



Sports and Fitness

We're proud to offer a variety of camps led by Glen Rock High School varsity coaching staff, supported by top high school and NCAA players.

Glen Rock Basketball Academy Camp

\$250 per session

For boys entering Grades 4-9

The Glen Rock Basketball Academy presents its summer camp, returning to the Glen Rock Community School for a fourth great year. The program includes morning warm-up/workout, offense and defense skills stations, team practice, 5-on-5 and 3-on-3 games and camp t-shirts. Campers may bring their lunch or order pizza from our camp canteen. The camp is run under the direction of the GRHS basketball coaching staff.

Session 1: July 17-21

Session 2: July 31-Aug. 4

Monday-Thursday, 9 a.m.-2 p.m.; Friday 9 a.m. - noon

Glen Rock High School and Middle School gyms

Glen Rock Basketball Academy Camp

\$250

For girls entering Grades 4-9

The Glen Rock Basketball Academy introduces its popular summer camp, but for the female player. The program includes morning warm-up/workout, offense and defense skills stations, team practice, 5-on-5 and 3-on-3 games and camp t-shirts. Campers may bring their lunch or order pizza from our camp canteen. The camp is run under the direction of the GRHS basketball coaching staff.

July 31-Aug. 4

Monday-Thursday, 9 a.m.-2 p.m.; Friday 9 a.m. - noon

Glen Rock High School and Middle School gyms

Glen Rock Jr. Football Camp

\$165

For boys entering Grades 2-8

The Glen Rock Football Camp is run under the direction of GRHS head football coach Jim Kurz. The camp is designed to teach each player the fundamentals and techniques of each offensive and defensive position. Campers will receive on-field instruction and practice specific skills and drills that will help them succeed at each position, reinforced by videos. This program is "non-contact" without pads. Campers need to wear t-shirt, gym shorts, football cleats, supporter and socks. Sneakers and extra clothes are needed in case of rain. Bring lunch or purchase at the camp.

July 10-12, 9 a.m. – 2 p.m.

Glen Rock High School turf field

NEW! Racquet Skills Camp

\$150

Co-ed for campers entering Grades 6-12

While the GRHS tennis courts are under repair, you can still work on your racquet skills and have a blast doing it! Join Glen Rock High School varsity tennis coach Bonnie Zimmermann for fun with pickleball, badminton, speedminton and foam tennis! Campers should wear comfortable clothes and sneakers and bring water. **All skill levels welcome!**

Session 1: July 10-14, 9 a.m. – noon

Session 2: July 24-28, 9 a.m. – noon

Glen Rock Middle School gym

Rock Baseball Camp

\$250

For boys entering Grades 3-9

Glen Rock High School varsity baseball head coach Billy Crispino and his staff of high school coaches and players bring their own experiences and love of baseball to the young players developing their baseball skills. Camp includes position specific drills, base-running, pitching lessons, batting practice and batting video analysis. Games and competitions will also be included such as homerun derby, wiffle ball competitions and much more! All campers should come prepared with cleats, mitts, lunch, water bottle and sun block. For more information contact Coach Crispino at 201-445-7700, ext. 3260 or

crispinow@glenrocknj.org

July 24-28, 9 a.m.-2 p.m.

Glen Rock High School baseball field

NEW! Rock Baseball Hitting Clinics

\$125 per session/\$200 for both

For boys entering Grades 6-8

On Mondays throughout the summer, players will receive hitting instruction and practice from Glen Rock High School varsity baseball head coach Billy Crispino to get ready for their summer league games. For more information contact Coach Crispino at 201-445-7700, ext. 3260 or crispinow@glenrocknj.org

Session 1: July 3, 10 and 17 (Rain date July 18) 3-6 p.m.

Session 2: Aug. 7, 14 and 21 (Rain date Aug. 22) 3-6 p.m.

Rock Softball Camp

\$250

For girls entering Grades 3-9

Glen Rock Community School welcomes back Glen Rock High School softball head coach Kelly Dowell and her Rock Softball Camp to our family of summer programs for area youth. Now in its eighth year, the staff of Rock Softball, which includes GRHS softball coaches and varsity softball players, brings many years of teaching skill development and fundamentals. Includes Video Analysis, the ultimate technique in performance feedback for hitting and fielding. Campers should come prepared to play hard, learn a lot and have fun! Equipment needed includes sneakers or cleats, mitt, batting gloves and bat (optional), lunch, water bottle and sun block. For more information contact Director Kelly Dowell at dowellk@glenrocknj.org or 201-445-7700, ext. 6241.

June 26-29 (rain date June 30) 9 a.m. - 2 p.m., Coleman Elementary School softball fields

Rock Sports Camp

\$180 Session 1, \$150 Session 2, \$299 Combo

For children entering Grades 1-8

Under the direction of Jim Kurz, head football coach for Glen Rock High School and veteran camp director, Rock Sports Camp introduces young players to a variety of sports including football, soccer, basketball, hockey, volleyball and lacrosse. Games include dodgeball, kickball, Steal-the-Bacon, Soldiers and Medics, Dungeon, and more. The second week is not a duplicate of the first. The staff – primarily experienced physical education teachers, coaches and current and former Glen Rock star athletes – provides a balance of cooperative activities and individual skill development. Campers enjoy a caring, supportive fun environment where each child receives recognition for his/her contributions. Registration is limited; early enrollment is encouraged.

Session 1: June 26-30 Grades 1-5 & 6-8, 8:30 a.m. - noon

Session 2: July 3, 5-7 Grades 1-5 & 6-8 (no camp July 4), 8:30a.m. - noon

Combo: Sessions 1 and 2

Grades 1-5 meet at Hamilton School; Grades 6-8 meet at Glen Rock Middle School

NEW! Rock Track and Field Camp **\$150**

Co-ed for campers entering Grades 1-8

GRCS introduces the Rock Track and Field Camp directed by head track coaches JP McCarten and Stacie Gallo. This program incorporates age appropriate activities including warm ups/ cool downs, yoga and stretching, training for races, relay events, and field events including throwing, jumping and hurdling led by high school coaches and athletes that will use their experience and knowledge to educate campers. Campers must bring sneakers, water, sunscreen, and a snack. For more information contact JP McCarten at McCartenj@glenrocknj.org, 201-694-1375 or Stacie Gallo at Gallos@glenrocknj.org, 862-668-4772.

July 17- 20 (Mon- Thurs), 8 a.m. - noon
Glen Rock High School Track

NEW! Rock Yoga Experience **\$125/session; \$100 wk/o July 3**

In this noncompetitive program, the focus will be on strengthening the mind and body. We will stretch, strengthen and energize our bodies, as well as learn to work cooperatively in groups and nurture one's own self. Children and teens will have an opportunity to explore the way their body moves while participating in yoga movement sessions as well as mindfulness and relaxation activities. Yoga is being offered as a stand-alone program or an excellent addition to some of our athletic camps – see schedules below. Led by Melissa Gustray, GRMS physical education teacher and multi-sport coach who obtained her Yoga certification through Karma Kids Yoga Institute. Ms. Gustray's high energy and creativity will make movement exploration through Yoga an exciting new summer experience at GRCS!

Yoga for Kids, for campers entering Grades 1-5

Session 1: June 26-30, 12-2:15 p.m. Hamilton School Gym (runs after Rock Sports Camp; may bring lunch)
Session 2: July 3, 5-7, 12-2:15 p.m. Hamilton School Gym (runs after Rock Sports Camp; may bring lunch)
Session 3: July 10-14, 2:15-4:15 p.m., Glen Rock High School (runs after Jr. Football Camp)
Session 4: July 24-28, 2:15-4:15 p.m., Glen Rock High School (runs after Rock Baseball Camp)

Yoga for Teens, for campers entering Grades 6-12

Session 1T: July 10-14, 12-2:15 p.m., Glen Rock High School (runs after Racquet Skills; may bring lunch)
Session 2T: July 17-21, 12-2:15 p.m., Glen Rock High School (runs after Track Camp; may bring lunch)
Session 3T: July 24-28, 12-2:15 p.m., Glen Rock High School (runs after Racquet Skills; may bring lunch)

Volleyball Camp **\$250 per session**

Co-ed for campers entering Grades 5-9

This camp teaches the most recent techniques used in volleyball; our goal is to make each camper a successful player whether s/he is a first time or experienced player. Campers will learn individual skills, and then link them together through small side games. The camp features regulation volleyball courts, which enable us to place each camper on the court that corresponds with his/her ability level. Our mission is for all campers to improve their skills with this training method while having a great experience with the game of volleyball. Camp Director Matt Kingsley (Glen Rock High School Girls Head Volleyball Coach) has over 21 years of high school and club coaching experience. Campers should wear t-shirt, shorts and sneakers, and bring kneepads if they have them.

Session 1: M-Th, June 26-29, 9 a.m.-3 p.m.
Session 2: M, W-F, July 3, 5-7, 9 a.m.-3 p.m.
Glen Rock High School gym

Registration opens March 6 at www.grcsonline.com or call 201-389-5011