

**WAIVER: READ CAREFULLY BEFORE SIGNING**

I, the undersigned, hereby recognize that the Monmouth County Board of Recreation Commissioners and the Monmouth County Board of Chosen Freeholders will not be liable for injuries or damages sustained by me or my minor children in connection with Monmouth County Park System Recreation Activities which are the result of acts or omissions of the aforementioned Boards, Park System, or person in the employ, unless such injuries or damages were caused by gross negligence or intentional conduct.

I recognize that I must be in good health and of sufficient training in order to participate in the program. I further state that my ability to participate in and successfully compete in this program has been attested to by a qualified physician. I also give permission for the use, without fee, of my name and pictures in any broadcast, telecast, or print media account of this program for promotional and publicity purposes. I further acknowledge that I have read and accept these conditions under which my registration is made.

Parent's or Guardian's Signature

Date

Participant's Signature

Date

**Monmouth County Park System**

# SPORTS CAMPS 2019



**AT ST. JOHN VIANNEY  
HIGH SCHOOL  
540-A LINE ROAD  
HOLMDEL**

[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)

**Air Conditioned bubble,  
gym and cafeteria.**

**NO EXPERIENCE NECESSARY.**

*Instruction provided by the  
St. John Vianney Coaching Staff  
including current and former players.*

Camps are for beginners as well as those  
that have participated in sports before.

## SOFTBALL

Entering Grades 3-9

Time 9 a.m. - 12 p.m.

Dates Monday-Friday, June 24-28

Program # **X2393A**.....**Cost \$150**

### *Top Ranked State & Nationally*

- Improve your softball skills both as an individual and team player.
- Through an emphasis on fundamentals, athletes sharpen their techniques in throwing, catching, hitting and base running.
- Learn strategies and rules of the sport while engaging in drills.
- Athletes will be grouped according to age and experience.

## CO-ED SOCCER

Entering Grades K-8

Time 9 a.m. - 12 p.m.

Dates Monday-Friday, July 15-July 19

Program # **XKF93A**.....**Cost \$150**

- Camp will cover basic soccer fundamentals such as passing, receiving, heading, dribbling and shooting.
- Players will learn the strategies and rules of the sport while engaging in drills and game situations.
- Both offensive and defensive skills will be enhanced by four-on-four games as well as full sided competitions.
- All equipment must be supplied by the participant.

**20 x  
National  
Champs!**

## CHEERLEADING

Entering Grades K-8

Time 9 a.m. - 12 p.m.

Dates Monday-Wednesday, July 1-3

Program # **X1593A**.....**Cost \$93**

This camp will be taught by Montclair State University coach, Jayne Shalkowski, with assistance from her Cheerleading team. This camp will concentrate on skills necessary to cheer at the junior high and high school level. Counselors will focus on proper technique used in all aspects of cheer including jumps, motion technique and stunting. All levels from beginners to advanced will be accommodated. Each participant will receive a camp t-shirt and participation award.



## CO-ED VOLLEYBALL SKILLS

Entering Grades 5-9

Time 9 a.m. - 12 p.m.

Dates Wednesday-Friday, July 29-August 2

Program # **X1793A**.....**Cost \$150**

***Girls are back to back  
Shore Conference Champions and boys have  
been top ranked in the Shore.***

Camp will cover all basic volleyball techniques, including overhand serving, forearm passing, setting, attacking and a basic introduction to blocking techniques. Format will be a combination of drills designed to target specific skills and game play. On the last day of camp there will be numerous contests as well as a queen/king of court tournament.

## FIELD HOCKEY

Entering Grades 2-9  
Time 9 a.m. - 12 p.m.  
Dates Monday-Friday, July 29-August 2  
Program # **X1493A**.....Cost \$150

### NO EXPERIENCE NECESSARY.

#### Turf soccer field

- To develop basic field hockey fundamentals such as dribbling, passing, shooting, driving, positioning and communication.
- Players will learn the strategies and rules of the sport while engaging in drills and game situations.
- Both offensive and defensive skills will be enhanced by full sided competitions played on a fast-paced surface (turf).
- Players will also gain confidence and strength in all aspects of the game.
- Sticks and balls will be provided if needed.
- Please bring shin guards and a mouth guard.

## CO-ED LACROSSE

Entering Grades 2-9  
Time 9 a.m. - 12 p.m.  
Dates Monday-Friday, July 22-26  
Program # **X1393A**.....Cost \$150

### NO EXPERIENCE NECESSARY.

- Camp will cover basic lacrosse fundamentals such as catching, throwing, cradling, ground balls, pick-ups and checking.
- Players will learn the strategies and the rules of the sport while engaging in drills and game situations.
- Both offensive and defensive skills will be enhanced by half-game situations.
- All equipment must be provided by the participant.

## FOOTBALL SKILLS

Entering Grades K-8  
Time 9 a.m. - 12 p.m.  
Dates Monday-Friday, July 15-19  
Program # **X1693A**.....Cost \$150

### 2013, 2014 & 2015 Division Champions

*(Athletes will be divided into groups according to age and skill.)*

- The Monmouth County Park System has designed this camp to emphasize improvement of fundamentals and techniques related to each camper's age and skill level.
- Campers will be coached in offensive, defensive and special team skills as well as speed and agility techniques.
- A well-rounded curriculum will provide opportunities for participants with a variety of positions and skills.
- We welcome all skill levels.

## STRENGTH & CONDITIONING

Entering Grades 5-9  
Time 9 a.m. - 12 p.m.  
Dates Monday-Friday, July 29-August 2  
Program # **X1893A**.....Cost \$150

*(Athletes will be divided into groups according to age and skill.)*

Are you an athlete looking to get an edge before your season starts? This clinic combines skills and drills with alternating strength training and cardio circuits. Clinic may also include plyometrics, sprints and calisthenics.

**For more information please call  
Tyler Lucas at 732-542-1642, ext. 25.**

### To Register

- Online 24/7 at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)
- By phone at 732-842-4000, ext. 1, Monday-Friday, 8 a.m. - 4:30 p.m.
- By mail using the attached Registration Form
- In person at Park System Headquarters, Thompson Park, Lincroft



### PLEASE CHECK APPROPRIATE BOX

- ☐ Cheerleading Camp ..... **X1593A** ..... Cost \$93.00  
☐ Softball Camp..... **X2393A** ....Cost \$150.00  
☐ Football Skills Camp..... **X1693A** .... Cost \$150.00  
☐ Field Hockey Camp ..... **X1493A** .... Cost \$150.00  
☐ Co-Ed Lacrosse Camp..... **X1393A** .... Cost \$150.00  
☐ Co-Ed Volleyball Skills ..... **X1793A** .... Cost \$150.00  
☐ Co-Ed Soccer ..... **XKF93A** .... Cost \$150.00  
☐ Strength & Conditioning .... **X1893A** .... Cost \$150.00

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

☐ VISA ☐ MasterCard ☐ Discover

Account No. \_\_\_\_\_

Exp. Date \_\_\_\_\_

Last 3 digits in signature strip on back of card \_\_\_\_\_

Program # \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Participant's Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Make checks payable to:  
Board of Recreation Commissioners

Mail to: Program Registrations  
Monmouth County Park System  
805 Newman Springs Road  
Lincroft, NJ 07738-1695

Monmouth County  
Board of Chosen Freeholders  
Board of Recreation Commissioners  
G 19100

