

Summer Sports Specialties

Bob Berman, Director

Grades PreK-12

The JCC Summer Sports Specialties provide expert sports instruction in an atmosphere of fun and camaraderie. Our camps' primary emphasis is on skill and technique complemented by an appreciation of teamwork and strategy. Our camp is a safe, wonderful and productive place for kids.

Sports campers make use of the JCC's beautiful athletic facilities: Outdoor ball fields, outdoor basketball and tennis courts, 25 yard indoor and outdoor pools, dance studio and cardio kick box room. All camps are co-ed. Summer Sports Specialties will include Thursday lunch cookouts for all participants.

Summer Sports Specialties Extended Day Modules

Monday - Friday • 7:30 - 9:00 am • \$8 M, \$10 NM per day
Monday - Friday • 4:00 - 5:30 pm • \$8 M, \$10 NM per day

Gymnastics Camp

Session 1: June 21 - June 25

Session 2: August 16 - August 20

Grades 1 - 8

9:00 am - 4:00 pm

\$200 M, \$230 NM

Extended day modules available

Kelly Sampson,
Director

Bus Transportation: (session 1 only) from the Westboro/Shrewsbury service area is available at the rate of \$12/per day/round trip or \$7/each way. No refunds for transportation services.

Dedicated to progression through careful training of basic skills. Quality instructors safely challenge the limits of individual abilities.

Highlights:

- Training in Olympic Events...balance beams, floor exercise, bars and vaulting
- Strength & Flexibility Skills • Tumbling and Dance • Gymnastics Films • Cheerleading
- Achievement Awards • Optional Swim • Camp T-shirt

MK International Wrestling Clinics

Grades 3 - 7
June 28 - July 2

Monday - Friday
9:00 am - 4:00 pm
\$225 M, \$255 NM

See above for extended day modules

Grades 8 - 12
June 28 - July 1

Monday - Thursday
3:30 pm - 7:00 pm
\$100 M, \$120 NM

TAUGHT BY **WORLD CHAMPION, MEHDI KAVEH**....Wrestlers will learn International level techniques broken down into the basics. All participants, including beginners and non-wrestlers will also benefit from Mehdi's unique fitness program.

As a 5 time Iranian National Champion, Mehdi brings passion and a new perspective to American wrestling. His training regimen focuses on:

- Proper Stretching • Physical Conditioning • Hand Fighting
- Smart Positioning • Discipline • Mind/Body Awareness
- Psychology of Competition • Set-ups to High & Low Shots
- Optional Swim



Bus Transportation for grades 3 - 7 from the Westboro/Shrewsbury service area is available at the rate of \$12/per day/round trip or \$7/each way. No refunds for transportation services.

Basketball Camp

Session 1: June 21 - 25
Session 2: August 9 - 13

Grades 1 & 2

9:00 am - 1:00 pm
\$135 M, \$155 NM

(Aftercare available 1-4 pm for grades 1 & 2 at \$15 per day (subject to minimum enrollment))

See above for extended day modules

Grades 3 - 9

9:00 am - 4:00 pm
\$200 M, \$225 NM

See above for extended day modules

Bus Transportation: from the Westboro/Shrewsbury service area is available at the rate of \$12/per day/round trip or \$7/each way. No refunds for transportation services.

Expert staff, composed of top high school and college coaches, help campers better understand the game of basketball and reach higher levels of performance.

Highlights:

- **NBA/WNBA FIT & SKILLS CHALLENGES**
- Offensive & Defensive Fundamentals • Daily Scrimmages
- Contests • Instructional Videos • Swim Option • Camp T-shirt
- Guest Speakers • Complimentary Basketball • Achievement Awards



M=JCC Member

Guest Speakers:

- **Bill Gibbons**, Holy Cross Women's Basketball Coach
- **Brian Meehan**, Head Basketball Coach, Brandeis University

Past Celebrity Guests:

- Boston Celtics - Rick Fox, David Wesley, Travis Knight
- Wayne Turner - University of Kentucky
- Michael Bradley - Philadelphia 76ers, (European Pro)
- Coach Willie Maye - Boston Celtics Color Commentator

NM=JCC Non-Member

Summer Swim Lessons

Kelly Sampson, Aquatics Director
Nadya Mahoney, Assistant Aquatics Director

- Prepare children for a summer of fun and a lifetime of safety in all aquatic environments.
- Preschool programs focus on water exploration and comfort, with an emphasis on water safety.
- K-6 programs use the American Red Cross progressive swim program.

Preschool (Ages 3 - 5) Level 1 & 2

3:30 - 4:00 pm

\$35 M, \$45 NM/per session

Grades K - 6

Level 1 & 2

4:00 - 4:30 pm

\$35 M, \$45 NM/per session

Grades K - 6

Level 3 & 4

4:00 - 4:30 pm

\$35 M, \$45 NM/per session

Monday through Thursday

Session 1.....June 14 - June 17

Session 2.....June 21 - June 24

Session 3.....June 28 - July 1

Session 4.....July 5 - July 8

Session 5.....July 12 - July 15

Session 6.....July 19 - July 22

Session 7.....July 26 - July 29

Kelly Sampson, Nadya Mahoney and their Aquatics Staff look forward to helping your child improve their swimming skills in a clean, safe, and fun environment. We will provide qualified instructors and offer small class sizes to give your swimmer the best possible chance to improve.

Level 1...INTRODUCTION TO WATER SKILLS...This class is designed for children who have no swimming skills. Children must be able to follow directions and hold on to the wall by themselves.

Level 2...FUNDAMENTAL AQUATIC SKILLS...Participant must have passed Level 1. This class is designed to give students success with fundamental skills. Students learn to float by themselves and recover in a vertical position. They begin to move in both alternating and simultaneous arm and leg motions on the front and back to lay the foundation for future strokes.

Level 3...STROKE DEVELOPMENT...Participant must have passed Level 2. This level builds on coordination of the front crawl and backstroke and introduction to elements of the breaststroke and fundamentals of treading water. Basics of water entries will be introduced.

Level 4...STROKE IMPROVEMENT...Participant must have passed Level 3. Increase the development of the front and back crawl with increase distance and coordination. Build on the butterfly stroke and refine skills of the elementary backstroke and breaststroke. Basics of turning on the wall will be introduced.

All-Sports Camp

Grades 1 - 9

9:00 am - 4:00 pm

\$200 M, \$225 NM

See page 8 for extended day modules

Session 1: July 5 - 9

Session 2: July 19 - 23

Session 3: July 26 - 30

Session 4: August 2 - 6

Bus Transportation from the Westboro/Shrewsbury service area is available at the rate of \$12/per day/round trip or \$7/each way. No refunds for transportation services.

- Campers will receive instruction in a variety of sports. Skill sessions, contests and scrimmage games will help campers improve their level of play in a fun and exciting atmosphere.
- Baseball, basketball, soccer, Jr. Olympic skills coompetition, **NHL** street hockey, track & field, tennis, **NFL** flag football, and Mass Wiff wiffle ball tournaments are just some of the sports to choose from during our All-Sports Camp sessions.
- Daily swim option plus elective periods will provide campers with a fun-filled experience.
- The All-Sports Camp instructors will be members of the JCC Health & Fitness Department and other qualified staff.

SPECIAL GUEST CLINICIAN FROM TONY RENO'S STAFF....S.P.E.E.D. PROGRAM

Session 1: CIRCUS PERFORMING with... "GARY THE SILENT CLOWN"!

Gary the Silent Clown will work with All-Sport campers during **Session 1**. Campers will challenge their fine and gross motor coordination as they improve confidence, and self esteem while they are participating in fun activities such as spinning plates, balancing, juggling, walking on stilts, unicycle, and much more. The program culminates with campers participating in a circus style show. Gary has performed extensively with Ringling Brothers Barnum and Bailey Circus. He is well known throughout New England for his clowning programs given each year at many elementary schools, including Flagg Street School. This program will be a great complement to a wide range of other great sports and activities throughout the week!

M=JCC Member

NM=JCC Non-Member

Boys Summer Basketball Leagues

NEW

NEW

Grades 6 - 8
Tuesdays - 8 weeks
July 13 - August 31

5:30 or 6:30 pm games

\$80 M, \$100 NM

(Grade level indicates entering grade in September 2010)

Freshman & Sophomores
Thursdays - 8 weeks
July 22 - September 9

6:00, 7:00 & 8:00 pm games

\$80 M, \$100 NM

(Grade level indicates entering grade in September 2010)

STAY SHARP AND IMPROVE YOUR SKILLS AS YOU GET READY FOR THE UPCOMING BASKETBALL SEASON!

Both Leagues will be complete with team shirts and organized scheduled games with certified game officials. Players will work on skills while playing in weekly games.

For additional information contact Bob Berman, Health & Physical Education Director, 508-756-7109 x 233, bberman@worchesterjcc.org

Rich Gedman Baseball Camp

July 12 - July 16

Grades 1 & 2

9:00 am - 1:00 pm

\$140 M, \$160 NM

(Aftercare available 1-4 pm for grades 1 & 2 at \$15 per day (subject to minimum enrollment))

See page 8 for extended day modules

Grades 3 - 7

9:00 am - 4:00 pm

\$210 M, \$235 NM

See page 8 for extended day modules

Bus Transportation...

from the Westboro/Shrewsbury service area is available at the rate of \$12/per day/round trip or \$7/each way. No refunds for transportation services.

Rich Gedman...Current Manager of the 2005 Can-Am League Champion Worcester Tornadoes and 2005 Can-Am Manager of the year. Rich brings 12 years of Major League experience to the JCC. Rich played with the Boston Red Sox, Houston Astros, and St. Louis Cardinals and participated in two American League Championship Series and the 1986 World Series. He was the 1981 Sporting News Rookie of the Year and a two time American League All-Star Catcher.

Dave Smith...Camp Clinic Coordinator. Former 3rd Base Coach and Director of Community Affairs & Education for the Worcester Tornadoes. Former senior instructor for the Chris Corkum Baseball Inc. programs of Connecticut and Western Mass and former Varsity Baseball Coach at Murdock High School. Dave played semi professional baseball in the Boston Park League, Western Mass Tri County League and the Central New England Baseball Association.

Staff...Top high school and college coaches.

Highlights:

- Fundamental Drill Stations
- Professional Guest Instructors
- Videotaping
- Intrasquad games & fun contests
- Camp T-shirt
- State-of-the-Art Baseball Training Equipment
- Swim Options
- Achievement Awards

Special Guest Clinicians:

Ray Fagnant, Northeast Regional Scout for the Boston Red Sox. Ray received the George Digby Award recognizing him as the Boston Red Sox Top Scout for 2001/2002.

Guest Player Appearances from the Worcester Tornadoes

Highlight:

FIELD TRIP for all campers to a professional baseball game... Worcester Tornadoes vs Quebec Capitales, Wednesday, July 14, 11:00 am game

Meet Rich Gedman & Dave Smith!



Soccer Camp

August 16 - August 20

Grades 1 & 2

9:00 am - 1:00 pm

\$135 M, \$155 NM

(Aftercare available 1-4 pm for grades 1 & 2 at \$15 per day (subject to minimum enrollment))

See page 8 for extended day modules

Grades 3 - 8

9:00 am - 4:00 pm

\$200 M, \$225 NM

See page 8 for extended day modules

Bus Transportation...

from the Westboro/Shrewsbury service area is available at the rate of \$12/per day/round trip or \$7/each way. No refunds for transportation services.

Program Coordinators...

Massood Abolfazli, 20 year coaching veteran who trained 20 All-New England & 12 All-American Players. His Clark men's teams won the Division III 1984 ECAC Championship, and competed in seven consecutive NCAA Tournaments. Under Massood's guidance, the Clark women's teams made 6 consecutive tournament appearances and in 1999 posted the only undefeated season in Clark women's soccer history. Both the men's and women's teams were nationally ranked during his coaching tenure. Massood is a 4 time All-New England Selection and All-American Selection and a Clark University Sports Hall of Fame member.

Hans DeKlerk, Played amateur soccer in the Netherlands, two years semi-pro in Israel & two years varsity soccer at Clark University. Coach and Assistant Coach for Worcester Youth Soccer League. 4 years coaching youth soccer team at SAC and has organized and directed two Youth Goalkeeper Clinics.

Highlights:

- Fundamental Drill Stations
- Guest Speakers
- Skill Contests
- Camp T-shirt
- Soccer Ball
- Videos
- Highly Qualified Staff
- Specialized Training
- Goalkeepers
- Scrimmage Games
- Achievement Award
- Swim Option

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