

# The Stealin' Home Sports

## Camps

are committed to providing you with the very best instruction as well as a safe, enjoyable, exciting experience!.

All of the coaches are either former or current college or high school coaches and all of our counselors are former or current college and/or high school athletes. In addition, all coaches are First Aid, CPR, AED and/or Rutgers Safety Certified and/or NJSIAA registered High School sports officials.

It is our belief that the Stealin' Home Sports Camps will give your child(ren) the opportunity to gain new skills or "fine tune" existing ones through activity involvement, whereby they will be able to apply what they learn on a daily basis.

### **Your child will learn/develop:**

- \* Proper fundamentals of each sport/activity
- \*Various Strategies they can use during their games
- \*Teamwork and sportsmanship
- \*Self confidence
- \*and Have fun!

The Head Instructor/Director of the Camp **Mike Carmiche** is a Health and Physical Education teacher at Mountain Lakes High School. He is the former head baseball coach for Mountain Lakes High School and led his team to a state play-off berth, the first time since 1982. He holds a Masters Degree in Health Education and is a certified Strength and Conditioning Specialist and certified Martial Arts Instructor.

*He believes each player offers their own, unique qualities and abilities and his mission is to maximize their full potential. Allowing them to achieve success in their chosen sport(s).*

All campers are responsible for bringing their own water bottle and snack.

### **TYPICAL CAMP SCHEDULE**

(depending on activity and location)

- \*players arrive
- \*stretching / warm-ups, training drills.
- \*water break
- \*position / technique specific lessons/ drills and lead up games.
- \*water break/snack break
- \*live games
- \*conclusion

### **CAMP LOCATIONS, DATES AND TIMES**

**\*PLEASE CIRCLE ALL YOU WISH TO ATTEND\***

## **Gardner Field, Denville**

<u>June</u>	29- July 2	9am-12pm	Non-Contact Football or Soccer or Cheerleading
<u>July</u>	6-9	9am-12pm	Basketball or Tennis
	20-23	9am-12pm	Baseball or Softball
	27-30	9am-10am	Speed/Agility Camp (Special \$75) <b>NEW!</b>
<u>August</u>	3-6	9am-10am	Self-Defense (Special \$75)

It is advisable parents/guardians provide their children with sunscreen and insect repellent.

*Please note that all camps are held Monday through Thursday, with Friday as a rain day only!*

### **Sport Specific Techniques of:**

**Non-Contact Football:** fundamental motor skills, confidence and higher level athletic and technique development conducive for playing all positions: passing, running, non-contact blocking/shedding blocks and tackling, catching and defending. (Campers must bring a mouth piece, cleats, athletic supporter and cup and additional protective gear if needed)

**Soccer:** positional play and individual skill development, technical skill development and enhancement, team play and game preparation. (Campers must be equipped with cleats, athletic supporter and cup and shin guards. Goalie gloves and padding and any additional padding if applicable.)

**Cheerleading:** Fight songs, crowd cheers and sideline, Game Day Traditions. Spirit routines, basic jumps and precision, unique dances, and other skills and drills. (Campers are to wear sneakers and any other protective or supportive equipment if needed)

**Tennis:** Stroke development and strategy, serving techniques, match play, proper conditioning and stretching. (Campers will need a tennis racket, sneakers/tennis shoes and any additional protective equipment if needed.)

**Basketball:** Proper dribbling, ball handling. Shooting "post and point" playing, offensive and defensive concepts and techniques, one-on-one play. (Campers will need athletic supporter and cup and any additional protective equipment if needed.)

### **NEW!!**

**Speed/Agility Camp:** Development of speed agility through various resistance, over speed, plyometric and other explosive power drills. Campers should have sneakers and cleats.

**Lacrosse:** positional play and individual skill development, technical skill development and enhancement, team play and game preparation. Stick skills and more. Campers must bring their own helmet, mouth guard, gloves, arm pads, athletic supporter, stick, and other protective equipment.

**Baseball/Softball:** Proper techniques and fundamentals for pitching, catching, outfield and infield play as well as hitting, bunting, base running and sliding – confidence and enjoyment. (Campers must be equipped with a bat, glove, athletic supporter

and cup, baseball/softball pants, sliding shorts, catcher's equipment ( if applicable, batting gloves and hat.)

**Self-Defense:** Various self-defense concepts, techniques and applications. Kicks, punches, throws, etc. as well as counters and various weapons/disarms. (Campers will need sneakers and loose fitting clothing)

(All camps for children 6-16 years old)

Player(s) name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Email address \_\_\_\_\_

Age(s) \_\_\_\_\_

Date of Birth(s) \_\_\_\_\_

Positions(s) \_\_\_\_\_

Emergency Contact(s)  
Name and phone numbers \_\_\_\_\_

Does your child have any medical condition(s) and/or allergies, etc... That the **Stealin' Home Sports staff** should be made aware of?

T-Shirt size S M L XL XXL  
(circle one)

Where did you hear about **Stealin' Home Sports Camps?**

I have read the waiver and authorize medical emergency treatment

Parent/guardian signature \_\_\_\_\_ date \_\_\_\_\_

Please send your non-refundable payment along with registration and authorization of waiver to:

**Stealin' Home Sports Camps**  
**P.O. Box 411**  
**Mountain Lakes, NJ**  
**07046**

**PRICES AND SPECIALS**

1 WEEK = \$125, \$75 for Special Camps

This includes a **Stealin' Home Sports Camp**

T-Shirt and possible awards for:

*Most Improved*

*Most Outstanding Player*

*Hardest Worker*

*\*Sign up for 2 or more weeks, receive \$25 off*

*\*Bring a friend – receive \$25 off*

*Sign up by May 1<sup>st</sup>, receive \$25 off and a 10% discount to All-In-One Collectibles (Route 53, Denville, NJ)*

*\*Only 1 special applicable per camper*

*\*Also available: For \$30, a **Stealin' Home Sports Camp** player evaluation. Head coaches provide an evaluation of your son/daughter. This evaluation may be used during their team try-outs, etc... Sign up forms will be available the first day of camp.*

**Waiver, Release and Emergency Medical Authorization**

I understand that any athletic endeavor is an extreme test of a person's physical and mental limits and carries with it the potential for personal injuries. I hereby assume the risk of my child's participation in the Stealin' Home Sports Camps, LLC. I hereby take the following action for myself and my child(ren): I waive and release and discharge any and all claims or liabilities for personal injury or damages of any kind, which may arise out of or relate to my child's participation at the Stealin' Home sports Camps, LLC the

following persons or entities: Stealin' Home, It's owner (Mike Carmiche), its directors, employees, coaches and instructors; **I agree to not sue** any of the persons mentioned above for any of the claims or liabilities I have waived, released or discharged herein; and I indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions. I hereby authorize any licensed physician, emergency medical technician, hospital or medical health care facility to treat my child(ren) for the purpose of attempting to treat or relieve any injuries arising out of or relating to his/her participation at the camp(s), I assume any such risk for and on behalf of myself and child(ren). I also assume responsibility for payment for any such emergency.

**Sponsored by Denville**

**P.A.L.**

**Stealin' Home**



**2009 Sports Camps at**

**Gardner Field  
Denville**

**Most  
affordable  
Sports Camp  
with the  
Best Instructors  
You Can't  
Beat It!**

Visit us

at

**Stealin-  
home.com**

Or call

**201.532.5928**