of football skills and provide written records of their scores and evaluations that can be given to their High School coaches. All basic football skills will be introduced including stance, blocking, tackling, passing, catching, snapping, and much more. Please visit www.hamdenfootball.net, follow link to DragonFire, to register with valid credit card.



Dates/Location: June 28-30 @ Hamden High School

Times/Cost: 6:00-8:30 pm, \$75.00

Grades: students entering 8th and 9th grade

MARTIAL ARTS

Concentrates on physical conditioning and teaches students self-control, discipline and perseverance as they learn Tae-Kwon Do and self defense techniques. Check out:

www.bashtasmartialarts.com

Session 1: June 21-25 Cost \$150 Mon—Fri
Session 2: Aug 09-13 Cost \$150 Mon—Fri
Session 3: Aug 16-20 Cost \$150 Mon—Fri
 * \$25 extended day offered till 5:00pm
 **\$25 discount for second child

Location: Bashta's Martial Arts, 1349 Dixwell Ave

Times: 8:30-3:30pm

Ages: boys & girls 6-14



SOCCER

Everson Soccer Academy in conjunction with the Hamden Soccer Association, is hosting a clinic to help players improve ball handling, speed, athleticism, teamwork, and understanding of the "Beautiful Game" This clinic will also include the ESA Speed, Agility and Quickness Training which emphasizes quickness, core strengthening, stability, speed, coordination & agility. Players are divided into groups of appropriate age & skill level, to participate in a safe and fun learning environment. Participants receive a T-shirt & soccer ball. Register on-line @ [Everson Soccer.com](http://EversonSoccer.com). For ages 5 thru 14!



Also available **Tiger Kixx** for ages 3-5 offered daily from 9:45-10:45am for \$65. Register on-line @ [Everson Soccer.com](http://EversonSoccer.com).

Dates / Location: June 21-25, West Woods School, West Todd

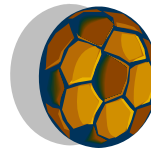
Times: Half Day 9-noon Full Day 9-4

Cost: Half day \$135 before June 1st, after \$145

Full day \$205 before June 1, after \$225

Championship Soccer with Coach

George Bedocs is a clinic designed to develop and enhance technical skills, tactical knowledge and physical fitness. Concentration on dribbling, passing, receiving, shooting, heading, & defending. Also input on independent thinking, decision making with & without ball. Swimming provided at Hamden High School. Go to www.championshipsoccercamp.com for more info.



Dates / Location: August 2-6, Hamden High School

Ages / Time / Cost: (6-12) boys & girls , 9:00-Noon, \$125

CROSS COUNTRY—with coaches

Bryce Lindamood & Nils LeBlang

Running clinic designed to develop skills and techniques in cross-country and distance running. Topics to include proper training, nutrition and equipment.

Grades: 6–12th, **Dates:** Aug 16-20, **Times:** 4:30-6:30

Location: HHS, **Cost:** \$100

BASEBALL



The Professional staff of the **Steve Hine School of Baseball**, CT's Premier Training Facility, will be focusing on all aspects of the game including hitting, fielding, throwing, pitching, base-running & conditioning. The staff includes former professional & college baseball players with an extensive history of training for all ages. Focus will be on the fundamentals of the game and advance skills to all attendees. For registration info go to: www.stevhinesports.com

Dates/Location: July 26-30, Hamden High School

Ages: 6–12 boys & girls

Time / Cost: 9:00am-1:30pm \$225

BASKETBALL

Slamma-Jamma Basketball Clinic for boys

and girls of all levels. Focus on shooting, dribbling & passing. **Coach, Art Leary** brings his wealth of experience and supporting staff to Hamden.

Check out www.slamma-jamma.com for additional

information.

Location: Hamden Middle School, 2623 Dixwell Ave

Dates: July 19-July 23 (5 days)

Time/Grades/Cost: 9-12 noon, boys/girls grades K-3 \$115

9–3pm, boys/girls, ages 7-14 \$150

\$10 discount if paid in full by 5/10/10

BASKETBALL



Come join Director Shawon Monerief and staff for a summer basketball programs for boys and girls ages 6-15 to learn fundamentals of the game, offensive and defensive strategies and team play. Camp focuses on quality, not quantity. Each camper receives a camp T-shirt. Check out www.skillscamp.net for additional info.

Dates: August 2-6, August 16-20, August 23–27

Locations: Hamden Middle School, 2623 Dixwell Ave

Ages / Times: 6–14 / 9am–3 pm

Cost: \$110 per session



BOY'S LACROSSE

Dragon Power Lacrosse, is happy to present a clinic for boys in grades 1st–8th. This program is designed to give players the opportunity to acquire the skills necessary to fulfill their goals and reach their potential. Great care and individual attention given to individuals with beginner to 3 years experience. The focus will be on every facet of the game, teaching the fundamentals and skills to become a valuable team player. Staffed by high school coaches, **Frank DeRubeis** and **Dom Sannino**, this program is where you want to be to sharpen up your skills!

Dates/Cost: Aug 9–Aug 12 / M-TH / \$130

Times / Location: 6:30pm-8:00pm, Hamden High School

GIRL'S LACROSSE



For ages 7–15, all skill levels, no experience required.

Dates/Cost: Aug 16-Aug 20, M–F / \$195

Times/Location: 9am to noon / Hamden High School

Check out: www.academyinternational.net to register!

TENNIS "For The Health Of It"



Director, **Nils LeBlang**, focuses on instruction of basic strokes and fundamentals of the game. For all skill levels of play with emphasis on stroke development and game fitness. The clinic is 60 minutes in length on Mondays, Wednesdays & Thursdays, rain dates will be made up. **Location:** Mix Ave Tennis Center, next to Ice Rink
Session 1: June 28-July 8
Session 2: July 12–July 22
Session 3: July 26-Aug 5

Time A: 9:00am-10:00 am **Time B:** 4:30pm-5:30 pm

Ages / Cost: boys & girls 5-13 / \$90 per session

Intensive intermediate Level players Clinic:

Dates: August 9-12 **Time/Cost:** 9-11 am, \$100

Ages: 9-14

GIRLS VOLLEYBALL

Program provides top-level instructions in the areas of hitting, setting, serving, defense, conditioning, strategy, teamwork and sportsmanship.

Director: Coach Marisa Ceneri

Girls Grades: 7,8,9

Dates /Times /Cost: August 9-13, 9:00–12 , \$125

Location: Hamden Middle School

