

MRHS Boosters Summer Camp 2019 Descriptions

Complete MRHS Boosters 2019 Summer Camp Details: www.mrhs-boosters.com/summercamps
Contact: summercamps@mrhs-boosters.com

SPORTS/ATHLETIC CAMPS:

Camp: Baseball

Marriotts Ridge baseball coach Paul Eckert will instruct players and conduct many of the same drills used in tryouts and practices at Marriotts Ridge. Throwing, catching, and fielding will be emphasized as they are areas that are emphasized during the high school season. Base running and hitting will also be taught the same way that they will be taught during the regular season. Former MRHS players (many of whom went through the camp themselves) will also be present to speak to and work with the campers.

Instructor: Paul Eckert, paul_eckert@hcpss.org

Camp: Basketball Boys

The Boys Basketball camp is planned to provide comprehensive skill instruction for players at all levels to improve their game. Emphasis will be placed on fundamentals, individual skill development and game experience. Our camp excels in coaching all basketball positions. The camp will also feature demonstrations, daily competition, guest speakers, and awards.

Instructor: Tim Brady, Timothy_Brady@hcpss.org

Camp: Basketball Girls

The Girls Basketball camp is designed to improve fundamentals and enhance the individual skill development of each player. Coaches will present athletes with individualized instruction, challenging drills, and various competitions each day. Experienced high school players will also be available to provide demonstrations and offer feedback.

Instructor: Sarah Miller, Sarah_miller@hcpss.org

Camp: Cheer *NEW

The Cheerleading camp is designed to develop confidence, skills, and teamwork while learning the fundamentals of cheer. Camp participants will receive first class instruction in stunting, tumbling, dances, jumps, flexibility, and conditioning from both the coach and current Varsity cheerleaders. Athletes of all experience levels are encouraged to attend to enhance their abilities.

Instructor: Sugene Shin sugeneshin1@gmail.com

Camp: Flag Football *NEW

The Flag Football camp will provide a fun, enjoyable atmosphere as well as the opportunity to learn from an experienced coaching staff. Emphasis will be placed on fundamentals, individual skill development, and team strategy. Our camp excels in coaching all football positions.

Instructor: Marcus Lewis, Marcus_Lewis@hcpss.org

Camp: Lacrosse Boys

The Lacrosse Boys camp is planned to provide comprehensive skill instruction for players at all levels to improve their game. Emphasis will be placed on fundamentals and individual skill development. Our camp excels in coaching all lacrosse positions. The camp will also feature demonstrations, daily competitions and awards to contest winners.

Instructor: Tony Incontrera, Anthony_Incontrera@hcpss.org

Camp: Lacrosse Girls

The Girls Lacrosse Camp is designed to improve the fundamentals of each camper. Each day provides an opportunity for campers to improve their individual skills, gain information on team concepts and challenge themselves during competitions and games. We have a variety of coaches with strengths in different positions on the field.

Instructor: Amanda Brady, Amanda_Brady@hcpss.org

Camp: Soccer Girls

The girl's soccer camp is designed to enhance overall player performance. Specifically, the camp not only focuses on the technical and tactical components of soccer, but also prepares potential players for our upcoming tryouts. Each day, sessions are designed to allow players the opportunity to improve their individual skills through a variety of drills, small sided games, and full field scrimmages. Coaches and mustang alumnae are on staff to provide participants with daily feedback on their individual and game performance.

Instructor: Darius Qualls, Darius_Qualls@hcpss.org

Camp: Soccer Boys

The Boys Soccer Camp is designed to improve the abilities of each camper. In addition to skill development, campers will work on tactical awareness, decision making, speed and agility. Activities are chosen to challenge all levels of players in a fun, yet competitive environment.

Instructor: Quinn Khouri, Quinn_Khouri@hcpss.org

Camp: Softball

The Softball camp is designed to teach the fundamental skills needed to play softball. Campers will receive individualized instruction designed to improve their hitting, base running, and defensive skills. Multiple coaches and Varsity players will be available to provide demonstrations and to offer feedback.

Instructor: Renard_parson@hcpss.org

Camp: Tennis 3-8

The Tennis Camp is designed to improve the fundamentals of each camper no matter what skill level you are at. Each day provides an opportunity for campers to improve their individual skills, gain information on singles and doubles concepts and challenge themselves during competitions and games. We have a variety of skilled coaches who will be helping with camp each day.

Instructor: Scott Dingman, scott_dingman@hcpss.org

Camp: Volleyball

The Volleyball camp is designed to teach the fundamental skills needed for volleyball: passing, serving, and hitting. For those who have experience in these areas, it is a great way to fine-tune skills with individualized instruction and get ready for tryouts, which will be the following week. Each day includes individual skill work, some overall physical fitness, and drills/game play. Multiple coaches and Varsity players are available to provide demonstrations and offer feedback.

Instructor: Jamie Bullock, Jamie_Bullock@hcpss.org