

# Sports Camps

## SUMMER TRACK AND FIELD CAMP

### POLE VAULTING, HURDLING, & SPRINTING

-ANDREW FETZNER, TIM GIAGIOS, & ZACH FERRARA

Andrew Fetzner and Rochester Rockback are back for another summer of Track and Field! In his 11th season Hilton High School, Rochester Rockback and The College at Brockport's pole vaulting coach, Fetzner will lend his expertise in helping pole vaulters at all levels increase their knowledge and skills in the pole vault. Tim Giagios, Nazareth College, will help with hurdles, sprints, strength & conditioning. This summer we are also featuring Zach Ferrara.

**WHO:** Ages 12 and older  
**WHERE:** Hilton High School Outdoor Track  
**WHEN:** Mondays and Wednesdays, June 15 – August 10 (No Camp 7/4)  
**TIME:** 5:30 p.m. – 7:30 p.m.  
**COST:** \$225 per participant or \$20 per date

## SUMMER DIVE CAMP

-TERRIE GOEDDERTZ

Join Hilton Varsity Diving Coach Terrie Goeddertz as she teaches basic to advanced skills for diving. Her state contenders speak for her teaching successes so come and be part of it!

**WHO:** Intro, Intermediate & Advanced Level divers  
**WHERE:** Merton Williams Aquatic Center  
**WHEN:** **SESSION I:** Wed., July 6 - Friday, July 8 (3 Classes)  
**SESSION II:** Mon., August 1 - Fri., August 5 (5 classes)  
**TIME:** **Intro/Beginner:** 8:30 a.m. - 9:30 a.m.  
**Inter/Advanced:** 9:45 a.m. - 10:45 a.m.  
**COST:** **SESSION I:** \$30 per participant, per session  
**SESSION II:** \$50 per participant, per session  
**NOTE:** Maximum of 10 students per class. Stretching is an integral part of camp. All divers must be on deck 10 minutes before scheduled time.

## DISTANCE RUNNING CAMP

-MIKE SZCZEPANIK & MIKE POTTER

Join both Varsity Boys and Girls coaches for a summer day camp that will focus on the physical, mental, and emotional skills needed to compete in the world's first sport, while improving their fitness and overall athleticism. Topics will include: self-confidence, character development, correct nutrition and breathing, injury prevention, recovery, flexibility, race strategies, goal setting, team-building, and speed mechanics. Video form analysis will be provided. Mike Potter, Hilton modified cross country coach and girls varsity indoor track and field coach will conduct the boys camp. He and Mindy Sawnor, Hilton girls varsity outdoor track coach will co-coordinate the co-ed middle school camp. Varsity Cadets will serve as counselors for the middle school camp. College coaches will visit camp for a lecture and clinic opportunity.

### MIDDLE SCHOOL

**WHO:** All boys & girls entering grades 6-8 in the Fall  
**WHERE:** Mondays & Wednesdays at Parma Town Park (meet at Lions Pavilion)  
Tuesdays & Thursdays at Hilton High School (meet at HS track)  
**WHEN:** Monday – Thursday weekly, starting Monday, July 11 - Thursday, August 11  
**TIME:** 10:00 a.m. - 12:00 p.m.  
**COST:** \$80 per participant for all 5 weeks

### HIGH SCHOOL

**WHO:** Boys entering grades 9-12 in the Fall  
**WHERE:** Mondays & Wednesdays at Parma Town Park (meet at Lions Pavilion)  
Tuesdays & Thursdays at Hilton High School (meet at HS track)  
**WHEN:** Monday – Thursday weekly, starting Wednesday, July 6 - Thursday, August 11  
**TIME:** 8:00 a.m. - 10:00 a.m.  
**COST:** \$85 per participant for all 6 weeks

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**PAVILION** **V.F.W**  
**LODGE**



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