

SANFORD SPECIALTY CAMPS 2012



BASEBALL: Nick Sanna will be our baseball coach this year. After playing ball for LaSalle University, Nick has been a coach at St. Mark' high school, where he also teaches Spanish and coaches the varsity basketball team. .

During the week Nick and his staff will work on hitting, fielding and throwing. Starting from a batting tee, all players will get plenty of swings. All players will receive instruction in infield and outfield technique. Players who want to be pitchers will be coached on how to throw a fastball and off-speed pitches for strikes.



SOCCKER: The boys and girls soccer camps will be handled by Pat Dever, assistant soccer coach at Salesianum School. Pat played both high school and college soccer and also has coached for Hockessin Soccer. He has over 10 years of coaching experience.

The basics of dribbling, shooting and passing will be emphasized. Mornings will consist of skill sessions and afternoons will be occupied with competitive games and scrimmages.



GOLF: Deerfield's own Curt Zolbe will run the golf program and comes with a great reputation for working with youth.

Mornings will be spent at Deerfield golf course under the supervision of Curt and his staff. Players will learn the fundamentals of a correct golf swing and will also receive training in specialty shots. By playing on a real golf course the players will learn about course management. Afternoons will be spent at a local driving range where players can work on their swings with Salesianum's head golf coach, Pat Dever.



VOLLEYBALL: Sarah Bowers will be the head coach of our volleyball program. Sarah has been the head girl's varsity volleyball coach at Sanford.

Players will be taught the fundamentals of serving, passing, setting and spiking. Teamwork around the net will be emphasized. Players can expect a good workout from Kate and her staff every day.



BASKETBALL: Both the boy's and the girl's basketball programs will be under the direction of Stan Waterman, head boy's basketball coach at Sanford since 1991. Under Stan's direction Sanford won the state championship in 1992 and went to the semifinals in 93, 98, and 2000. Stan played point guard at the University of Delaware and is the Dean of Students at Sanford. He is considered to be an outstanding teacher of youth.

Stan utilizes both courts of the sports center to set up stations for dribbling, passing, jump shooting and foul shooting. The afternoons are used for small team play, 1v1, 2v2, 3v3, etc. By the end of the week all players are participating in full team scrimmages.



CHEERLEADING: Amy Mizenko will be back for her second year as cheerleading coach. Amy is an "all star" cheerleading coach for North Shore Gymnastics in Elkton, Maryland. She also holds a teaching position at Delaware Technical and Community College.

Girls will learn cheers and chants. They will also be taught the skills of dancing to music, jumps, tumbling, and stunting (pyramid building).



QUATERBACKS AND RECEIVERS: Rob McConaghy, assistant varsity football coach at Salesianum School will run our q-backs and receivers camp for the third year. Rob has been coaching at Salesianum for over five years. Rob is also director of activities at Salesianum. Prior to Sallies, he taught and coached in New York.

For the quarterback and receivers camp, Rob and his staff will be emphasizing the basics of throwing and receiving a football. Quarterbacks will be drilled in center exchange, faking, running, and passing techniques. Receivers will be taught how to receive the ball using proper hand position and eye contact as well as running basic pall routes.



FIELD HOCKEY: This year's field hockey coach is Alexis Esbit. Alexis played high school hockey at Sanford and the University of Delaware. She has been a coach at our camps for over five years.

The field hockey camp will introduce players to stick work skills, passing, offensive and defensive concepts, game play and rules. Skill development will be taught through drill and small game play



DANCE CAMP: Michelle Buglio has been our dance teacher for over five years; she is also the owner of Hockessin Dance Center at the Shoppes at Louviers. Michele's enthusiasm and energy should result in an exciting camp for your child.

All dancers will be transported in the morning to a professional dance studio for their dance instruction. Dancers will be taught the basics in leaps and turns, ballet, theater, modern, hip-hop, funk and zumba.



CROSS COUNTRY CAMP: Mike Holloway, cross country coach and teacher at Sanford School will head this camp again this summer. Mike, himself, is an avid runner and can be seen running in various state marathons. Mike has been working for Sanford camps for over five years and is know for his dedication and work ethic. He is very popular with the campers.

Mike will be using the cross country course built on the Sanford campus. Mornings will be spent on training and running the new course, the afternoons will involve conditioning and games for endurance.



SEWING CAMP: Bobbi Smith will run our sewing camp, a new program this year. Bobbie is an experienced seamstress with teaching experience at Tatnal, Friends and Tower Hill camps. Bobbi is a certified sewing instructor of the Home Sewing Association and is licensed.

Each student will learn to make an article of clothing (pajamas, skirts, etc) using a modern sewing machine (provided by the camp).

FASHION CAMP: Michele Buglio, former Miss Delaware candidate and owner of Hockessin Dance Center will run this program for us from her studio. Students will learn how to “strut their stuff” on the runway! Campers will meet with the buyer from NV Boutique to learn about what the new fashion trends will be for 2011. They will then design their own clothing and accessories, enjoy makeovers and perform in a fashion show.

TOUCH-RUGBY: This activity was so popular with our campers last year that we have decided to offer it as a camp this summer. This program will be run by the Delaware Rugby Foundation, an organization dedicated to teaching the youth of Delaware about the sport of rugby.

This will be a non-contact activity which will center around the basics of rugby, skill development, teamwork, communication and respect for team-mates and opponents.

Campers will learn about the flow and pace of the game and discover why it is such a popular sport worldwide.