

MANALAPAN PARKS AND HIGH SCHOOL

BE A BRAVE SPORTS CAMPS



**REGISTRATION
BEGINS MARCH
11TH AT 9 AM**

On RecDesk

*Recreation helps keep
you fit for life!*

REGISTRATION INFO

Registration Opens
on **March 11th** at 9:00 AM



Scan to Register or Visit :

mtnj.org → [departments/parks and recreation](http://mtnj.org/departments/parks%20and%20recreation/program/registration%20information) →
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Manalapan Parks and Recreation

Office: (732) 446-8336; (732) 446-8353

120 Freehold Road Manalapan, NJ 07726



Manalapan Parks and Recreation



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PLEASE NOTE ANYONE SIGNED UP FOR OUR SUMMER RECREATION CAMP WILL GET A 30% DISCOUNTED RATE ON ANY SPORTS CAMP HELD AT THE HIGH SCHOOL

SUMMER CAMP

Basketball

Improve your basketball skills both as an individual and team player. Develop skills such as dribbling, passing, and shooting. Learn strategies and rules of the sport while engaging in drills. Individual competitions and drills such as one-on-one, three-on-three, spot-shooting and foul shooting will increase both offensive and defensive skills. All participants will be separated into small groups according to their age and ability. No experience necessary. Instruction provided by Manalapan HS Boys Basketball staff.

GIRLS

Monday July 22nd - Thursday July 25th

Cost: \$200.00

Entering Grades: 2-9

Half Day: 9:00 am - 12:00 pm

Location: Manalapan HS Main Gym

BOYS

Monday, June 24 - Thursday, June 27th

Cost: \$230.00

Entering Grades: 4-9

Full Day: 9:00 am - 2:00 pm

**** Bring Lunch ****

Location: Manalapan HS Main Gym



Cheerleading

Concentrate on skills necessary to cheer at the junior high and high school level. Counselors will focus on the proper technique used in all aspects of cheer including jumps, motion technique, and stunting. All levels from beginners to advanced will be accommodated. Thursday, June 27th include date there will be a competition ceremony held at 11:30 AM. All parents and guardians are welcome to attend. Dismissal of the camp will be after the ceremony. Instruction was provided by Manalapan HS Cheer staff with assistance from the Cheerleading Team.

Monday June 24th- Thursday June 27th

Cost: \$200.00

Entering Grades: 1-9

Half Day: 9:00 am - 12:00 pm

Location: Manalapan HS Rubber Gym



SUMMER CAMP

Lacrosse

Improve your lacrosse skills both as an individual and team player. Campers will work on their individual stick skills, learn team concepts and positional training, and scrimmage daily. Please have Lacrosse stick; balls will be provided. Instruction provided by Manalapan HS Lacrosse staff.

GIRLS

Monday, July 15th- Thursday July 18th

Cost: \$200.00 (make-up date is Fri 7/19)

Entering Grades 5-9

Half Day: 9:00 am- 12:00 pm

Location: Manalapan HS Football Field

BOYS

Monday, July 29th- Thursday August 1st

Cost: \$200.00 (make-up date is Fri 8/2)

Entering Grades 1-9

Half Day: 9:00 am- 12:00 pm

Location: Manalapan HS Football Field

Wrestling

Have fun while learning the fundamentals of wrestling. This camp will focus on high percentage scoring technique and developing the right mindset for wrestling. No experience necessary. Instruction provided by Manalapan HS Wrestling staff.

Monday July 29th - Thursday August 1st

Cost: \$200.00

Entering Grades: 2-9

Half Day: 9:00 am - 12:00 pm

Location: Manalapan HS Wrestling Room

Football

Get ready to learn basic football fundamentals and techniques! Campers will be coached in offensive, defensive and special team skills as well as speed and agility techniques. A well-rounded curriculum will provide opportunities for participants with a variety of positions and skills. No experience necessary. Instruction provided by Manalapan HS Football staff.

Monday July 1st- Wednesday July 3rd

Cost: \$150.00

Entering Grades: 1-9

Half Day: 9:00 am - 12:00 pm

Location: Manalapan HS Football Field

Baseball

Have fun while learning the rules and fundamental skills of America's pastime in this noncompetitive camp. Our experienced instructors will use age-appropriate drills and games to teach the basics, including hitting, fielding, throwing, base running, and rules of the game.

Monday July 8th -Thursday July 11th

Cost: \$215.00 (make-up date is Fri 7/12)

Entering Grades: 2-9

Half Day: 8:00 am - 12:00 pm

Location: MRC Field 4-Dreyer Lot



SUMMER CAMP

Softball

Enhance your softball skills both as an individual and team player. Through an emphasis on fundamentals, athletes sharpen their techniques in throwing, catching, hitting, and base running. Learn strategies and rules of the sport while engaging in drills. Athletes will be grouped according to age and experience. Instruction provided by Manalapan HS Softball staff.

Monday July 1st- Wednesday July 3rd

Cost: \$150.00

Entering Grades 2-9

Half Day: 9:00 am- 12:00 pm

Location: Manalapan HS Softball Field

Co-Ed Soccer

Learn fundamentals such as passing, receiving, heading, dribbling and shooting. Players will learn the strategies and rules of the sport while engaging in drills and game situations. Both offensive and defensive skills will be enhanced by four-on-four games as well as full sided competitions. All equipment must be supplied by the participant. No experience necessary. Instruction provided by Manalapan HS Soccer staff.

Monday June 24th - Thursday June 27th

Cost: \$200.00 (make-up date is Fri 6/28)

Entering Grades 2-9

Half Day: 4:30 pm- 7:30 pm

Location MRC Field K West End Lot



Field Hockey

Learn the basic field hockey fundamentals such as dribbling, passing, shooting, driving, positioning and communication. Players will learn the strategies and rules of the sport while engaging in drills and game situations. Both offensive and defensive skills will be enhanced by full sided competitions played on a fast-paced surface. Players will also gain confidence and strength in all aspects of the game. Sticks and balls will be provided if needed. Please bring shin guards and a mouth guard. No experience necessary. Instruction provided by Manalapan HS Field Hockey staff.

Monday July 8th - Thursday July 11th

Cost: \$200.00 (make-up date is Fri 7/12)

Entering Grades: 4-9

Half Day: 9:00 am - 12:00 pm

Location: Manalapan HS Football Field

