

Youth Athletic Development Camp Ages 11-14



This camp is for student athletes with an emphasis on fundamental athletic movement patterns that foster safety, growth, and success in sports. Exercises and drills are selected to teach speed, agility, balance, coordination, strength, and flexibility. Campers learn the building blocks of athletic power movements and progressions for proper form and perform these movements with an age appropriate amount of resistance. Rest, recovery, nutrition, and injury prevention are also covered. Daily sessions include whole group games and activities to encourage a fun and competitive atmosphere.

Dress and Gear: Please wear comfortable athletic clothing that is not too loose and sneakers. Bring a water bottle, sunscreen, and sunglasses/hat.

Snacks: Please bring snacks that do not require refrigeration.

Educational Leaders: Jake Maloney and Kiersten Tupper currently coach a variety of varsity sports for Rondout Valley. Coach Tupper played Division 1 lacrosse and has an extensive background in athletic performance, and Coach Maloney has 13 years of experience coaching a range of sports including basketball, field hockey, and track teams. He has also directed a number of camps and clinics at SUNY Ulster, Rondout Valley, and Parisi Speed School. Both coaches are fitness enthusiasts and concentrate on strength and conditioning aspects applicable to all sports so their student athletes may attain optimal performance levels.

Facility: Rondout Valley High School Track/Football Field/Gymnasium

CFK 1023-01 Mon-Fri July 11-15 9 am-noon Accord \$149

IMPORTANT REMINDER: Your child will **NOT** be allowed to attend camp until the **Health & Permission Form** or the **Immunization Exemption Form** is completed, signed, and returned to the address below at least 7 days **PRIOR** to the first day of camp. In addition, if medication needs to be administered by the College's Health Services Staff, a **Medication Administration Form** must accompany the Health & Permission Form. All information will be kept confidential.

Use one form per camper and return forms to:
Camp Ulster, KCSU, 94 Mary's Ave, Kingston, NY 12401
or fax to: 845-339-0780.



Camp Ulster

Ulster County Community College

Register Online Today!

**www.sunyulster.edu/campulster
or call 845-339-2025**