Camp Objectives

The goal of Hofstra's Chris DotoLO Baseball Camp is to instruct, not overwhelm. Our coaches and staff each year look forward to sharing their knowledge of the fundamentals of baseball with campers of all abilities and ages. We make sure that all players receive positive feedback and understand that there are no mistakes, only learning opportunities. The camp environment is safe, fun and positive and is designed to improve baseball skills in a non-threatening and non-competitive setting. Our coaches provide instuction in individual and group settings, as well as through supervised competition, so that all participants can develop their individual skills and techniques. The emphasis in the first week is on individual, group and team skill development. The second week emphasizes team practice and tournament play. The camp is divided into two parts: the first part is structured instruction and an intense, supervised strength training program with expert strength training skills, conditioning, nutritional guidance and goal setting. The second week is all about competition. Campers compete in friendly games and tournaments against other teams. The camp environment is safe, fun and positive and is designed to improve baseball skills in a non-threatening and non-competitive setting. Our coaches provide instruction in individual and group settings, as well as through supervised competition, so that all participants can develop their individual skills and techniques. The emphasis in the first week is on individual, group and team skill development. The second week emphasizes team practice and tournament play. The camp is divided into two parts: the first part is structured instruction and an intense, supervised strength training program with expert strength training skills, conditioning, nutritional guidance and goal setting. The second week is all about competition. Campers compete in friendly games and tournaments against other teams.

What to Bring

Each camper should wear daily: cotton T-shirt, athletic shorts, basketball sneakers, and sweat socks. Please bring a bag with a bathing suit, towel and water bottle. Please label all items clearly and lost and found. Volunteers are not responsible for lost or stolen items.

Tom Pecora
Youth Basketball Clinic

Pathways to the Pride

Hello campers! It is my great pleasure to welcome you to our Hofstra Youth Basketball Camp at Hofstra University. We have a great team of coaches and staff ready to help your child improve their basketball skills. Please check out the following information and on-site registration for boys and girls entering grades 3-12.

Session 2 July 28-August 1 $600

Session 3 August 14-August 18 $800

Session 4 August 21-August 25 $800

What to Bring

Each camper should wear daily: cotton T-shirt, athletic shorts, basketball sneakers, and sweat socks. Please bring a bag with a bathing suit, towel and water bottle. Please label all items clearly and lost and found. Volunteers are not responsible for lost or stolen items.

CHRIS DOTOLO
Baseball Camp - for boys aged 7-12

TOM PECORA
Basketball Camp - for boys and girls entering grades 3-12

FELISHA JACK
Basketball Camp - for boys and girls entering grades 3-12

JAN DOWANOS
Boys Lacrosse Camp - for boys entering grades 3-12

TOM RYAN
Women's Basketball Camp - for girls entering grades 3-12

Intensive Training Camp

Our next week-long Intensive Training Camp will challenge your camper in all aspects of the game! The Hofstra Lacrosse Camp is geared towards campers entering grades 7-10. There are many fine, high-level training and technique coaches as well as intense, strength and mental preparation. This intensive training camp is designed to teach your camper the importance of mental toughness, strength and developing an understanding of technical instruction, structured skill development and game strategy. The day is divided into four periods: two practice sessions, lunch and an educational lecture and film. The opportunity to compete. The final five days are devoted to teaching individual groups and team skills, tournaments begin on Wednesday of the second week. Camp placement is adjusted in agreement to skill and level following evaluation by the coaches. Players learn the fundamentals of dodging, passing, catching, shooting, individual defense, goals, play and two-on-two. In addition, players will take part in two-on-two, goal defense, team defense, hitting, and team-oriented play. The campster play the weekends in complete 7-on-7 games in which players demonstrate the skills they have developed during the course of the camp. There are a 10:1 instructed-to-student ratio. Our coaches are professional teachers who have played college lacrosse and in national, collegiate and high school. Our curriculum is all-inclusive and in-depth. Coaches who are former college lacrosse players and professional players on the USA or abroad.

What to Bring

Each camper should wear daily: cotton T-shirt, athletic shorts, and sweat socks. Please bring a bag with a bathing suit, towel and water bottle. Please label all items clearly and lost and found. Volunteers are not responsible for lost or stolen items.

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Camp Objectives

The Pathways to the Pride Basketball Camp is designed for boys and girls entering grades 7-10. The camp environment is safe, fun and positive and is designed to improve basketball skills in a non-threatening and non-competitive setting. Our coaches provide instruction in individual and group settings, as well as through supervised competition, so that all participants can develop their individual skills and techniques. The emphasis in the first week is on individual, group and team skill development. The second week emphasizes team practice and tournament play.

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How to Register:
Tuition includes transportation and lunch.
A nonrefundable deposit and registration fee of $315 is required to register. Full payment is due by April 1, 2006. Registration after April 1 must be accompanied by payment in full. We accept MasterCard, Visa or American Express. Please make checks payable to Hofstra University. Please include the camper's name on check.

Transportation (516) 463-6314
Nassau County: Door-to-door transportation is provided. There are certain outlying areas that have area pickups.
Queens County: Door-to-door transportation is provided in certain designated areas. Other towns have area pickups.
Suffolk County: There are designated central area pickup points on or near the Nassau County border.

Please visit our Web site at www.hofstra.edu/camp for more detailed information.

Lunch
Lunch is served daily in Hofstra University's dining facilities and includes a hot entree and a full variety of sandwiches, hamburgers, hot dogs, French fries, salad, dessert and assorted beverages (available everyday).

You Are Invited
The staff of Hofstra Sports Camps welcome the opportunity to meet with you and your family to discuss the spirit and excitement of a summer experience at Hofstra. Please call the Hofstra Summer Camps office to schedule an appointment at (516) 463-CAMP.

For More Information
Visit our Web site at www.hofstra.edu/camp for detailed information on our facilities, staff, transportation, online registration, lunch, infirmary, location and directions to Hofstra.

WEB SITE: WWW.HOFSTRA.EDU/CAMP
E-MAIL: UCCECAMPS@HOFSTRA.EDU
PHONE: (516) 463-CAMP • FAX: (516) 463-6114

For More Information Call the Camp Infirmary at (516) 463-6514.