

Sports Camps

BOYS VOLLEYBALL CAMP

-MICHAEL BROOKE-GAY

Varsity Coach, Michael Brooke-Gay, now in his 4th season, has organized a boys camp designed to create an opportunity for all to enjoy the great sport of volleyball. The camp will include individual skills, drills, and games throughout the week that will increase excitement within the program and get all players on the path to enjoy a life-long activity.

WHO: All boys entering grades 7-12 in the Fall
WHERE: Hilton High School Gymnasium
WHEN: Monday, August 8 – Thursday, August 11
TIME: 9:00 – 11:00 a.m.
COST: \$45 per participant
NOTE: All players will be split by ages and abilities.

GIRLS VOLLEYBALL CAMP

-ELAINA FOLEY

Varsity coach Elaina Foley has created a camp to develop individual and team skills. The camp will include drills, challenges, and games to improve players fundamental skills in a fun and exciting way. You're guaranteed to walk away knowing more about the game of volleyball.

WHO: Girls entering grades 4-12 in the Fall
WHERE: Hilton High School Gymnasium
WHEN: Monday, August 8 – Thursday, August 11
TIME: Girls Entering Grades 4-7: 12:00pm-2:00pm
Girls Entering Grades 8-12: 2:00pm-4:00pm
COST: \$45 per participant, includes a camp t-shirt
NOTE: Players will be split by age and ability. Knee pads and sneakers are suggested.

GIRLS STRENGTH & CONDITIONING CAMP

-PAM STADTMILLER

If you are preparing to play a sport for Hilton, this camp is for you. Girls will be introduced to machines, exercises, and habits that will help improve strength, flexibility and endurance. All athletes will be expected to work on these skills outside camp as well.

WHO: Girls entering grades 8-12 in the Fall
WHERE: Hilton High School 2nd floor Fitness Room
WHEN: Tuesdays and Thursdays, June 28 – August 4 (No camp July 26 & 28)
TIME: 10:00 a.m. – 11:30 a.m.
COST: \$40 per participant
NOTE: Camp instructor is Coach/PE teacher Pam Stadtmiller, who has over 20 years of experience playing, teaching, and coaching at all levels.

SUMMER TENNIS CAMP

-JOE BROCK & CHRIS MONFILETTO

If you wish to work on your game or be introduced to a life-long sport, don't miss this opportunity to get valuable instruction from long-time Hilton Varsity Tennis coaches, Joe Brock and Chris Monfiletto. Together they bring decades of experience with the game and will cover all facets of play. They welcome youth of all ages and abilities and promise to combine fun with the drills necessary to improve your game.

WHO: Youth entering grades 3-12 in the Fall
WHERE: Hilton High School Tennis Courts
WHEN: Monday, July 18 – Thursday, July 21
Raindate will be Friday, July 22
TIME: Beginner: 9:30 a.m. - 10:30 a.m.
Intermediate: 10:45 a.m. - 12:15 p.m.
COST: Beginner: \$35 per player
Intermediate: \$40 per player
NOTE: Minimum 15 participants for each session. Instructors will cover ground strokes, volleys, serves, scoring, and match play strategy.



SUMMER SWIM TRAINING CAMP

-JEFF SADOWSKI & TIMEA TOZSER

If you are a competitive swimmer and are looking for a place to train, this camp is for you! Come as often as you wish, work on your strokes, and keep the competitive edge for summer.

WHO: All scholastic swimmers in grades 7-12, as well as collegiate swimmers
WHERE: Merton Williams Aquatic Center
WHEN: Weekdays, Wed., July 6 – Friday, August 12
TIME: 8:00 a.m. – 10:00 a.m.
COST: \$80 per person for the 6 weeks (28 classes)
NOTE: Your coordinators for this program are Hilton Varsity Swim Coach Jeff Sadowski and former division one Binghamton University standout swimmer Timea Tozser. Swimmers must know how to swim all four (4) strokes. Camp dry land training on Monday's and Thursday's will be outside at Merton Williams.