

CARMEL SPORTS CLUB

2022 SPRING CLINICS

www.carmelsportsclub.com | 845-228-2550

No classes Spring Break week April 11-15

Get ready for your season. Players will focus on learning and improving on the importance of fundamentals, such as mechanics, batting, throwing, base running, field awareness & work ethnics.

Starts week of February 28th – April 29th | 8 weeks \$199

BASEBALL

5:00-6:00 | Monday ages 7-9 | Thursday ages 5- 7 Intro of Baseball | Friday ages 10-13

SOFTBALL

5:00-6:00 | Wednesday ages 7 – 12

Coach Jason Mariella

Mitt required

Our volleyball program's goal is to develop and improve the well-rounded player with emphasizes on proper fundamentals, mechanics and skills in a fun instructive environment that are applied to game situations.

10 weeks 75 minute class | \$ 280

VOLLEYBALL

GRADES 5-7 | Wednesday 4:00-5:15 GRADES 8-12 | Wednesday 5:15-6:30 Mar. 2 – May 11

SET/SPIKE/SERVE

more skilled and experience player who wants to hone in and perfect specific skills and technique

Wednesday 6:30-7:15 8 weeks \$175 | Mar. 2 – April 27th

Coaches: Hannah Aull, Carlie & Kelsie Tretera

Knee pads recommended

Our basketball program is for those players who want to learn and improve their skills in a nurturing and fun environment. Emphasis fundamental skills such as dribbling, shooting, ball handling. The player build confidence and develop good work ethic while learning the game.

BASKETBALL

Starts week of March 14 – May 24 | 10 weeks \$249

SKILLS & DRILLS 101 - new or very little experience | Ages 5-8 Tuesday 5:00-6:00

SKILLS & DRILLS 201 those who can dribble and shoot comfortably and with some experience

Ages 7-9 Monday 5:00-6:00 | Ages 9-13 Monday 4:00-5:00 | Girls Ages 9 - 13 Monday 6:00-7:00

SKILLS & DRILLS 301 the more skilled player with experience and have played on a team. This is a fast-paced class with emphasize on perfecting individual skills and understanding strategy | ages 9-14 Tuesday 4:00-5:00

Coach Joshua Sebesta

GIRLS LACROSSE TUESDAYS | March 1 – April 26 8 weeks \$199

LITTLE LAXERS GR. 1-4 5:00-6:00

MIDDLE SCHOOL LAXERS GR. 5-8 4:00-5:00

Get ready for the season with extra touches and emphasis on perfecting the fundamentals. This program will break down stick skills, focus on shooting, defense in game situations.

Stick, goggles required

Coach Hannah Aull

FIELD HOCKEY February 28 – May 9 10 weeks \$249

SKILLS & DRILLS Ages 9-14 | Monday 7:00-8:00

This clinic will focus on developing fundamentals through a variety of drills emphasizing ball & stick handling, shooting mechanics and knowledge of the game.

Coach Aislinn Breslin

Stick, shin, and mouth guard required

FOOTBALL TBA

SOCCER March 11-May 20 | Friday 10 weeks \$249

Ages 4-7 5:00-6:00 Ages 8–10 6:00-7:00

This program is for those players who are interested in learning soccer. Basic skills will be taught such as dribbling, shooting, ball control though fun games.

Shin guard and ball