

MPAA SUMMER SPORTS CAMPS 2011

Description of Camps

Games, Games, Games Grade 1-6

July 18-21 8:00-11:30 am

Explore fun games that are easy to learn and take very little equipment. Participants will participate in small group games and some large group games that will be easy to organize and will promote activity, fitness and fun!

Girls and Boys Tennis Grades 2-8

June 27-30 8:00-11:30 am

Individual and group instruction of all tennis skills including forehand, backhand, serving, volleying. Small game play and tournament play within the instruction.

Tennis Match Play Tournaments Grades 9-12 Tuesday and Thursday June 28-August 11 5:00-7:30 pm

Experienced male and female tennis players looking for an opportunity twice a week to play in match play events will find this opportunity very exciting. For one fee, tennis players can get pointers, strategy and valuable game play experience.

Boys Lacrosse Grades 3-9

July 11-14 8:00-11:30 am

Participants will learn stick skills, shootings skills, defense and strategies of boys lacrosse taught by our coaching staff. Small games and full team games included in this camp. Players need to provide their own equipment.

Boys and Girls Soccer Grades 3-12

July 25-28 8:00-11:30 am

Participants will learn skills in shooting, dribbling, passing, defense and strategy. Each participant will be involved in small group instruction and game experience at individual ability level.

Baseball Grades 1-8

August 1-4 8:00-11:30 am

All participants will have a chance to develop their throwing, catching, fielding, bunting and hitting skills. Lots of small group instruction with emphasis on building solid fundamental techniques. Small games and lots of opportunity for improvement!

Girls Lacrosse (Grades 1-5) Week of August 1-4 (Grades 6-9) Week of August 8-11 8:00-11:30 am

Participants in girls lacrosse will be divided by age and experience to give each camper individualized and group instruction. Each camper will have a great opportunity to increase skill development in the individual and small group instruction. Game play and strategy development will be a point of emphasis as well.

Football Grades 6-12

August 8-11 8:00- 11:30 am

Open to all boys entering middle school through high school. Participants will be grouped by age and ability. Small group and individual instruction on development of good technique for all skills required for football.

Field Hockey (Grades 2-7) 8:00-11:30 am (Grades 8-12) 5:00-8:00 pm

August 15-18

The morning sessions for younger children will teach the fundamentals of the sport of field hockey including stick control, shooting, passing, dodging and defense. Evening sessions for older participants will focus on fundamentals with an emphasis on game play and strategy.

“Running with the Stars” Track Meets July 5, 12, 19, 26 and August 2, 9, 16

MPHS Track 6:30 pm

Open to all students entering grades 1-12. Come one come all! Pay one fee for the summer and come to as many track meets as possible. Participants are divided into age appropriate groups and will compete in a number of track events from sprints to longer distances. A fun family night out!

NEW Panther Conditioning Camp *For the Serious Athlete*

Grades 9 and older

Participants will pay one fee for the summer which will give him/her access to up to 6 training sessions per week. Various members of our coaching staff will lead in training athletes in speed, strength, endurance, agility and non-sport specific conditioning skills. Morning and late afternoon sessions will be available. Time schedules for this camp will be available by June 15, 2011.

