

# 2009 Camp Calendar

## “ALL-SPORTS” CAMP

**Camp Goal:** The Tantasqua Sports Camp’s #1 goal is to make this camp a positive athletic experience of learning and fun for your child! A great opportunity for kids entering grades 2-6 to experience 4 different sports per day. All campers have a daily 1 hour swim in the new pool as a part of this camp. This camp is staffed by Phys-ed teachers and coaches and is being offered all 9 weeks this summer. Cost: \$99/week/camper.



## “Sport Specific” Camps:

**Camp Goal:** These camps offer athletes entering grades 5-12 the opportunity to improve in their specific sport for 4 days by working with Varsity coaches on the fundamentals and strategies of the sport. Cost for most of these camps is \$99/week/camper unless otherwise noted.

**NEW !!**

## Camps for kids entering grades 1-4

In addition to our All-Sports Camps, an opportunity for younger children to grow in the activity they love for 4 days and learn the fundamentals with the emphasis placed on “fun”!! These “basics” camps will be run as part of the regular camps but have additional staff just for their age group. All campers have a daily 1 hour swim in the pool as a part of this camp.

Week 2: Girls basketball.

Week 3: Boys basketball, Cheer Camp.

Week 4: Boys & Girls Soccer, Golf Camp I

Week 5: Arts & Crafts

Week 6: Arts & Crafts

Week 7: Dance Camp

## Arts & Crafts Camps: Weeks 5 & 6

These camps offer children a more traditional camp day which includes a swim lesson, arts and crafts time, nature hikes, fun games and gym time. This camp will be run by elementary school teachers and coaches. Cost: \$99/week/camper.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
<b>June 23-26</b>	<b>June 29 July 2</b>	<b>July 6-9</b>	<b>July 13-16</b>	<b>July 20-23</b>	<b>July 27-30</b>	<b>August 3-6</b>	<b>August 10-13</b>	<b>August 17-20</b>
All Sports	All Sports	All Sports	All Sports	All Sports	All Sports	All Sports	All Sports	All Sports
Extended Day	Extended Day	Extended Day	Extended Day	Extended Day	Extended Day	Extended Day	Extended Day	Extended Day
	Girl's Basketball	Boy's Basketball	Soccer Camp 1	Baseball Camp	Tennis Camp	Swim Camp	Soccer Camp 2	Golf Camp 3
	Boy's Lacrosse	Girl's Lacrosse	Field Hockey	Softball Camp	Football Level 1	Dance Camp	Volleyball	
	Mt. Bike Camp 1	Cheering	Golf Camp 1	Football Level 2		Golf Camp 2		
		Mt. Bike Camp 2		Arts & Crafts	Arts & Crafts			

## “Sport Specific” Camps: Coaches & Info

### Baseball Camp

Director: Mark Muska, JV Baseball Coach

### Basketball Camp-- Boys

Director: Jeff Childs, Boys Varsity Basketball Coach

### Basketball Camp-- Girls

Director: Tom Goyette, Girls Varsity Basketball Coach.

### Cheerleading Camp

Director: TBA

### Dance Camp:

Director: Sarah Bousquet, Prof. Instructor (\$125)

Dancers will practice many styles and perform a show.

### Field Hockey Camp

Director: Jean Glennon, Varsity Field Hockey Coach

### Football Camp: Levels I & II

Director: Aaron Powell, Varsity Football Coach

**I:** For players who have some Pop Warner/Flag football experience & beginners too- entering grades 3-8. (\$99)

**II :** For players entering grades 7-12 who are interested in improving their football skills for the high school level, daily from 5-7 p.m. (\$75)

### Golf Camp

Director: Aaron Berthiaume, Varsity Golf Coach

**I.** Instructional camp for beginners (Grades 1-5 \$125)

**II.** Instructional camp for beginners or players with some experience. Campers will be bused each morning to Scottish Meadows Golf course to practice. (Grades 6-10 \$125)

**III.** For golfers who can already play but want some solid match play coaching. Campers will be bused daily to a course. (Grades 6 & up \$150)

### Lacrosse Camp- Boys

Director: Matt Peloquin, Varsity Lacrosse Coach

### Lacrosse Camp- Girls

Director: Patti Bamberger, Lacrosse Coach & TRY Lax director.

### Mountain Biking Camp

Directors: Dale Ploski /Mike Farrell, Teachers

**I** For beginners & riders entering Grades 5-8 (\$99)

**II** For advanced bikers entering grades 7-12: includes a biking trip to Mt. Snow! (\$125)

### Swimming Camp

Director: Molly Mcguire, Varsity Swim Coach

### Soccer Camp

Director: Matt Guertin, Varsity Soccer Coach

**I:** For soccer players entering grades 1-6, will focus on the fundamental skills and play.

**II:** For players entering grades 7-12, includes more intensive training, for competitive soccer.

### Softball Camp

Director: Pete Casine, JV Softball Coach

### Tennis Camp

Director: Mike Lucas, Professional Tennis Coach

### Volleyball Camp:

Director: Stephanie Rousseau, Varsity Coach

Instructional camp for players who want to learn to play competitive volleyball.

## 2009 SPORTS CAMP APPLICATION

Camper's Name: \_\_\_\_\_

Age: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

School Grade Entering Fall of 2009: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Parent's Cell/Work #'s: \_\_\_\_\_

Emergency PH #: \_\_\_\_\_

Family Med. Ins.: \_\_\_\_\_ Policy #: \_\_\_\_\_

Family E-Mails: \_\_\_\_\_

### Parental/Guardian Waiver:

I hereby authorize the staff of Tantasqua Sports Camps to act for me/my child to their best judgement in any emergency requiring medical attention. I hereby waive and release the Tantasqua Summer Camps and any of its agents from any and all liability for injuries or illnesses incurred while at the camp.

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\*Any physical ailments/allergies that the camp staff should be aware of? \_\_\_\_\_

***In accordance with state guidelines, each camper must provide a copy of their latest physical -(Must be within 1 year of camp start date)- OR the following info must be completed by the camper's physician:***

\*Date of last physical : \_\_\_\_\_

\*Immunizations are up to date: Yes No

\*Any physical ailments/allergies? \_\_\_\_\_

\*Camper is healthy and able to participate in all camp activities? \_\_\_\_\_

**Physician's Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

***Once you have completed both sides, please tear off this panel and mail it in with the check.***

**\*\*All camps will operate for 4 days/week this year. Please check off the camps that this camper will be attending this summer.**

**ALL-SPORTS Camp Weeks: \$99/week**

1      Tuesday –Friday, June 23-26th  
The remaining weeks will be Mondays-Thursdays  
2    3    4    5    6    7    8    9   

**“Extended Camp Day” Weeks: \$48/week**

1      Tuesday –Friday, June 23-26th  
The remaining weeks will be Mondays-Thursdays  
2    3    4    5    6    7    8    9   

**SPORT SPECIFIC Camps**  
***\$99/week -unless noted:***

**Week 2: June 29-July 2**

Girl’s Basketball      Boys Lacrosse       
Mt. Bike Camp 1 (Grades 5 And up)     

**Week 3: July 6-9**

Boy’s Basketball      Girls Lacrosse       
Mt. Bike Camp 2 (Grades 7 and up)       
Cheerleading Camp (ages 5 & up)     

**Week 4: July 13-16**

Soccer Camp I (Grades 1-6)       
Field Hockey Camp       
Golf Camp 1 (\$125)     

**Week 5: July 20-23**

Baseball      Softball       
Football Level 2 (Grades 7-12, \$75, 5-7 p.m.)       
Arts & Crafts     

**Week 6: July 27-30**

Tennis Camp       
Football Level 1 (Grades 4-8)       
Arts & Crafts     

**Week 7: August 3-6**

Dance Camp (Ages 5 & up)       
Swimming Camp      Golf Camp II     

**Week 8: August 10-13**

Soccer Camp II (Grades 7-12)       
Volleyball Camp     

**Week 9: August 17-20**

Golf Camp III (\$150, grades 7-12)     

Costs of Camp fees =                       
Costs of “Extended Camp Day” =                       
Total Cost =                       
**TOTAL of check enclosed to TSC=**

**IMPORTANT CAMP INFO:**

- 1) Please fill out the application and mail it in with a check payable to “Tantasqua Sports Camps”. All camps are \$99/week/camper unless otherwise noted.
- 2) All Applications received by the Friday before the 1<sup>st</sup> day of that specific camp week will be accepted.
- 3) Additional sign-ups will be accepted on the morning of the 1<sup>st</sup> day of camp that week. **\*\*There is a fee of \$10 per camper for anyone signing up on the 1<sup>st</sup> day.**
- 5) Please mail in applications ASAP so that we may properly staff our camps.
- 6) Drinks and snacks can be purchased daily. All campers should bring their own lunch.
- 7) Balls and equipment for all camps will be provided. However, if possible, campers should bring their own sport specific equipment (Ex: gloves, racquets, etc.). Football campers do not need helmets and/or pads.
- 8) Camp will operate rain or shine. Campers should be dropped off after 8:15 a.m. and picked up by 3:00 p.m.
- 9) Campers should pack daily: sunscreen, hat, water bottle, lunch, a towel, and a bathing suit
- 10) If the last day of school in this district is later than June 22nd (due to snow cancellations, etc.), then the camp schedules will be adjusted appropriately.
- 11) To provide proper commitment to staffing, there are no refunds once the Summer Sports Camps begin.

**Mail Application and Check to:**  
Tantasqua Regional High School  
c/o Mike Lucas, Camp Director  
319 Brookfield Road  
Fiskdale, Ma 01518



**QUESTIONS?**

Please contact Camp Director Mike Lucas via e-mail:  
***lucasm@tantasqua.org***



**New 4 Day Camp week:**

For several reasons, including energy conservation, our camps will run for 4 days a week this summer. But each camp day is longer and campers will actually receive one additional hour of camp per week compared to the old 5 day schedule. Camp days will run from 8:30 a.m.-3:00 p.m. this summer.

**“Extended Camp Day”**

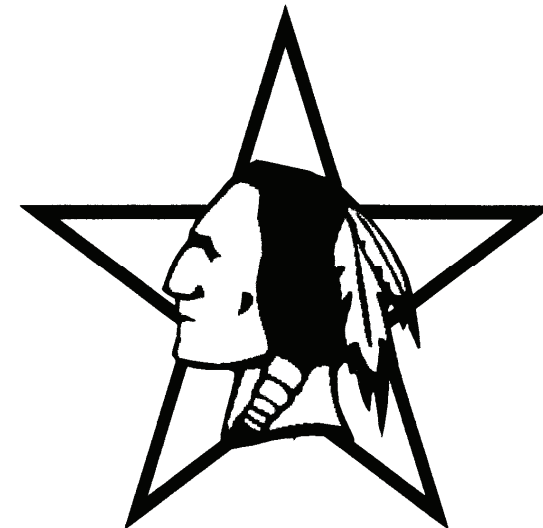
For the 4th time we are offering an “Extended Camp Day” for those campers who need additional hours of camp. This is available for all of the 9 weeks this summer. For a weekly fee of \$48, we will offer modified camp activities in the afternoon from **3-5:30 p.m.** so that parents can pick up their children at a later time. Children enrolled in this program can also be dropped off anytime after 7:30 a.m. instead of 8:30 a.m. daily in the auditorium.



**Guidelines & FAQ’s:**

- Morning & Afternoon activities will differ daily and will not necessarily coincide with the same Sports Specific Camps that campers are attending.
- Parents are welcome to pick up their children at anytime during the afternoon, as long as that is communicated to the Staff.
- Extended Day Campers should pack a snack/drink for their afternoon break, an extra towel & a bathing suit.
- You must pay & sign up for the “Extended Day Camp” for the entire week ahead of time, so that we may provide proper staffing. As long as there is still room in it, you may sign up the first day of that week.
- The fee amount can simply be added to the regular camp check that you are paying with.

# TANTASQUA SPORTS CAMPS



**June 23 through August 20, 2009**

***4 Days per Week***

***8:30 a.m.– 3:00 p.m.***

***@ Tantasqua Regional  
High School***