

**You Won't
Want to
Miss...**

**Lacrosse Camp-
Week of 6/22
Variety Sports
Camp**

**Weeks of 6/29,
7/6, & 8/17**

**Baseball Camp-
Week of 7/13**

**Football Camp
Week of 7/20**

**Soccer Camp-
Week of 7/27**

**Basketball Camp
Week of 8/3**

**Tennis Camp
Week of 8/10**



Boothbay Region YMCA

**PO Box 500
Boothbay Harbor, ME
04538**

www.boothbayregionymca.org

**Boothbay
Region
YMCA**



**2009
Sport
Camps**

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ME
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Summer of 2009 brings 9 weeks filled with YMCA Sports Camps!

Lacrosse Camp

Girls Grades 1-8th Grades
June 22-26, 9 am—4 pm
Members: \$150
Non Member: \$300



Lacrosse is one of the nation's fastest growing team sports. Maine youth lacrosse has exploded over the past decade. It's a very exciting time to become involved in youth lacrosse! An exhilarating fast-paced game, lacrosse combines many of the skills kids have learned in other sports such as hockey, soccer and basketball. At the Boothbay Region YMCA we strive to create a fun camp atmosphere where players can master lacrosse skills through YMCA tenets of caring, honesty, responsibility and respect. Swimming is part of the camp program daily from 3 to 4 pm!

Basketball Camp

Boys & Girls, Grades 4-8
August 3-7, 9 a.m. – 4 p.m.
Members: \$150
Non-Members:\$300



Legendary Boothbay Region High School varsity boys' coach I.J. Pinkham is back for another year of his now-famous "hoop camp" at the YMCA. Fundamental skills are emphasized through skill drills, game situations and fun contests. Work hard each day and you might be up for the Camper of the Day Award. Or maybe you win that day's knockout game, or perhaps tower above the rest at the free throw line. Campers will swim daily from 3 to 4 pm so be sure to pack a towel and bathing suit along with a lunch.

Tennis Camp

August 10-14, 9 a.m. – Noon
Grades 4-8
Member: \$100
Non-Member: \$200



Coach Alex Arsenault, who played collegiate tennis Nichols College in Massachusetts and is now a Profession Tennis Registry certified pro at the Boothbay Region YMCA, will lead campers in stroke development and game strategy as they participate in drills and games designed for fun. The camp is intended for players of all skill levels with minimum requirements of a basic understanding of tennis rules and strokes. Camp will meet on the community outdoor courts weather permitting (next to the high school). In case of inclement weather, camp will be moved to the indoor courts at the YMCA. Campers must provide their own racquets.

Baseball Camp

Boys & Girls, Grades 4-8
July 13-17, 9 a.m. – 4 p.m.
Members: \$200
Non-Members:\$300



This year's Baseball Camp will be led by Dale Plummer and his staff from the Professional Baseball Experience. Plummer, who pitched in the Boston Red Sox and New York Mets organizations, was selected in the 1988 amateur draft by the Mets after graduation from the University of Maine. He earned the Mets' Class—AAA Most Inspirational Player Award in 1993. He had a 38019 record with 29 saves in his minor league career. Plummer joined the Colby College baseball staff and served as the interim head coach for the 2007-2008 season. Baseball Camp will be held at the Boothbay Region High School baseball field. Participants should pack a lunch as well as a bathing suit, and towel as the campers swim in the YMCA pool from 3 to 4 pm daily.

Football Camp

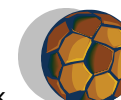
Boys & Girls, Grades 4-8
July 20-24, 9 a.m. – 4 p.m.
Members: \$150
Non-Members:\$300



Tim Rice—BRES PE teacher and past Seahawks football coach will work on skill drills, game situations, and have lots of fun. Swimming happens 3 to 4 daily at the YMCA pool and campers should pack a swim suit, towel, and lunch.

Soccer Camp

July 27-31
5-8 year olds, 9 am-noon—\$115/wk
9-14 year olds, 1 pm-4 pm—\$115/wk



All day option, 9 am-4pm—(When your child is not actually at soccer camp, depending on their age, they will spend the morning or afternoon at YMCA Camp Knickerbocker participating in swimming, boating, field sports, etc.) The fee for all day is in addition to above rates: \$75

Prices include: Ball & T-shirt

Seacoast United (SUSC) is now in its 15th year of offering summer camps. This summer for the very first time, Seacoast United will run a soccer camp for the Boothbay Region YMCA.

Each day begins with a fun camp warm-up which gets everyone loose and getting lots of touches on the ball. Then camp is split into appropriate groups and groups are paired with a coach for the week. As a group they play fun games and exercises which promote confidence with the ball. Each day ends with scrimmage play which may be different from day to day but promotes every player to be involved as much as possible.

Camp begins at the Boothbay Region YMCA.

Variety Sports Camps

Variety Sports Camp weeks will run each day at the YMCA Camp K for 4th –8th graders. Below is a typical schedule:

9-9:30—Drop Off and Flagpole, 9:30-10:30-
Fundamental Drills, 10:30-11:45—
Scrimmages/Games, 11:45-12:30—Lunch,
12:30-2—Baldwin Center or games, 2-
3:30—Swimming, & 3:30-4—Snack & Pick up!

Mon. Soccer, **Tues.** Lacrosse, **Wed.**
Basketball **Thurs.** Baseball/Softball & **Fri.** Flag
Football

June 29-July 3, 9 am-4 pm
July 6-10, 9 am-4 pm
August 17-21, 9 am-4 pm
Boys and Girls, Grades 4-8
Member: \$150 Non Member: \$300

