

CHAMPIONS FIELDHOUSE
40 SOUTHLAWN COURT
ROCKVILLE, MD 20850

2010

Lacrosse

CHAMPIONS

Field Hockey

FIELDHOUSE

Soccer

SPRING

Volleyball

SUMMER

Futsal

CAMPS

Basketball



40 Southlawn Court . Rockville, MD 20850
301.838.7403 . www.championsfieldhouse.com

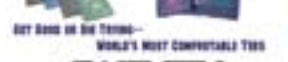
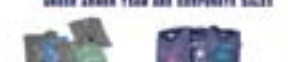
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Champions FieldHouse Registration/Waiver Form

Parent/Guardian Name:

Address:

City, State Zip:

Phone:

Email:

Birthdate: MM/DD/YYYY

Participant Name:

Participant Birthdate: MM/DD/YYYY

Camp/League/Clinic:

Camp/Clinic Name:

Age Group:

Check | VISA | MCard # Exp. AV Fee:

Notes:

RELEASE OF LIABILITY, AGREEMENT TO ARBITRATE—READ BEFORE SIGNING

INDEMNITY: PLAYERS SHALL PLAY AT THEIR OWN RISK. ANY BODILY INJURY OR DAMAGE TO PROPERTY OF OTHERS CAUSED BY CUSTOMER'S USE OF CHAMPIONS FIELD HOUSE IS THE SOLE RESPONSIBILITY OF THE CUSTOMER. AS AN EXPRESS CONDITION FOR RENTING OR UTILIZING THE DESIGNATED SPACE, THE CUSTOMER AGREES TO INDEMNIFY AND HOLD HARMLESS CFH, ITS OFFICERS, AGENTS, EMPLOYEES, OWNERS AND CONTRACTORS, FOR ANY AND ALL LOSSES, INJURIES, OR DAMAGES TO ANY PERSON OR THING THAT SHALL ARISE FROM CUSTOMER'S USE OF CHAMPIONS FIELD HOUSE.

In consideration of being allowed to utilize the CFH, its related events and activities, I, the undersigned, acknowledge, appreciate, and agree that:

- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE RELEASEES or others, and assume full responsibility for my OR MY CHILD'S participation; and,
- I, for myself and as agent for those who will utilize the space which I have rented and/or any user or participant in any related CFH clinic, practice, league or other event HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE CFH, their officers, official agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM MY OWN NEGLIGENCE OR OTHERWISE to the fullest extent permitted by law.

ARBITRATION AND CLASS ACTION RESTRICTION: Customer hereby agrees to resolve any and all disputes arising out of this contract which through binding arbitration and further to handle each potential claim on an individual basis and not through class action. Any controversy less than \$2500 shall be limited to 2 hours or less by the ADR Representative. Said individual binding arbitration shall be administered by and under the rules of the "ADR MARYLAND" www.adrmaryland.com 1-888-88ADRMD under its Arbitration Rules and in Montgomery County, Maryland. Judgment on the award rendered by the Arbitrator(s) may be entered in any court having jurisdiction thereof. By agreeing to this the decision of the arbitrator is final the parties understand that they each waive their right to have such disputes resolved by trial by jury. The costs of arbitration shall be equally split by the parties pursuant to the rules of ADR Maryland.

Participant or Parent/Guardian of Participant

Dated: _____

Signature: _____

Printed Name: _____

SUMMER SPORTS CAMPS

CAMP	GENDER	AGE/ GRADE LEVEL	OPTION	TIME	COST	June 7 - June 11	June 21 - June 25	June 26 - June 27	June 28 - June 29	June 28 - July 2	July 5 - July 10	July 12 - July 16	July 19 - July 23	July 23 - June 30	August 2 - August 6	August 9 - August 12	Camp Page Number
LACROSSE	Boys & Girls	High School	Evenings	5:30p-8:30p	\$225											4	4
	Boys & Girls	Middle School	Half Day	1pm-5pm	\$175											3	3
	Boys & Girls	Elementary School	Half Day	1pm-5pm	\$175											4	4
	Boys & Girls	Ages: 8-13	Half Day	1pm-5pm	\$175											4	4
	Boys & Girls	Ages: 14-18	Half Day	1pm-5pm	\$175											4	4
	Girls	HS/Rising Fresh.	Half Day	9am-1pm	\$175											8	8
FIELD HOCKEY	Girls	Ages: 8-14	Half Day	9am-1pm	\$175											8	8
	Girls	Elementary	Half Day	9am-1pm	\$175											8	8
	Girls	Middle School	Half Day	9am-1pm	\$200											7	7
	Girls	High School	Half Day	9am-1pm	\$200											7	7
HOUSE OF SPEED	Boys & Girls	Ages: 8+	Half Day	1pm-5pm	\$99											22	22
	Boys & Girls	Ages: 8+	Half Day	9am-12pm	\$99											22	22
VOLLEYBALL	Girls	Ages: 8-13	Half Day	9am-1pm	\$175											13	13
	Girls	Grades: 6-8th & 9-10th	Half Day	9am-1pm	\$175											13	13
	Girls	HS/Rising Fresh.	Evenings	6pm-9pm	\$120											14	14
	Girls	JV & Varsity	Full Day	9am-3pm	\$200											14	14
SOCCER	Boys & Girls	Boys Age: 6-11 Girls Age: 6-17	Half Day & Full Day	Half: 9am-12pm Full: 9am-3pm	Half: \$150 Full: \$250											9	9
	Boys & Girls	HS/Rising Fresh.	Half Day	1pm-5pm	\$175											10	10
	Boys & Girls	Ages: 5-12	Half Day & Full Day	Half: 9am-12pm Full: 9am-5pm	Half: \$200 Full: \$300											10	10
	Boys & Girls	Ages: 3-4	One Hour	9am-10am OR 1pm-2pm	\$75											11	11
	Boys & Girls	Ages: 5-6	1.5 Hours	10:15am-11:45am OR 2:15pm-3:45pm	\$105											11	11
	Boys & Girls	Ages: 6-14	Half Day	9am-12pm OR 1pm-4pm	\$159											12	12
FUTSAL	Boys & Girls	Ages: 8-14	Full Day	9am-4pm	\$210											12	12
	Boys & Girls	Ages: 8-14	Half Day	9am-1pm	\$175											18	18

WELCOME TO CFH

Here at Champions Fieldhouse, we believe that Summer is Sports Time! We are proud to offer you an array of camp and clinic choices for the players in your family! A typical day at our camps include skill training and drills in the morning followed by strategies and games in the afternoon.

Start planning your summer programs now — don't miss out on these great opportunities because they fill up quickly!

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EXTENDED HOURS FOR SUMMER CAMPS

Extended hours are offered on all camps from 7:30 - 9 a.m. in the morning and in the afternoon from 4:00 - 6 p.m.

The plans listed below are available for extended hours registration. Each plan is for one week. Families MUST Pre-Register and Pre-Pay for the Extended Hours Plans.

Registration may be for the morning, afternoon, or both. A limited number of drop-in spaces will be available each day for a fee of \$8 per hour, payable on a daily basis. If not pre-registered for Extended Hours, campers who are brought to the fieldhouse more than 15 minutes before their scheduled camp time or who are left on campus for more than 15 minutes after their scheduled camp time will be entered into the Extended Hours program, and parents will be billed the "drop-in" fee of \$8 per hour. The Extended Day program ends promptly at 6 p.m. If campers are not collected by 6 p.m., parents will be billed an additional late fee of \$40 per quarter hour after 6 p.m.

There are Three Extended Hours Options:
 Morning: 7:30am - 9am \$45/wk
 Afternoon 1: 4pm- 6pm \$90/week
 Afternoon 2: 4pm - 5pm \$50/week

BOYS LACROSSE CAMPS

COACH JIM CAHILL: Jim Cahill coached Parkville Girls Lacrosse Teams for seven years. A graduate of Johns Hopkins University where he played and started on the nationally ranked team for four years, two of which included NCAA championship games for the Blue Jays. Coach Cahill also went on the play for the Maryland Men's Club Lacrosse team for two seasons.

BOYS LACROSSE CAMP

Champions has lacrosse camps for all age groups and skills level. If you are new to lacrosse this will be a great opportunity to learn the basics of passing cradling, ground balls, individual and team play. If you are more advanced coaches will help you focus on what you need to work on to play at the high school level. In addition to skill instruction, coaches will focus on the importance of team play and sportsmanship. Each player will get a camp jersey! Don't miss this opportunity for summer Lacrosse fun!

MIDDLE SCHOOL LACROSSE CAMP

INTERMEDIATE: MIDDLE SCHOOL
Cost: \$175

Choice of Two Dates

Date: June 7 - 11, 2010

Time: 9am - 1pm

OR

Date: June 21 - June 25, 2010

Time: 1pm - 5pm

BEGINNER: MIDDLE SCHOOL
Cost: \$175

Choice of Two Dates

Date: June 7 - 11, 2010

Time: 9am - 1pm

OR

Date: June 21 - June 25, 2010

Time: 1pm - 5pm

REGISTRATION IS EASY!

1. CHECK OFF THE CAMP(S) YOU WOULD LIKE TO REGISTER FOR, COMPLETE THE WAIVER ON THE BACK PAGE, TEAR PAGES OFF AND SEND WITH FULL PAYMENT TO CHAMPIONS FIELDHOUSE, 40 SOUTHLAWN COURT, ROCKVILLE, MD 20850.

OR

2. YOU CAN REGISTER ONLINE BY GOING TO [HTTPS://SECURE.SPORTS-IT.COM/MYSAM/?CID=CHAMPS](https://secure.sports-it.com/mysam/?CID=CHAMPS) THEN SEARCH FOR YOUR CAMPS, SELECT YOUR AGE GROUP THEN FOLLOW THE INSTRUCTIONS ON THE SCREEN.



SPRING & SPRING BREAK SPORTS CAMPS

CAMP	GENDER	AGE/ GRADE LEVEL	OPTION	TIME	COST	March 21	March 29-April 2	April 5-April 9	March 16 - April 20	April 16-April 17	May 14-May 15	June 26-June 27	July 28-July 29	Camp Page Number
SOCCER	Boys & Girls	U12-U18	Half Day	9am-11am OR 12pm-2pm	\$160		<input type="checkbox"/>							23
MULTI-SPORT	Boys & Girls	Ages: 7-13	Half Day & Full Day	Half: 9am-12pm Full: 9am-3pm	Half: \$295 Full: \$195		<input type="checkbox"/>							23
BASKETBALL	Boys	Elementary & Middle School	6 Weeks, One Hour Sessions	6pm-7pm	\$90				<input type="checkbox"/>					17
	Girls	Elementary & Middle School	One Hour Sessions	7pm-8pm	\$90				<input type="checkbox"/>					17
HOUSE OF SPEED	Boys & Girls	Ages: 8+	Half Day	2pm-5pm	FREE!	<input type="checkbox"/>								22
	Boys & Girls	Ages: 13+	Half Day	Fri: 6pm-9pm & Sat: 9am-12pm	\$99					<input type="checkbox"/>				22
	Boys & Girls	Ages: 8+	Half Day	Fri: 6pm-9pm & Sat: 9am-12pm	\$99						<input type="checkbox"/>			22
	Boys & Girls	Ages: 8+	Half Day	1pm-5pm	\$99									22
	Boys & Girls	Ages: 8+	Half Day	9am-12pm	\$99								<input type="checkbox"/>	22

BOYS & GIRLS SPRING BREAK CAMPS

SPRING BREAK SHOOTING & FINISHING CLINIC

MONTGOMERY SOCCER ACADEMY

This clinic will focus on offensive tactics, shooting techniques and finishing. Instructor is Jim Bruno, Director of Montgomery Soccer Academy, coach of Good Counsel's Girls' Varsity, and coach of two WAGS teams.

Ages: U12-U18

Dates: March 29 - April 1, 2010

Price: \$160

Choice of Two Times

Times: 9am - 11am

Times: 12pm - 2pm

SCHOOLS OUT BREAK TIME!

Looking for a week of fun! Soccer, Flag Football, Volleyball, Hockey and more! When the kids are out of school we know how important it is to keep the kids active. Our camps are real sports camps with fun, exercise and real sports instruction--not just daycare alternatives. Beverages are provided by Honest Tea "Honest Kids"--no soda, chips, or candy. Full Day participants, please bring a packed lunch.

Dates: March 29 - April 2, 2010

Times: Full day: 9am - 3pm (*bring packed lunch*)

Half day: 9am - 12pm

Price: Full Day - \$295

Half Day - \$195

ELEMENTARY LACROSSE CAMP

ELEMENTARY

Grades K-2 & Grades 3-5

Cost: \$175

Date: June 7 - 11, 2010

Time: 1pm - 5pm

OR

Date: June 21 - June 25, 2010

Time: 9am - 1pm

HIGH SCHOOL LACROSSE ACADEMY

The CFH Boy's Academy will help players develop all facets of their game. Including - shooting, ground balls, defense (team and individual), fast breaks, dodging, stick skills, offense, clears and draw control.

Cost: \$225

Dates: June 21 - June 25, 2010

Time: 5:30pm - 8:30pm

BOYS LACROSSE CAMP

All skills levels are welcome. If you are new to lacrosse this will be a great opportunity to learn the basics of passing, cradling, ground balls, individual and team play. If you are more advanced, coaches will focus on what you need to work on at the high school level. In addition to skill instructions, coaches will focus on importance of team play and sportsmanship.

INTERMEDIATE

Cost: \$175

Ages: 8-13 & 14-18

Dates: August 2 - August 6, 2010

Time: 1pm - 5pm

BEGINNER

Cost: \$175

Ages: 8-13 & 14-18

Dates: August 2 - August 6, 2010

Time: 1pm - 5pm



GIRLS LACROSSE CAMPS

COACH COREY SAMPERTON: Previously coached for the Middle School Stars Club in Alexandria VA. Coached at BCC High School in the spring of 2009 and now coaches at The Academy of the Holy Cross in Bethesda Md. In 2009, Corey coached the coached the Jackals 2012 Stars and will continue with the team and the club in 2010. Played for the University of Notre Dame Lacrosse 2002-2004. Played attack for the Irish and started as a Freshman. Four-year letter-winner in field hockey and lacrosse at Georgetown Visitation High School (three years) and lacrosse powerhouse St. Stephen's & St. Agnes High School (senior year). Selected first team all-met in field hockey (2001) and all-Conference four times in field hockey throughout high school. Two-time U.S. Lacrosse Association high school All-American (2001, 2002). Played for team mid-atlantic/south 1 all 4 years in high school and won 3 national tournament trophies.

GIRLS LACROSSE CAMP

Champions has camps for all age groups and skills levels. If you are new to lacrosse this will be a great opportunity to learn the basics of passing cradling, ground balls, individual and team play. If you are more advanced, coaches will help you focus on what you need to work on to play at the high school level. In addition to skill instruction, coaches will focus on the importance of team play and sportsmanship. each play will get a camp jersey! Don't miss this opportunity for summer Lacrosse fun!

MIDDLE SCHOOL PLAYERS

INTERMEDIATE: Grades 6 - 8

Cost: \$175

Choice of Two Dates

Dates: June 7 - June 11, 2010

Time: 9am - 1pm

OR

Dates: June 21 - June 25, 2010

Time: 1pm - 5pm

BEGINNER: Grades 6 - 8

Cost: \$175

Choice of Two Dates

Dates: June 7 - June 11, 2010

Time: 9am - 1pm

OR

Dates: June 21 - June 25, 2010

Time: 1pm - 5pm

FREE SPEED CAMP: AGES 8 & UP

2nd Annual Free Speed Camp

Dates: March 21, 2010

Time: 2pm - 5pm

Price: FREE!

2 DAY CAMP AGES: 13 & UP

2 Day Speed Pass

Friday, April 16 from 6pm- 9pm &

Saturday, April 17 from 9am - 12pm

Price: \$99

2 DAY CAMP AGES: 8 & UP

2 Day Speed Pass

Friday, May 14 from 6pm - 9pm &

Saturday, May 15 from 9am - 12pm

Price: \$99

2 DAY CAMP AGES: 8 & UP

2 Day Speed Pass

Monday, June 26 from 1pm - 5pm &

Tuesday, June 27 from 1pm - 5pm

Price: \$99

2 DAY CAMP AGES: 8 & UP

2 Day Speed Pass

Monday, July 28 from 9am - 12pm &

Tuesday, July 29 from 9am - 12pm

Price: \$99

BOYS & GIRLS HOUSE OF SPEED

Join us for one of our fun and challenging speed camps! Athletes from all sports are welcome. As the sports world has become more competitive, speed and agility have become very important qualities for athletes to possess. House of Speed's experienced instructors will help you identify problems in your running form that are preventing you from reaching your top potential running speed. With a focus on footwork, balance, and explosive drills, we can help an athlete become quicker and more agile. Improvements made in these areas will result in improved performance in your particular sport.

ABOUT HOUSE OF SPEED

Don't miss this opportunity to increase your speed, and learn the skills needed to become a better athlete! Our day camps focus on a variety of training techniques that are used to enhance quickness, improve balance and agility, develop speed, and build confidence.

ELEMENTARY SCHOOL PLAYERS

Grades: K-2 & Grades 3-5
Cost: \$175

Choice of Two Dates

Dates: June 7 – 11, 2010

Time: 9am - 1pm

OR

Dates: June 21 - June 25, 2010

Time: 1pm - 5pm

GIRLS LACROSSE ACADEMY

This Academy will help players develop all facets of their game including shooting, ground balls, defense (team and individual), fast breaks, dodging, stick skills, offense, clears and draw control.

INTERMEDIATE: High School

Cost: \$225

Dates: June 21 - June 25, 2010

Time: 5:30pm - 8:30pm

BEGINNER: High School

Cost: \$225

Dates: June 21 - June 25, 2010

Time: 5:30pm - 8:30pm

END OF SUMMER LACROSSE CAMP

Keep working on your skills through the end of the summer! Camps will include a morning skills circuit and afternoon game play.

INTERMEDIATE: Ages: 8-13, 14-18

Cost: \$175

Dates: August 2 - August 6, 2010

Time: 9am-1pm

BEGINNER: Ages: 8-13, 14-18

Cost: \$175

Dates: August 2 - August 6, 2010

Time: 9am-1pm



GIRLS FIELD HOCKEY CAMPS

COACH JENNA RIES: Founder of Champions of Tomorrow and Champions Field House. Currently the Athletic Director & Head Varsity Lacrosse coach at The Academy of the Holy Cross in Bethesda, MD. Ries is the first person to be named to the Washington Post All-Met team as both a player and a coach. Former Varsity Field Hockey and Lacrosse coach at Quince Orchard High School, Ries lead her teams to 12 division titles, seven Regional Championships and two state titles. She was named All-Met Coach of the Year in 2001 and was an All-County Coach's Selection for the 1998, 1999, 2000, 2001, and 2006 seasons. In 2009 she coached the U16 Jackals Field Hockey team to their first appearance in the D pool at the National Indoor Tournament, finishing in fourth place and earning a national ranking. Played Field Hockey for the University of Maryland.

HIGH SCHOOL FIELD HOCKEY CAMP

Come and play with some of the areas best coaches and players. At Champions of Tomorrow Field Hockey Camp players can expect the highest level of coaching and competition. You will be able to improve on your personal as well as your team skills. Camps will include a morning skills circuit and afternoon game play. If you want to take your game to the next level, sign up for CFH FH camp today.

Ages: Grades 9-12

Cost: \$200

JV

Date: June 21 - June 25, 2010

Time: 9am - 1pm

VARSITY

Date: June 21 - June 25, 2010

Time: 9am - 1pm



if you have 15 hitters. Each player must fill out an information form as well as a Medical Waiver. Please call for availability - 301-838-7403. Once availability is determined and agreed upon, please register and complete the payment processing to secure your Team Hitting timeslot.

BASEBALL MEMBERSHIP: HIGH SCHOOL

Champions Field House (CFH) is offering a winter baseball membership for use of the batting cages, fitness room, and field space when available. The membership gives you use of the batting cages, mounds, and field space Monday through Friday from 12:00-4:00 (holidays excluded). The membership is \$150 and is good until March 15, 2010. This is perfect for high school players to work on the skills they will need to make their JV and Varsity teams.

BASEBALL MEMBERSHIP: COLLEGE

For college players we offer you the same membership listed above for \$40. We understand that you are only home for a limited time. (For the college membership a current College ID must be provided upon registration.) Call for availability when schools are closed. An athletic waiver must be completed before membership begins.

RULES OF MEMBERSHIP

Rules of Membership include but are not limited to:

- take only 20 swings at a time while others are waiting.
- be respectful to equipment, facility, staff.
- be respectful and mindful to the CFH Staff.
- conduct themselves in a safe and responsible manner.
- pick-up equipment after use.
- not use profanity

If a member disobeys any of the rules of the membership, their membership will be revoked and payment will not be reimbursed. Complete the Membership Form and bring it with you on your first visit to the Fieldhouse.

BOYS BASEBALL

At Champions Field House, we offer a wide variety of baseball training and services. These include: Baseball Membership, individual instructions and team hitting packages. We offer drop-in rates for our batting cages.

SMALL GROUP OR PRIVATE INSTRUCTION

Champions Fieldhouse provides quality professional hitting, pitching, and defensive instruction at an affordable price. Our staff includes former college standouts, current high school and college coaches, as well as current professional players. Current availability includes Thursday evenings from 4-9pm. For up-to-date information, please email us.

AVAILABILITY

For availability or questions, please call 301-838-7403. Once cage and instructor availability is determined and agreed upon, please register and complete the payment processing to secure your instructional timeslot. Requests for specific instructors must be made prior to registering for lesson times. Hitting and pitching instruction is provided by our baseball coaching staff.

PRICING

Instruction is 55 minutes per session.

1 Player - \$40 ½ per hour

1 Player - \$75 per hour

2 Players - \$100 tandem (\$50 each)

3 Players - \$105 (\$35 each)

4 Players - \$120 (\$30 each)

Note: We have a 24 hour cancellation policy on all instructional sessions.

There are no make-up sessions who miss their appointed time.

TEAM HITTING PACKAGE

The program gives your team use of 2 batting cages, which can be split into 4 cages. Your team will get the use of the hitting facility for 55 minutes for a total of 8 sessions, set up the times and days to fit your needs. Go twice a week for 4 weeks, once a week for 8 weeks, set it up however works best for your team. This also provides two of our professional instructional staff to work with your hitters to ensure they aren't developing bad habits. You pick the instructors you want for your team. The cost of the package is \$1000. That works out to \$67 per player

MIDDLE SCHOOL CAMP

Ages: Grades 6-8

Cost: \$200

BEGINNER

Date: June 21 - June 25, 2010

Time: 9am – 1pm

INTERMEDIATE

Date: June 21 - June 25, 2010

Time: 9am – 1pm

ELEMENTARY CAMP

Ages: K-2 and Grades 3-5

Cost: \$175

BEGINNER

Date: August 9 - August 12, 2010

Time: 9am – 1pm

INTERMEDIATE

Date: August 9 - August 12, 2010

Time: 9am – 1pm

FIELD HOCKEY HIGH SCHOOL PREP CAMP

Get the skills and fitness you need to start off your high school season right! Seasoned high school coaches who know the game and what high school coaches will be looking for will give you the tools you need to excel at tryouts!

JV & VARSITY

Date: August 9 - August 12, 2010

Time: 9am – 1pm

Age: High School or Rising Freshman

Cost: \$175

FIELD HOCKEY ELEMENTARY/ MIDDLESCHOOL PREP CAMP

Skills training and game play for beginner players. A comfortable and fun setting to learn the basics of the game as well as new skills!

AGE: 8 - 14 yrs old

Date: August 9 - August 12, 2010

Time: 9am – 1pm

Cost: \$175



BOYS & GIRLS SOCCER CAMPS

COACH JIM BRUNO: Coach Bruno is the Director of the Montgomery Soccer Academy along with Good Counsel's Girls' Varsity and coach of two WAGS teams.

MONTGOMERY ACADEMY SUMMER CAMP

For 21 years the camp goal has been to help children learn and love soccer by emphasizing skill work and small sided games. These encourage: 1) Maximum touches for better control; 2) Proper form and technique; 3) Increased confidence with the ball.

- Activities include a variety of skill lessons, games and contests to keep the children interested and learning.
- A strong emphasis on individual instruction along with the low camper to counselor ratio allows campers of every level and experience - recreational to select - to enjoy and improve.
- Instruction includes dribbling, shooting, passing, foot skills, plus 1-v-1, ball fakes and heading at the appropriate level.

MSA FULL DAY

Age: Boys 6-11

Age: Girls 6 - 17

Price: \$250

Dates: June 28 - July 2, 2010

Times: 9am - 3pm

MSA HALF DAY

Age: Boys 6-11

Age: Girls 6 - 17

Price: \$150

Dates: June 28 - July 2, 2010

Times: 9am - 12pm

HIGH SCHOOL PREP

Get ready for your high school tryout! Experienced high school coaches will run you through the drills and work-outs that will help you make your team. Sessions are available for those girls trying out for their JV and/or Varsity teams as well as for seasoned varsity athletes who want to be challenged before tryouts.

BOYS & GIRLS FUTSAL CAMPS

COACH DEVIN PAYTON: Devin Payton has an extensive background with playing and coaching both soccer and Futsal. He has twenty one years of experience, including five years working with children three to six years old and nine years of coaching older kids. His career began at Old Dominion University, where he has an excellent career, and from there he went to play professional soccer with Northern VA Royals, Maryland Mania, and Carolina Dynamo. He also trained with the Hershey Wildcars, Nashville Metros, Richmond Kickers, and MLS Tampa Bay Mutiny in 2001. In 2002, Devin played with the US Futsal National Team, an honor and a privilege for him. His extensive playing and training background affords him the opportunity to pass on his knowledge to hundreds of area soccer players via personal and team instruction. His memberships include NSCAA, MD ODP Technical Coach, and DDP U-90's Boys Head Coach. In addition, he holds a USSF National B Coaching license.



FUTSAL CAMP

Students will learn the art of total ball mastery, as well as moving the ball using the sole of their foot, the inside and outside, the heel and the ball of the foot to gain control and mastery of the ball, feints, moves, turn stops/starts to get away from your opponents. they will also learn how to use their opponent's lack of balance against them by maneuvering the ball with quick turns and change of direction.

INTERMEDIATE

Age: 8-14 years old

Price: \$175

Dates: June 28 - July 2, 2010

Times: 9am - 1pm

BEGINNER

Age: 8-14 years old

Price: \$175

Dates: June 28 - July 2, 2010

Times: 9am - 1pm

BOYS & GIRLS BASKETBALL CAMPS

BASKETBALL CAMP

Work on your shots, learn zone and man-to-man defensive skills. Athletes will be grouped by age and skill.

BOYS
 Age: Elementary & Middle School
 Price: \$90
 Dates: March 16 - April 20, 2010
 Day: Tuesdays
 6 week session
 Time: 6pm - 7pm

GIRLS
 Age: Elementary and Middle School
 Price: \$90
 Dates: March 16 - April 20, 2010
 Day: Tuesdays
 6 week session
 Time: 7pm - 8pm



GIRLS HIGH SCHOOL PREP

Age: High School or Rising Freshman
 Price: \$175
 Dates: August 9 - August 12, 2010
 Times: 1pm - 5pm

BOYS HIGH SCHOOL PREP

Age: High School or Rising Freshman
 Price: \$175
 Dates: August 9 - August 12, 2010
 Times: 1pm - 5pm

FUTURE MONARCH FUNDAMENTALS OF SOCCER

The Fundamentals of Soccer is set up to accommodate the beginner and intermediate level soccer player. The basic techniques of the game will be taught such as dribbling, passing, receiving, heading and shooting. Physical dimensions will be introduced such as balance, speed, agility and explosion. Light tactical instruction will be implemented through small sided games that build to larger numbers. Some of the topics will include pressure, cover, balance in defending and width, depth and runs in offensive movement. The fourth element that players will learn from the Monarchs' Professional Players is the mental aspect of the game such as discipline, focus, determination and goal-setting. Both Soccer & Futsal will be taught and played. Come train with the Professionals!

FUTURE MONARCH BEGINNER TO INTERMEDIATE

Age: 5 - 12
 Price: Full Day - \$300
 Half Day - \$200
 Times: Full Day - 9am - 5pm
 Half Day - 9am - 12pm

Choice of Four Sessions
 Session I - July 5, 2010 - July 10, 2010
 Session II - July 12, 2010 - July 16, 2010
 Session III - July 19, 2010 - July 23, 2010
 Session IV - July 23, 2010 - July 30, 2010



BOYS & GIRLS BRITISH SOCCER CAMPS

British Soccer Camps provide young players with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. Each British Soccer Camp provides players of all ages and abilities the appropriate program and level of curriculum and a wonderful cultural and educational camp experience!

Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the Challenger coaching staff provides your child with lessons in self-discipline, good sportsmanship and respect for others and for the game.

FIRST KICKS AGE: 3 - 4

A friendly low key introduction to the basics of soccer through games, stories and fun. First Kicks Camps last one hour each day for five days.

Price: \$75

Choice of Two Dates

Dates: June 21 - June 25, 2010

Dates: August 2 - August 6, 2010

Choice of Two Times

Times: 9am - 10am

Times: 1 - 2pm

MINI SOCCER AGE: 5 - 6

Fun games, competitions and challenging skill-building activities will captivate and enlighten your young players. Minisoccer camps last either two hours, or one and a half hours each day for five days.

Price: \$105

Choice of Two Dates

Dates: June 21 - June 25, 2010

Dates: August 2 - August 6, 2010

Choice of Two Times

Times: 10:15 am - 11:45 am

Times: 2:15 pm - 3:45 pm

ADVANCED SKILLS CLINICS

For varsity and experienced club players. Learn advanced skills.

SETTING CLINIC

Setting different tempo sets to different locations; setter attacks, setter deception, running an offense.

Price: \$50

Date: August 2 - 3, 2010

Time: 8pm - 10pm

PASSING/HITTING CLINIC

Advanced serve reception, attacking different tempo sets, developing variety of attacks

Price: \$50

Date: August 4 - 5, 2010

Time: 8pm - 10pm

SERVING CLINIC

Emphasis on jump floating and jump spin serves.

Price: \$25

Date: August 6, 2010

Time: 4pm - 6pm





GIRLS VOLLEYBALL CLINICS

COACH SHANG HSIUNG: Coach Hsiung's credentials include: USA Volleyball CAP Cadre - 1994-2006; USOC Development Coach of the Year for Volleyball - 1998; Maryland Men's Volleyball Coach - 1986-2006 (National Champions - 1996; 2nd - 2006, 1995; 3rd - 1994, 1990, 1987); Maryland Volleyball Program Director/Coach - 1985-2006 (East Coast Boys Champions 1996, 1994, 1993); Kennedy HS Coed Volleyball Coach - 2007 - Present; Kennedy HS JV Girls Volleyball Coach - 2006 - Present; Champions of Tomorrow Volleyball Club Director - 2009 - Present & Volleyball Coach.

BEGINNER/ INTERMEDIATE SKILLS CLINICS

For those new to the sport or at the JV level. Learn the correct fundamentals

SETTING CLINIC

Focus on correct hand position and delivery of sets. Basic front and back sets.
 Price: \$50
 Date: June 21 - 22, 2010
 Time: 8pm- 10pm

PASSING/HITTING CLINIC

Fundamentals of serve reception and attacking.
 Price: \$50
 Dates: June 23 - 24, 2010
 Time: 8pm - 10pm

SERVING CLINIC

Emphasis of proper mechanics of overhand floater.
 Price: \$25
 Dates: June 25, 2010
 Time: 4pm - 6pm

HALF DAY CAMPS

Gain technical and tactical instruction in all areas of the game. Emphasis is placed upon individual skill development and fundamental tactical awareness through our coaching mix of maximum participation, progressive practices and small-sided games. Half-Day Camps last three hours a day for five days.

Ages: 6 - 14 years old
 Price: \$159
Choice of Two Dates
 Dates: June 21 - June 25, 2010
 Dates: August 2 - August 6, 2010

Choice of Two Times
 Time: 9am - 12pm
 Time: 1pm - 4pm

FULL DAY CAMPS

Full-Day camps focus on game-related techniques, tactical development and coached match play. Each camp lasts six hours a day for five days.

Ages: 8-14 years old
 Price: \$210
Choice of Two Dates
 Dates: June 21 - June 25, 2010
 Dates: August 2 - August 6, 2010
 Times: 9am - 4pm *(please bring packed lunch)*

GIRLS VOLLEYBALL CAMPS

COACH SHANG HSIUNG: Coach Hsiung's credentials include: USA Volleyball CAP Cadre - 1994-2006; USOC Development Coach of the Year for Volleyball - 1998; Maryland Men's Volleyball Coach - 1986-2006 (National Champions - 1996; 2nd - 2006, 1995; 3rd - 1994, 1990, 1987); Maryland Volleyball Program Director/Coach - 1985-2006 (East Coast Boys Champions 1996, 1994, 1993); Kennedy HS Coed Volleyball Coach - 2007 - Present; Kennedy HS JV Girls Volleyball Coach - 2006 - Present; Champions of Tomorrow Volleyball Club Director - 2009 - Present & Volleyball Coach.

GIRLS BEGINNER VOLLEYBALL CAMPS

For those girls new to the sport. Primarily skill-work; learn to pass, set, serve and attack as well as the fundamentals of game-play

BEGINNER

Ages 8-13 & Ages 14 thru High School

Price: \$175

Dates: June 21 - June 25, 2010

Times: 9am - 1pm

INTERMEDIATE

Grades 6-8 & Grades 9-10

Price: \$175

Dates: June 21 - June 25, 2010

Times: 9am - 1pm

SKILLS ACADEMY

Improve your game - instructional clinics that will further develop your volleyball skills. Each session will focus on different skills set - serving, passing, hitting, setting

Age: High School

Price: \$175

Dates: June 22 - August 5, 2010

Days: Tuesdays & Thursdays

Times: 5:30 pm - 7:00 pm

HIGH SCHOOL PREP

Get ready for your high school tryout! Experienced high school coaches will run you through the drills and work-outs that will help you make your team. Sessions are available for those girls trying out for their JV and/or Varsity teams as well as for seasoned varsity athletes who want to be challenged before tryouts.



JV & VARSITY CAMPS: High School or Rising Freshman

Price: \$200

Dates: August 9 - August 12, 2010

Times: 9am - 3pm

GIRLS HIGH SCHOOL TEAM CAMP

This camp focuses on team play in a 6 versus 6 situation. It is geared toward high school varsity players or club team players. School teams may sign up as a group and will be placed together in preparation for the fall season. Team offensive and defensive systems of play under game situations will be the primary emphasis of each session.

Age: High School or Rising Freshman

Price: \$120

Dates: August 9 - 12, 2010

Times: 6pm - 9pm