



Needham Community Education

*NCE, in conjunction with NHS Athletics, offers summer sports clinics taught by NHS varsity coaches and athletics staff, with the assistance of varsity athletes.*

### **VOLLEYBALL CLINIC-Half Day** (For girls and boys)

AM: Entering grades 3-7

PM: Entering grades 8-12

*Instructor: David Powell, NHS Boys Volleyball Coach*

The Rockets Volleyball Clinic will provide players with the fundamental skills of the sport. Coaches will provide expert instruction in the latest techniques of serving, passing, setting, hitting, blocking and defense. We will focus on individual skills to make each camper a better volleyball player! We also will pay special attention to team offense and defense and will lead team-building activities. We want to give a chance to every student to experience what it means to be a part of a team and to be a great volleyball player. All skill levels are welcome.

#### **Grades 3-7**

**NHS Gyms: 9:00 am-12:00 pm**

**Thursday, June 20-Friday, June 21**

**Fee: \$75**

#### **Grades 8-12**

**NHS Gyms: 1:00-4:00 pm**

**Thursday, June 20-Friday, June 21**

**Fee: \$75**

### **VOLLEYBALL CLINIC-Full Day** (For girls and boys)

Grades 6-12

*Instructor: David Powell, NHS Boys Volleyball Coach*

The Rockets Volleyball Clinic will provide players with the fundamental skills of the sport. Coaches will provide expert instruction in the latest techniques of serving, passing, setting, hitting, blocking and defense. We will focus on individual skills to make each camper a better volleyball player! We also will pay special attention to team offense and defense and will lead team-building activities. We want to give a chance to every student to experience what it means to be a part of a team and to be a great volleyball player. All skill levels are welcome.

**NHS Gyms: 9:00 am-3:00 pm**

**Monday, June 24-Thursday, June 27**

**Fee: \$200**

### **BASKETBALL SKILLS CLINIC** (For girls and boys)

Grades 6-12

*Instructor: Michael Jackson, NHS Assistant Athletic Director*

In this new clinic, coached by Mike Jackson, Assistant AD and former Division I basketball coach, the focus will be strengthening and developing basic basketball skills. The major building blocks of the sport will be drilled and taught both offensively and defensively. We hope to challenge each athlete as well as create an inclusive, fun environment for all. If needed participants will be grouped by age, ability, or gender. The goal is to have each athlete leave having learned how to play better individually or with a group, and also knowing which skills they should focus on and how to

work on these skills on their own time.

**NHS Gyms: 4:00-7:00 pm**

**Monday, June 24-Wednesday, June 26**

**Fee: \$125**

## **BASEBALL CLINIC** (For girls and boys)

Grades 3-9

*Instructor: Needham Varsity Head Baseball Coach: Matt Howard*

This four-day clinic will help players of all abilities develop their skills with instruction from the NHS baseball staff. Players will work on throwing, catching, pitching, fielding, hitting and base running through the use of drills and live game action. Don't miss out on the opportunity to improve your game and have fun!

**Players should bring gloves, cleats, sneakers and bats (we will provide bats as well).**

**Defazio Baseball Complex: 9:00-12:30 am**

**Monday, July 8-Thursday, July 11 (Rain date on Friday, July 12)**

**Fee: \$150**

## **FIELD HOCKEY CLINIC**

Grades 5-9

*Instructor: Stephanie Magni, NHS Varsity Softball and Field Hockey Coach*

Come learn the fun and exciting sport of field hockey! During the clinic, you will be introduced to the basic skills and fundamentals needed to be a successful field hockey player. Some of the skills you will develop are: carrying the ball, dribbling, passing, driving, shooting, stopping, pulls and defense. You will also learn the rules of the game and practice your skills in scrimmages.

**Participants should bring a field hockey stick, shin guards, mouth guard, field hockey goggles, turf shoes or sneakers, water, a nut-free snack and sunscreen.**

**DeFazio Turf Field: 9:00 am-12:30 pm**

**Monday, July 8-Thursday, July 11 (Rain date on Friday, July 12)**

**Fee: \$150**

## **GIRLS BASKETBALL CLINIC**

Grades 4-8

*Instructor: Amanda Sheehy, NHS Girls Varsity Basketball Head Coach*

The Girls Basketball Clinic will focus on the fundamentals of the sport with a very strong emphasis on fun! With music playing throughout the gym, participants will be sure to have 3 hours filled with up-beat skill building from ball handling, to shooting, to passing. Each day will have a theme to begin the night off in a positive way, and multiple, fun individual as well as team competitions will take place throughout the week. The clinic will be split according to grade, and skills and drills will be chosen accordingly.

**NHS A Gym: 5:00-8:00 pm**

**Monday, July 29-Thursday, August 1**

**Fee: \$150**

## INTENSIVE WRESTLING CLINIC

Grades 5-12

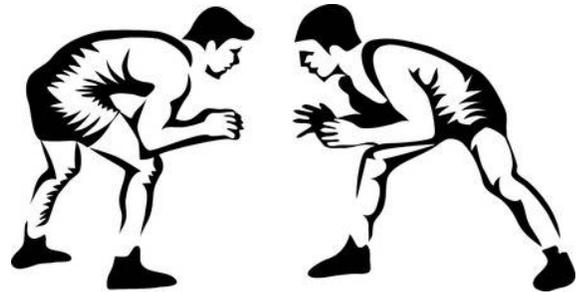
Instructors:

**Olympic Gold Medalist, Kenny Monday:** Three-time Olympian, winning Gold in 1988 and Silver in 1992. Undefeated in his High School career, he was a 4-time state champion. He went on to be an All-American at Oklahoma State University, winning the NCAA title in 1984. He is also a 4-time USA Freestyle champion and a member of the National Wrestling Hall-of-Fame. After serving as a long-time assistant coach at OSU, he now trains mixed martial arts professionals around the country.

**NHS Head Coach, Dr. Robert Pritchett:** AAU Grand National Champion, 2-time Maccabiah freestyle National Champion World medalist, 2-time regional Olympic trial runner-up, former Head Coach at Red Lion, Tower Hill, Cheyney University, and current Needham High School Head Coach.

Learn what it takes to excel at the next level, with four days of intensive wrestling training, drills and skill development. Live wrestling sessions will be set up to challenge for each wrestler. This is a unique opportunity to learn techniques from an Olympic champion that will help your development on and off the mat. **Students must bring a nut-free lunch, snack, water and beverages, headgear and wrestling shoes.**

**Needham High School, A Gym: 8:30 am-3:30 pm**  
**Monday, July 22-Wednesday, July 24**  
**Fees: 3 days-\$175, 2 days-\$100, 1 day-\$70**



**Register online** with Schoolpay: <http://www.schoolpay.com/link/NCECLINICS2019>.

**Scholarships are available** for students who receive free or reduced lunch. Call NCE for details: 781-455-0400 x5.

**Withdrawals** (minus a \$30 registration fee) will be accepted until May 15, 2019. Refunds will be made by check from the Town of Needham and may take up to 3 weeks.

**No refunds or credits will be issued after May 15, 2019.**

**Questions?** Contact Amy Goldman, NCE Program Director, at [amy\\_goldman@needham.k12.ma.us](mailto:amy_goldman@needham.k12.ma.us) or 781-455-0400 x11214.