DEPARTMENT OF ATHLETICS

Sport Camps

Summer 2016

For more information: 207-780-5430
southernmainehuskies.com

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- **WEEK LONG CAMPS**
  - Overnight $430
  - Day Camp $205

- **WEEKEND DAY CAMP**
  - Weekend Day Camp $140

- **2016 USM SUMMER SPORT CAMPS REGISTRATION**
  - Check Camp(s) you are registering for & overnight or commuting if applicable: If you have more than one child attending camp, please complete a separate form for each camper. You may register one child for two or more camps on one form.

- **WEEK LONG CAMPS**
  - Overnight $430
  - Day Camp $205

- **WEEKEND DAY CAMP**
  - Weekend Day Camp $140

- **PLEASE MAKE CHECK PAYABLE TO USM SPORT CAMPS**
  - Deposit ($125)
  - Full Amount
  - Family ($10)X __

*Please check type:

- Family ($-10)X ____
- Deposit ($125)
- Full Amount
- Full Amount

**PLEASE MAKE CHECK PAYABLE TO USM SPORT CAMPS**

- **Baseball Camp, July 24-27**
  - Commuting $365

- **Soccer Day Camp, June 20-24**
  - 1/2 Day for Grades K-2 Only

- **Girls SWISH Day Camp, June 27-July 1**
  - Basketball Skills Camp, July 18-22 ($115)

- **Girls Softball Day Camp, July 11-14 ($160)**
  - Ice Hockey Camp, June 27-July 1

- **STIX Day Camp, August 1-5**
  - Huskies My-Fit-24 Athletic Performance Camp, June 21-August 11

- **Girls’ Lacrosse Day Camp, July 17-19**

- **PLEASE MAKE CHECK PAYABLE TO USM SPORT CAMPS**
  - Deposit ($125)
  - Full Amount
  - Family ($10)X ____

- **Baseball Camp, July 24-27**
  - Commuting $365

- **Soccer Day Camp, June 20-24**
  - 1/2 Day for Grades K-2 Only

- **Girls SWISH Day Camp, June 27-July 1**
  - Basketball Skills Camp, July 18-22 ($115)

- **Girls Softball Day Camp, July 11-14 ($160)**
  - Ice Hockey Camp, June 27-July 1

- **STIX Day Camp, August 1-5**
  - Huskies My-Fit-24 Athletic Performance Camp, June 21-August 11

- **Girls’ Lacrosse Day Camp, July 17-19**

- **PLEASE MAKE CHECK PAYABLE TO USM SPORT CAMPS**
  - Deposit ($125)
  - Full Amount
  - Family ($10)X ____

- **Mastercard/Visa/Discover #**
  - Expiration Date
  - Billing Zipcode
  - V-Code

Where is the v-code? It is the 3-digit, non-embossed number printed on the signature panel on the back of the card immediately following the card account number.

*$125 deposit/per camp or full payment is required to register*
REGISTRATION & POLICY INFORMATION

ONLINE
southernmainehuskies.com  Web Registration requires a credit card and payment in full*
* convenience fee will be applied to payment. (see cancellation policy)

BY MAIL
Send the completed registration form and payment to:
Summer Sports Camps – Department of Athletics
University of Southern Maine
37 College Avenue
Gorham, ME 04038

Payments - $125 deposit is required for each camp. Balance is due two weeks prior to the first day of camp. Space is limited and camps are filled on a first come, first serve basis. You will receive a registration confirmation in the mail or by email.

Cancellation/Refund Policy - Campers will receive a refund of all but a $75 administrative handling fee if notice of cancellation is given up to two weeks prior to the start of camp. If a cancellation occurs within the two weeks prior to the start of camp no refund will be given unless there is a documented extraordinary circumstance.

Other - Camp confirmation, additional information and Medical History/Assumption of Risk Form will be mailed or emailed to you upon receipt of your application and deposit or payment in full. These forms can also be found on our website. The Medical History/Assumption of Risk Form needs to be returned no later than 2 weeks prior to camp.

Roommates - *Roommate requests must be submitted in writing no later than two weeks prior to the first day of camp. After that date, we cannot guarantee that your preference will be honored. Requests cannot be honored at the time of check-in.

Scholarships - We do not offer scholarships but will accept scholarships and grants offered by outside groups. If you have a scholarship or grant please enclose verification with your registration. If your scholarship covers the full amount of the camp, you still need to send a deposit and verification with your registration. Once we receive full payment we will refund your deposit.

Discounts - Please follow the instructions in order to be eligible. Families sending two or more children to a camp or sending one child to two or more camps get a $10 discount per child or per camp.

** Send registration forms together or register online together.**

ONE DISCOUNT PER CAMPER

Questions? Call (207) 780-5430  |  southernmainehuskies.com

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In complying with the letter and spirit of applicable laws and in pursuing its own goals of pluralism, the University of Southern Maine shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin or citizen status, age, disability or veteran’s status in employment, education, and all other areas of the University. The University provides reasonable accommodations to qualified individuals with disabilities upon request. Questions and complaints about discrimination in any area of the University should be directed to the campus compliance officer, 7 College Ave., Gorham, Maine, (207)780-5094; TTY, (207)780-5646. If you need special services, assistance, or accommodations to participate fully in this program, contact the Athletic Dept. at (207)780-5514 or TTY (207)780-5646.
Girls’ Lacrosse Weekend Day Camp (Girls Entering Grades 3 – 12)

July 29–31 (Friday–Sunday, 9:00 a.m.–4:00 p.m.)
Camp Director: Ashley Dyer
Weekend Day Camp $140

The camp is intended to teach players the fundamentals of lacrosse from A to Z. Players will be grouped according to their age and ability. The USM staff is geared up to give the beginning player the skills necessary to compete, while challenging even the most advanced youngster. This camp will emphasize skill development for both individual and team concepts. Each player will receive special attention according to their individual needs. Our goal is to develop skills, team play and overall ability so each player becomes more knowledgeable and better able to apply these concepts to game situations. The philosophy will be to improve through hard work, develop individual and team skills and to have a positive and fun experience.

Ashley Dyer, USM Women’s Lacrosse Coach is an alum from the University of Southern Maine. Dyer played 3 seasons with the Huskies following her transfer from Colby-Sawyer College. The last three years she has coached at the University of New England as the head assistant coach. During those three seasons, the Nor’easters compiled a combined 28-23 record and advanced to the Commonwealth Coast Conference playoffs each season, including appearances in the semi-finals in 2012 and 2013. She spent this summer coaching a team for American International Sports Tours that placed second at the Prague Cup. Dyer began her coaching career in 2008 with a four-year stint (2008-11) as the girls’ varsity lacrosse head coach at Gorham (Maine) High School.

FIELD HOCKEY SKILLS OF FOCUS:

- Ball control
- Communication
- Team building
- Passing & Receiving
- Penalty Corners
- Offensive & Defensive Techniques
- Penalty Strokes

STIX Field Hockey Day Camp (Girls Entering Grades 3 – 8)

August 1–5 (Monday–Thursday, 9:00 a.m.–4:00 p.m. and Friday, 9:00 a.m.–12:00 p.m.)
Camp Director: Bonny Brown-Denico
Day Camp $205

This camp will focus on learning and establishing fundamental skill development in all facets of the exciting sport of field hockey. There will be both individual and team instruction throughout the week. We will have fun and exciting drills and games that will incorporate field hockey skills for all in attendance. We want to encourage the love and knowledge for the sport of field hockey and want players leaving camp excited about the next chance they get to play.

Goalkeepers - must supply their own equipment, either personal or from their school.

Bonny Brown-Denico, USM Field Hockey and Softball Coach, became head field hockey coach at USM in 1998. She is a former All-American for the Huskies and was a member of the 1987 Final Four Team. She was inducted into the USM Athletic Hall of Fame in 1996. Coach Brown-Denico has coached Regional All Americans and a National All American. In 2003, her team won the Little East Conference and qualified for the NCAA National Tournament. Under her direction, STIX Field Hockey Camp has earned a reputation as one of the finest hockey camps in the world.

Bonny Brown-Denico became head softball coach in 1996. She is a former Regional All-American as a player at USM and has been selected as the Little East Conference Coach of the Year on three occasions. She has coached fifteen All-Americans throughout her career to date.

Bonny Brown-Denico, USM Field Hockey and Softball Coach

Ashley Dyer, USM Women’s Lacrosse Coach

Julie Dyer, USM Women’s Lacrosse Coach
Mike Keller, USM Men's Soccer Coach, has coached at the NAIA, NCAA Division I and III levels. He has been named Coach of the Year three times and has led his team to post-season play many times. In his years in the collegiate ranks he has coached All-Americans, numerous All-New England, All-State and All-Conference Players. Keller was the Maine ODP coaching director and head coach for four years. He has been certified to teach the State, Regional, and Advanced Regional Coaching courses for the NSCAA. He holds a National “D” License from the United States Soccer Federation and Goal keeping and Professional Development Certifications from the NSCAA.

YOU’LL LEARN THESE SOCCER FUNDAMENTALS:

- Shooting
- Instep drive
- Volleys
- Defending
- Team
- Individual
- Dribbling
- Individual moves
- Juggling
- Games
- Small Sided & 11 vs 11
- Heading
- Passing
- Inside of foot
- Outside of foot
- Instep drive
- Goaltending

Ice Hockey Day Camp (Boys & Girls Ages 8 – 13)

June 27–July 1 (Monday–Thursday, 9:00 a.m.–4:00 p.m. and Friday, 9:00 a.m.–12:00 p.m.)
Camp Director: Edward Harding
Day Camp $205

This camp will teach the individual skills necessary to compete on a national level. We will teach fundamentals with an emphasis on puck skills and skating. Coaches from various backgrounds will strive to enhance proper techniques and educate your child with expert instruction and positive reinforcement. We allow players to make mistakes and then correct those mistakes in a comfortable repetitive atmosphere.

Ed Harding, USM Men's Ice Hockey Coach, was named head coach in April 2015 after taking over as interim head coach at the midseason point of the 2014-15 season. Harding is a former USM player (1985-88) and assistant coach (1993-96). Harding has an impressive coaching background. His most recent stint was as head coach at NYA (2010-11). Prior to his time at NYA, Harding had a six-year run with the Lewiston Maineiacs of the Quebec Major Junior Hockey League. He began his association with the Maineiacs as an assistant coach for two seasons (2003-05) before moving into the dual role of assistant general manager/assistant coach for the next two seasons (2005-07). Harding served as the Maineiacs head coach and general manager for two years (2007-09). During Hardings three seasons wearing a Huskies jersey, he scored 37 goals and dished out 33 assists for 70 points. He was inducted into the Husky Athletic Hall of Fame this past September. After his playing days at USM, Harding split one professional season between the Maine Mariners and the Johnstown Chiefs (1988-89).

Boys’ SWISH Basketball Day Camp (Boys Entering Grades 3 – 8)

July 11–15 (Monday–Thursday, 9:00 a.m.–4:00 p.m. and Friday 9:00 a.m.–12:00 p.m.)
Camp Director: Karl Henrikson
Day Camp $205

At SWISH Day Camp, participants will have fun while learning the fundamentals of basketball. Players will be grouped according to age and ability and taught on an individual and team basis. Our staff is geared to give the beginning player the skills necessary to compete, while challenging even the most advanced youngster.

Karl Henrikson, USM Men’s Basketball Coach, came to USM in 2003. Coach Henrikson is a veteran clinician and master teacher who brings an abundance of basketball experience and knowledge of the game. Henrikson has been named coach of the year four times. His teams at UM Presque Isle and Maine Central Institute won 58% and 78% of their respective contests. Henrikson is a sought after lecturer and clinician speaking at camps and clinics throughout the USA and Europe.

YOU’LL LEARN THESE BASKETBALL FUNDAMENTALS AT SWISH CAMP:

- Shooting
- Shooting techniques
- Layups and reverse layups
- How to practice
- Types of shots
- Playing One-on-One
- Passing
- Games
- 5 on 5
- 3 on 3
- Rebounding
- Ball Handling
- Defense
- Individual
- Team
- Setting and Using Screens
- How to create space

Boys & Girls Basketball Skills Camp (Boys & Girls Entering Grades 9 – 12)

July 18–22 (Monday–Friday, 6:00 p.m.–8:00 p.m.)
Camp Directors: Samantha Allen and Karl Henrikson
Camp $115

Basketball Skills Camp will concentrate on the positional development of those aspiring to bring their game to the next level. Instruction will focus on the intricacies of positional play and the incorporation of individual skills to a team setting.

PROGRAM FEATURES:

- Positional Breakdown
- Video Analysis
- Situational Understanding
- Basketball Conditioning
- Off-Season Conditioning Program
June 21–August 11 (Tuesdays and Thursdays, 7:30 a.m.–8:30 a.m. and/or 5:30 p.m.–6:30 p.m.)

Camp Directors: Stacey Coleman and Jesse Coleman
Full 8-week Camp $205

Improve performance and decrease your risk for injury with USM’s Strength and Conditioning Coaches, Stacey and Jesse Coleman. This 8-week program focuses on overall athletic success in all sports and will also provide individualized training based on each athlete’s capabilities, goals, and progress.

A major emphasis of Coach Coleman’s training system is based on empowerment and education. Each athlete will become stronger and faster, while learning the importance of proper movement patterns, recovery, and athletic nutrition. Each participant will feel empowered with knowledge and confidence to continue their success throughout their athletic career.

Each athlete will receive professional athletic performance testing pre and post program.

**PROGRAM FEATURES:**

- Linear and Lateral Speed
- Force Production
- Strength Endurance
- Change of Direction
- Athletic Power
- First Step Quickness
- Max Strength

Coach Stacey Coleman is the co-owner and Executive Director of My-FIT-24. She has a Bachelor of Science degree in Health & Fitness from the University of Southern Maine ’03, and became a Certified Personal Trainer and Cardio Performance Specialist with the National Academy of Sports Medicine in ’08. A lifetime athlete, she has competed in a marathon, a body building show, and many extreme obstacle events. She was a member of the University of Southern Maine Women’s Soccer team, and in 2015 she was a member of a women’s semi-pro football team. She is the author of a health and fitness blog and a Motivational Speaker (recently delivered a speech for the NFL Fuel Up to Play 60 program). Coach Stacey is an active volunteer in her community through local schools, coaching soccer, and writing for local publications.

Coach Jesse Coleman is a co-owner and president of My-FIT-24. He carries a Bachelor’s of Science degree in Biology, and is co-designer (along with Stacey) of My-FIT-24’s fitness coaching system and speed and strength school. A lifetime athlete and coach, he has been actively involved in coaching a great variety of sports including wrestling, football, baseball, soccer, track, cross country, and lacrosse to name a few. He was a three time state champion wrestler, and earned all New England status as a wrestler for USM. As a continuous student of body science and personal development, he continues to compete in extreme obstacle events, and recreational athletics.

Together this team of coaches will lead you to your athletic best.

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Baseball Camp (Boys Entering Grades 7 – 12)

**July 24–27** (Sunday afternoon–Wednesday, 5:00 p.m.)

Overnight $430 / Commuting $365*

Camp Director: Ed Flaherty

*Commuting Camp runs approximately 8:30 a.m.–8:30 p.m. each day

The desire to play baseball doesn’t end with the last game of the season. Don’t let baseball end in July, extend the season by attending Baseball Camp at USM. There’s no better time to develop your skills than when you’re in peak condition and in top playing form.

Join Coach Flaherty and his staff of qualified high school and college coaches and you’ll learn more about the fundamentals of baseball than you ever thought possible. Intense individual, team and group training in pitching, catching, infield, base running and hitting offers you the opportunity to advance your skills. Winter training tips and conditioning techniques prepare you for next season. Invest in your future performance through proper training from dedicated professionals who know how to motivate and bring out the best in you.

USM Baseball Camp will give campers the opportunity to learn from professionals who are dedicated to teaching and motivating young players. The objective of Baseball Camp is to provide the best possible instruction in all phases of baseball.

Each player will receive individual, team, and group training in pitching, catching, infield, outfield, base running and hitting. Players on American Legion or Babe Ruth teams who are competing in regional or state championships can be accommodated.

**PROGRAM FEATURES:**

- A daily system of stations that teach basics and advanced skills and concepts depending upon the individual player levels
- Two games per day
- Motivational lectures
- Strength training lectures
- Skill work in all aspects of the game
- Individual contest
- Team concepts
- An outstanding group of high school and college coaches and players selected for their ability to teach

Baseball Day Camp (Boys Ages 8 – 12)

**July 25–29** (Monday–Thursday, 9:00 a.m.–4:00 p.m. and Friday, 9:00 a.m.–12:00 p.m.)

Camp Director: Ed Flaherty
Day Camp $205

Under the direction of USM Coach Ed Flaherty, Assistant Coaches, visiting coaches and college players this will be an outstanding week of baseball. This camp is intended to teach the players the fundamentals of baseball. Players will receive both individual and team instruction. The staff will give the beginning player the necessary skills to compete and will challenge even the most advanced youngster. Emphasis in instruction will be centered on hitting, throwing, fielding, pitching and base running.

Ed Flaherty, USM Baseball Coach, is a master at every aspect of the game and is recognized as one of the finest teaching coaches at any level. During his many seasons as the Huskies’ head coach, he has compiled an impressive winning record. He has led the Huskies to postseason play many seasons, including a number of appearances in the NCAA Division III College World Series, capturing national championship honors in both 1991 and 1997. A standout player at the UMaine, Flaherty received NCAA Division I All-America honors and helped guide his UMaine team to the College World Series in Omaha, Nebraska. Flaherty was inducted into the American Baseball Coaches Hall of Fame in January 2006.

You’ll learn the following baseball fundamentals:

- Hitting
- Throwing
- Fielding
- Pitching
- Base Running

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*Excludes week of July 4–8

Accepting Middle School, High School, and NCAA athletes (each level will be designed for age appropriateness)