# 2021 SUMMER CAMPS IN THE ZONE

#### **BOYS BASKETBALL CAMP**

Session 1: June 28 – July 2 Session 2: July 5 - 9 9 am – 2 pm Ages 7 - 14 \$150.00

Held at Hereford HS gymnasium

Boys basketball camp will focus on teaching and working on skills and fundamentals of the game. There are full court games, a 3 on 3 tournament, daily contests and prizes. The camp is conducted by Hereford High basketball coaches Jim Rhoads and Mike Kalisz.

To register, email Coach Rhoads at <a href="mailto:jrhoads@bcps.org">jrhoads@bcps.org</a>

### **GIRLS BASKETBALL CAMP**

**Session 1:** July 12 – 16 **Session 2:** July 18 - 23

9 am – 2 pm Ages 7 – 14 \$150.00

Held at Hereford HS gymnasium

Girls basketball camp will focus on teaching and working on skills and fundamentals of the game. There are full court games, a 3 on 3 tournament, daily contests and prizes. The camp is conducted by Hereford High basketball coaches Jim Rhoads and Mike Kalisz.

To register, email Coach Rhoads at <a href="mailto:jrhoads@bcps.org">jrhoads@bcps.org</a>

#### FITNESS AND FUN CAMP

**Session 1:** June 28 – July 2 \$100 **Session 2:** July 6 – 9 \$80 **Session 3:** July 19 – 23 \$100

9 am – 12 pm Grades 2 – 5

Held at 5<sup>th</sup> District ES athletic fields/gym

Campers will engage in a variety of Physical Education games and activities in a safe and germ-mitigating environment. Camp Instructor is Steve Bruso, Maryland State Certified physical education teacher at Fifth District Elementary School.

To register, email Mr. Bruso at sbruso@bcps.org

#### HEREFORD VOLLEYBALL CAMP

July 27 – 30 8 am – 12 pm Ages 7 – 15 \$100 Held at Hereford HS gymnasium

To register, email Coach Schreiner at dschreiner@bcps.org

Campers will be introduced to the fundamentals of volleyball, footwork, receiving, passing, hitting, serving and court play. All campers will have the opportunity to improve their volleyball skills and knowledge of the game. This is a great opportunity for incoming 9<sup>th</sup> graders that plan to try out for volleyball at the high school level. The camp will be conducted by David Schreiner, the Hereford HS Varsity Volleyball coach.

#### HEREFORD GIRLS SOCCER CAMP

**Session 1:** July 26 - 29 Ages 6 – 11 years **Session 2:** August 2 – 5 Ages 12 – 14 years

8 am – 12 pm

\$160

Held at Hereford HS turf field

To register, contact Coach Duvall at bduvall@bcps.org

The camp will be divided by age group. The younger age group is designed with the elementary school child in mind. It will focus on making the game fun and enjoyable for athletes of that age. The camp will focus on developmental skills, games and having fun playing the sport. The older age group will be designed to give middle school aged girl soccer players an idea of what to expect from the high school program. It will help prepare them for the high school team incorporating skills, endurance and strength into a comprehensive camp. Camp Instructor is Brad Duvall, Head Varsity Girls' soccer coach at Hereford HS.

## **HEREFORD BULLS TENNIS CAMP**

Session 1: July 12 - 16 Session 2: July 19 - 23 Session 3: July 26 - 30 Session 4: August 9 - 13 Session 5: August 16 - 20

9 am – 12 pm Ages 9 - 15

\$180 per camper/session

Held at Hereford Middle School tennis courts

Each session is limited to 12 campers

To register, contact Betsy at ezinkand@bcps.org

Grab your tennis racket and get ready to play! Whether you are a beginner or an intermediate player, this program will improve your game and help you get more enjoyment from tennis. This tennis program will focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Each player is given personal attention and taught through repetition in an enjoyable, lively atmosphere. Hereford Bulls Tennis breaks down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, groundstrokes, volleys and serves during a series of drills and games designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules, strategy and etiquette that makes tennis such an exciting game to play. Camp instructor is Betsy Zinkand, Physical Education Teacher and Coach at Hereford Middle School.

# **BULLS FIELD HOCKEY CAMP**

June 28 – July 1 9 am – 1 pm Grades 3 – 5 \$110 Grades 6 – 9 \$140 Held at Hereford HS turf field

To register, contact Caitlin at cduvall@bcps.org

Bulls Field Hockey Camp will have a strong focus on fundamentals with an emphasis on team play and game awareness. Athletes will participate in a variety of competitive drills that will sharpen their basic skills and allow them to grow their knowledge of the game. Incoming 9 grade athletes will participate in conditioning that will prepare them for the next level. Goalies are encouraged to attend! Camp is instructed by Caitlin Duvall, Head Varsity Field Hockey coach at Hereford HS assisted by current and former college field hockey athletes.

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## **HEREFORD BASEBALL CAMP**

**Session 1:** July 12 – 15 Ages 9 - 12 **Session 2**: July 19 – 22 Ages 13 and up

8 am - 12 pm

\$160

Held at Hereford HS Baseball Field

To register, contact Coach Duvall at bduvall@bcps.org

Session 1 is designed for the post tee ball, younger, developing players who will have the opportunity to have fun learning the fundamentals of the game and learn from some of the best baseball instructors around.

Session 2 is designed for older players who play on a 90-foot diamond. They will have the opportunity to work with coaches who all played college baseball, ranging from D-1 to JUCO. This will be an intense and high-level instructional camp. Players will review complex in-game situations, work on fundamental basics and break down their hitting, fielding, and throwing mechanics.

Camp is instructed by Brad Duvall, Hereford HS graduate who played Division 1 college baseball at Bucknell University. Assisting Brad will be Ed Martin, Head JV Baseball Coach at Hereford HS and Will DeSantis who played 4 years of high school baseball before playing at Marietta College.

Should you require special accommodations (i.e. sign language, interpreter, large print, etc.) please give as much notice as possible by calling the Therapeutic Office At 410-887-5370 (voice) or 410-887-5319 (TTD).

These programs are neither sponsored by nor endorsed by the Board of Education of Baltimore County, or the Superintendent.

