

# HP RECREATION SPORTS CAMPS!

## Youth Intro To Basketball Camp

This program will introduce kids to this sport through fun & games designed with individual and group instruction. All camp content will be coordinated by Hilton Central School Boys Bball coaching staff. **Please note sneakers & water bottle are required**

**WHO:** Youth entering grades K-2 in the Fall  
**WHERE:** Village Elementary Gym  
**WHEN:** Mon., June 29-Thurs., July 2  
**TIME:** 1:00pm-3:00pm  
**COST:** \$50 per participant, includes t-shirt



## Youth Basketball Camp

Boys' Varsity Bball coach Troy Prince and staff will introduce participants to the fundamentals of basketball through group & individual instruction. **Please note sneakers & water bottle are required**

**WHO:** Youth entering grades 3&4 in the Fall  
**WHERE:** Hilton High School Gym  
**WHEN:** Mon., June 29-Thurs., July 2  
**TIME:** 1:00pm-3:00pm  
**COST:** \$50 per participant, includes t-shirt

## Boys' Middle School Basketball Camp

Boys' Varsity Bball Coach Troy Prince and his staff will chart the progress of each participant as this camp will supply the instruction to develop the offensive and defensive skills required to be a basketball player. **Please note sneakers and a water bottle are required.**

**WHO:** Youth entering grades 5-8 in the Fall  
**WHERE:** Hilton High School Gym  
**WHEN:** 6/29, 6/30, 7/1, 7/2, 7/6, 7/7 - 10:15 a.m. - 12:15 p.m.  
7/8, 7/9, 7/10-3:00 p.m. - 5:00 p.m.  
**COST:** \$96 per participant, includes a camp t-shirt

## Boys' Sr. High Basketball Camp

Join boys' Varsity Basketball Coach Troy Prince and his staff. The camps central theme will be to make each participant a more complete basketball player. **Please note sneakers and a water bottle are required.**

**WHO:** Youth entering grades 9-12 in the Fall  
**WHERE:** Hilton High School Gym  
**WHEN:** 6/29, 6/30, 7/1, 7/2, 7/6, 7/7-8:00 a.m. - 10:00 a.m.  
7/8, 7/9, 7/10-1:00 p.m. - 3:00 p.m.  
**COST:** \$96 per participant, includes a camp t-shirt

## Girls' Jr. Division Basketball Camp

Hilton Girls' Varsity Basketball Coach Jeff Eichas and his staff designed a camp that will stress the fundamentals of basketball along with group and individual instruction. **Please note sneakers and a water bottle are required.**

**WHO:** Girls entering grades 3-6 in the Fall  
**WHERE:** Quest Gym  
**WHEN:** Monday's, July 6 - August 10 (no class 7/27)  
**TIME:** 9:00 a.m. - 11:00 a.m.  
**COST:** \$45 per participant, includes a camp t-shirt



## Girls' Scholastic Basketball Camp

Keep your game fresh with these weekly meetings and work on the skills to improve yourself and the Cadet basketball program. **Please note sneakers and a water bottle are required.**

**WHO:** Girls entering grades 7-12 in the Fall  
**WHERE:** Quest Gym  
**WHEN:** Mondays, July 6 - August 10 (no camp 7/27)  
**TIME:** 11:30 a.m. - 2:30 p.m.  
**COST:** \$60 per participant, includes a camp t-shirt

## Hilton Cadets Scholastic Baseball Camp

Join Hilton Varsity Coach Jeff Murphy, along with his program assistants, as they will organize a camp that will focus on all aspects of the game. Several of his players have gone on to play at the collegiate level and even at the professional level.

## Hilton Cadets Youth Baseball Camp

Join Hilton Varsity Coach Jeff Murphy and his staff for this 1-week camp that will focus on the fundamentals of the game, along with individual instruction and game situations. Learn what it takes to develop into a complete baseball player.

**WHO:** Youth ages 6-11  
**WHERE:** Parma Town Park, Rt. 259  
**WHEN:** Monday, August 3 - Friday, August 7  
**TIME:** 9:00 a.m. - 11:00 a.m.  
**COST:** \$50 per participant, includes a camp t-shirt

## Cadet Summer Softball Camp

Attention all softball players! Join the Scholastic Coaches of the Hilton Softball program for a week of fun and instruction that will focus on the fundamentals of fielding, hitting, pitching, and catching. If you want the chance to grow as a player, have fun playing softball, get experienced coaching and learn new skills and drills, this camp is a "can't miss" for all softball players. For more details, contact Coach Bill Smith at bsmith@hilton.k12.ny.us.

**WHO:** All girls entering grades 4-9 in the Fall  
**WHERE:** Hilton High School Softball Fields  
**WHEN:** Monday, July 20 - Friday, July 24  
**TIME:** 9:00 a.m. - 12:00 p.m.  
**COST:** \$60 per participant



## Youth Softball Camp

Join Melaine Murphy for this camp! Whether you have played, or want to be introduced to the sport, consider attending this girls softball camp. Basic skills will be introduced in a fun environment, and positive re-enforcement will be the focus.

**WHO:** All girls entering grades 2-5 in the Fall  
**WHERE:** Parma Town Park, Rt. 259- Field # 3  
**WHEN:** Monday, August 10 - Friday, August 14  
**TIME:** 9:00 a.m. - 10:30 a.m.  
**COST:** \$40 per player

## Girls' Soccer Camp

Perfect your skills or learn new skills with Girls JV Soccer Coach Pam Stadtmiller. Instruction will be geared to all levels – beginner, recreational, and travel. Select Varsity and JV players will help assist Coach Stadtmiller. The older girls will be introduced to strength training in the weight room, as well as goalkeeping skills. You are guaranteed to learn more about the game of soccer.

**WHO:** Girls entering grades 2-6 in the Fall  
**WHERE:** Hilton High School, LeBeau Stadium  
**WHEN:** Monday, July 27 - Friday, July 31  
**TIME/COST:** **Entering Grades:**2-4: 9:00 a.m. - 10:30 a.m.  
\$45 per participant  
**Entering Grades:**5-6: 10:30 a.m. - 12:00 p.m.  
\$50 per participant

## Girls' HS Soccer Camp

Join Steve Sorensen, Coach of the Hilton Varsity Girls' Soccer Team, in perfecting your skills, fast footwork, ball control, tactics, speed of play and offensive/defensive decision-making through small-sided games. Local college coaches will instruct and bring their expertise to the sport. Camp includes a t-shirt.

**WHO:** Girls entering grades 7-12 in the Fall  
**WHERE:** Hilton High School - JV Soccer Fields  
**WHEN:** Monday, July 27 - Friday, August 7 (10 dates)  
**TIME:** **Entering Grades:**7-9: 12:30 p.m. - 2:15 p.m.  
**Entering Grades:**10-12: 2:30 p.m. - 4:15 p.m.  
**COST:** \$80 per participant, includes a camp t-shirt

## Boys' Soccer Camp

Join Jim DePrez (Coach of the Hilton Boys' Junior Varsity Team), Mike Ellicott, (Coach of the Hilton Boys' Varsity Team) & Brian Duffy (Assistant Coach of the Hilton Boys' Varsity Team) for a week of soccer fun. Coach DePrez, Ellicott & Duffy hold their National license. Camp includes a t-shirt.

**WHO:** Boys entering grades 2-6 in the Fall  
**WHERE:** Village Community Center, 59 Henry Street - Fields



REGISTER ON LINE @ [www.parmany.org/Recreation](http://www.parmany.org/Recreation)

# HP RECREATION SPORTS CAMPS!

## Cadets Football Camp

Join Hilton Varsity Football Coaches, Rich Lipani, Andy Forman, and Todd Scaccia, as well as the Varsity players, as they have designed a 4-day camp that will combine skill work with fun. The coaching staff brings decades of experience, along with multiple Section V titles, and will teach participants how to play football the "Cadet Way".

**WHO:** Youth entering grades 2-8 in the Fall

**WHERE:** Hilton High School, Practice Field

**WHEN:** Monday, July 20 – Thursday, July 23

**TIME:** 9:00 a.m. - 11:00 a.m.

**COST:** \$50 per participant, includes a camp t-shirt

## Boys' Volleyball Camp

Varsity Coach Michael Brooke-Gay, now in his 3rd season, has organized a boys camp designed to create an opportunity for all to enjoy the great sport of volleyball. Don't miss this chance to improve your game and learn new skills!

**WHO:** All boys entering grades 7-12 in the Fall

**WHERE:** Hilton High School Gym

**WHEN:** Monday, August 10 – Thursday, August 13

**TIME:** 9:00 a.m. - 11:00 a.m.

**COST:** \$45 per player

## Girls Volleyball Camp

Varsity Coach Elaina Braun and Junior Varsity Coach Olivia Osterberg have 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 of volleyball

**WHO:** All girls entering grades 4-12 in the Fall

**WHERE:** Hilton High School Gym

**WHEN:** Monday, August 10 – Thursday, August 13

**TIME:** Entering Grades:4-7 12:00 pm-2:00p.m.

Entering Grades:8-12 2:00 pm-4:00p.m.

**COST:** \$45 per player



## Girls' Lacrosse Camp

This camp will be facilitated by Hilton Girls Varsity Coach, Colleen Coles, along with select Varsity and JV players. Please bring a stick if you can, as well as goggles and mouth guards. A limited number of these items will be made available. Come and experience the excitement of girls lacrosse. Please bring a water bottle.

**WHO:** Girls entering grades 4-8 in the Fall

**WHERE:** High School Practice Field - Bennett Road

**WHEN:** Monday, June 29 – Thursday, July 2

**TIME:** 10:00 a.m. - 12:00 p.m.

**COST:** \$40 per player

## Summer Tennis Camp

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 20 - Thursday, July 23

Rain date will be Friday, July 24.

**TIME:** Session I: Beginners 9:30 a.m. - 10:30 a.m.

Session II: Inter./Adv. 10:45 a.m.-12:15 p.m.

**COST:** Session I: \$35 per player

Session II: \$40 per player

## Girls' Strength & Conditioning Camp

Join Camp instructor Coach/PE Teacher Pam Stadtmiller. 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 of their fitness room meetings.

**WHO:** Girls entering grades 8-12 in the Fall

**WHERE:** Hilton High School—2nd Floor Fitness Room

**WHEN:** Tuesdays and Thursdays July 7- August 6

(No camp July 27-31)

## Distance Running Camp

Join both Varsity Boys and Girls Coaches. Topics will include: self-confidence, correct nutrition, injury prevention and recovery, race strategies, goal setting, team-building, and speed mechanics. Weight training will also be included on Tuesday's and Thursday's. Mike Szczepanik will coordinate the girl's camp, while Mike Potter will supervise the boy's camp.



## 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) Fridays at various local trails TBA

**WHEN:** Camp meets Monday – Friday, beginning Monday,

July 13 - Ending Friday, August 14

**TIME:** 10:00 a.m. - 11:30 a.m.

**COST:** \$70 per participant for all 5 weeks

## High School

**WHO:** All boys & girls entering grades 9-12 in the Fall

**WHERE:** Mondays & Wednesdays at Parma Town Park—Rt. 259

(meet at Lions Pavilion)

Tuesdays & Thursdays at Hilton High School (meet at HS track) Fridays at various local trails TBA

**WHEN:** Camp meets Monday – Friday, beginning

Wednesday, July 1 - Friday, August 11

(no camp on 7/3)

**TIME:** 8:00 a.m. - 10:00 a.m.

**COST:** \$85 per participant for all 6 weeks

## Youth Golf League

Hilton-Parma Recreation is excited to renew our partnership with Arrowhead Golf Course to host our 9-hole youth golf league.

**WHO:** Youth ages 10-18; younger ages accepted with adult supervision.

**WHERE:** Arrowhead Golf Course

655 Gallup Rd., Spencerport

**WHEN:** Wednesdays, July 8, 15, 22, 29 and August 5

**TIME:** Tee-off time at 9:00 a.m. Our van will leave the

Village Community Center by 8:30 a.m. We

can provide transportation for up to 10 individuals and will return immediately after completion of golf – ap-

prox. 12:30 p.m.

**COST:** \$66 per participant, includes 5 weeks of golf,

transportation if needed, and a small banquet at

the course on the last week. All golfers can putt on the practice greens before tee-off.

**NOTE:** Please indicate if transportation is required as space is

limited. Adult chaperone's for supervision play and/or walk for FREE.

## Junior Golf Camps

This will entail instruction on swing fundamentals, short game, putting, etiquette, rules, playing and safety. The camp coordinator and instructor is Gary Tatar who is a PGA Professional.

**WHO:** Sub-Juniors ages 8-12

Juniors ages 13-18

**WHERE:** Salmon Creek Country Club

**WHEN:** Session I: Tuesdays, July 7 - August 4

5-weeks, deadline to register is 6/20

Session II: Wednesdays, August 5 - Sept. 2

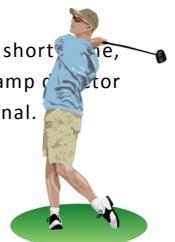
5-weeks, deadline to register is 7/25

**TIME:** Sub-Juniors – 11:45 a.m. - 3:45 p.m.

Juniors – 10:30 a.m. - 3:30 p.m.

**COST:** \$130 per person, per session, includes all instruction, range balls, and green fees to play.

**NOTE:** All sub-juniors will be required to have an adult present for at least 1 week of on course supervision.



## Cheerleading Camp

Join Varsity and JV Cheerleading Coaches Laurie and Brittany. Skills learn will be incorporated with a fully choreographed routine that family and friends are welcome to view on the last day.

**WHO:** Girls entering grades K-8 in the Fall

**WHERE:** Village Community Center-Outdoor Fields

REGISTER ON LINE @ [www.parmaroy.org/Recreation](http://www.parmaroy.org/Recreation)