

# CHARLES COUNTY Summer Camps

CHARLES COUNTY

RECREATION

fun happens here!



## Summer Day Camp

Spend the day participating in arts and crafts, fun sports competitions, organized games, and special events with guest presenters. Campers will enjoy a trip to the local pool for recreational swimming and a special event or field trip for each of the seven weekly sessions. Campers must be minimum age listed by first day of camp and no older than the maximum age listed by the first day of camp. No camp July 3; week will be prorated.

Before and After Care Available: 6:30a-6:00p  
Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$135; Non-Resident: \$140

Age 6-14	Billingsley	302018	M-F	Jun 22-Aug 7	8:00a-4:00p
	Hanson	302014	M-F	Jun 22-Aug 7	8:00a-4:00p
	Henson	302015	M-F	Jun 22-Aug 7	8:00a-4:00p
	Somers	302017	M-F	Jun 22-Aug 7	8:00a-4:00p



## Special Needs: Camp Co-Op

This day camp is designed for Charles County Public School students with significant cognitive delay who are receiving special education services. Activities include arts and crafts, swimming, games, sports, life skills, and special field trips. Enrollment is limited to 40 campers per session. Transportation is available from designated pick-up areas based on need. Payment is due at the time of registration. This camp accepts 10 inclusion children per week. Sessions fill up on a first come, first serve basis. Campers must be enrolled with Charles County Public Schools. Age is as of Dec 31, 2019. Open House: Friday, June 19, 4:00-6:00p. No camp July 3; week will be prorated.

Resident Fee: \$185  
Age 5-21 La Plata H.S. 314001-FB M-F Jun 22-Jul 31 9:00a-2:00p

## Aquatics Camps

### Junior Lifeguard Camp

This camp is designed to teach the responsibilities and duties of being a lifeguard – basic rescue skills, first aid, CPR, and water safety. Upon completion, campers receive certification in first aid and an American Red Cross Junior Lifeguard completion certificate. Campers must be able to swim one length of the pool (25 yards of freestyle and breaststroke), tread water for 1 minute, float for 30 seconds, and swim underwater for 10 yards. No before or after care is available. This is not a lifeguard training class.

Resident Fee: \$200; Non-Resident: \$205  
Age 11-14 North Pt Pool 308013-NP M-F Aug 3-7 8:00a-4:00p

### Camp Splash

Focuses on water safety, swimming skills, diving skills, and aquatic games. Campers participate in other traditional camp activities including popular sports, games, and crafts. Campers must be able to swim one width of the pool and tread water for 30 seconds. Campers will go on an exciting weekly field trip. No before or after care is available.

Resident Fee: \$200; Non-Resident: \$205  
Age 8-13 Lackey Pool 308019-L1 M-F Jul 20-24 8:00a-4:00p  
Lackey Pool 308019-L2 M-F Jul 27-31 8:00a-4:00p  
Lackey Pool 308019-L3 M-F Aug 10-14 8:00a-4:00p



## Summer Day Camp at Elite

Enjoy gymnastics rotations, arts and crafts, fun sports competitions, organized games, and special events with guest presenters. Enjoy a trip to the local pool for recreational swimming and a special event or an exciting field trip for each of the ten weekly sessions. Campers must be minimum age listed by the first day of camp and no older than the maximum age listed by the first day of camp. No camp July 3; week will be prorated.

Before and After Care Available: 6:30a-6:00p  
Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$150; Non-Resident: \$155

Age 6-14	Elite	307001	M-F	Jun 22-Aug 28	8:00a-4:00p
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## Specialty Camps

### Sky Zone Warrior Camp

Campers will work to master the ninja warrior obstacle courses, play forms of dodgeball, compete in relay races around the trampoline park, and learn proper jumping and flips. Campers will also participate in a variety of crafts and activities and each week will end in a celebration party.

Resident Fee: \$250; Non-Resident: \$260

Age 5-12	Sky Zone	302026-01	M-F	Jun 15-19	9:00a-4:00p
	Sky Zone	302026-02	M-F	Aug 10-14	9:00a-4:00p
	Sky Zone	302026-03	M-F	Aug 17-21	9:00a-4:00p
	Sky Zone	302026-04	M-F	Aug 24-28	9:00a-4:00p

### Pump It Up's Jump-N-Art 2020

Campers can spend time exploring their inner artist, laughing, playing games, and bouncing on the state-of-the-art inflatables at Pump It Up's Jump-N-Art Camp! Developed by a fine arts education center, this camp emphasizes the joy of self-expression through art. Each week has a different exciting theme to assure campers are actively engaged throughout the summer. Before and after care is available by contacting Pump It Up of Waldorf at 301-638-5867.

Resident Fee: \$180; Non-Resident: \$185

Age 4-12 Location: Pump It Up (Waldorf)

Jump into STEM	302710-P1	M-F	Jun 22-26	9:00a-4:00p
Into the Woods	302710-P2	M-F	Jul 6-10	9:00a-4:00p
Spy Kids Training	302710-P3	M-F	Jul 20-24	9:00a-4:00p
Under the Sea	302710-P4	M-F	Aug 3-7	9:00a-4:00p
Tales from the Toy Box	302710-P5	M-F	Aug 17-21	9:00a-4:00p
Pump It Up's Got Talent	302710-P6	M-F	Aug 24-28	9:00a-4:00p

### Future Chef Camp

Once your aspiring chef straightens their chef's hat and arranges their apron – let the fun begin! Each day your child will experience food and nutrition in a new light. Your child will learn about nutrition labels from the foods they consume daily, create their own meal plan to help in the kitchen, and table etiquette. Cooking lessons will be age appropriate. Campers will enjoy a trip to the local pool for recreational swimming.

Before and After Care Available: 6:30a-6:00p

Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$200; Non-Resident: \$210

Age 6-9	Somers	302133-S1	M-F	Jul 6-10	8:00a-4:00p
	Somers	302133-S2	M-F	Jul 27-31	8:00a-4:00p
Age 10-14	Somers	302133-S3	M-F	Jul 13-17	8:00a-4:00p
	Somers	302133-S4	M-F	Aug 3-7	8:00a-4:00p

### Sewing and Swimming Camp

Your child will learn the basics of sewing and everything in between – how to operate, maintaining a machine, hand techniques, measuring, fabric structures, and more. They will learn to make a custom towel wrap, perfect for the pool! No experience necessary. Supply fee includes a personal sewing kit, fabric, patterns, and notions. Campers will enjoy three trips to the local pool for recreational swimming. For any week of camp that fills up, we will raffle off one sewing machine.

Resident Fee: \$365; Non-Resident: \$375; \$35 supply fee

Age 8-12	North Point	302101-NP	M-F	Jul 13-17	9:00a-4:00p
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### Beginner Sewing Camp

Your child will learn the basics of sewing and everything in between – how to operate, maintaining a machine, hand techniques, measuring, fabric structures, and more. They will learn to make a basic pillow or a tote bag. Supply fee includes a personal sewing kit, fabric, patterns, and notions. No experience necessary. For any week of camp that fills up all openings, we will raffle off one sewing machine.

Resident Fee: \$350; Non-Resident: \$360; \$35 supply fee

Age 8-12	North Point	302102-NP	M-F	Jul 20-24	9:00a-4:00p
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### Fashion Designer Sewing Camp

Your child will learn how the fashion design world works and how clothes are created. They will also learn the basic hand and machine sewing. Your child will create a dress for an 18-inch doll. Supply fee includes a personal sewing kit, fabric, patterns, and notions. No experience necessary. For any week of camp that fills up all openings, we will raffle off one sewing machine.

Resident Fee: \$350; Non-Resident: \$360; \$35 supply fee

Age 8-12	Elite	307009-EL	M-F	Aug 10-14	9:00a-4:00p
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### Kayak Skills and Nature Workshop

Participants will build lifelong kayaking skills while exploring their passion for science and our waterways. Each day will provide a wide array of new experiences, from hands-on science lessons to developing new kayaking skills. Kayaking skills will be taught through games and activities. Participants will also explore animals in their natural habitat. No experience needed. Camp led by the Atlantic Kayak Company.

Resident Fee: \$300; Non-Resident: \$320

Age 8-12

Mattawoman Creek Nat. Ctr.	302520-MC	M-F	Jul 6-10	9:00a-4:00p
Gilbert Run Park	302520-GR	M-F	Jul 20-24	9:00a-4:00p

### Fishing Fundamentals

This 4-day program teaches participants how to fish with live bait and artificial lures and will touch on some fly-fishing skills. Participants will have the chance to fish from the shoreline and a rowboat. All equipment will be provided.

Resident Fee: \$50; Non-Resident Fee: \$55

Age 10-15	Gilbert Run	316620-GR	M-Th	Aug 10-13	8:00-11:30a
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With exception of Camp Co-Op, a one-time non-refundable enrollment fee of \$25 is required for all summer camp registrations. Before registering online, register for the camp registration packet (302001-01) || [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)

## **Theater Camp**

Lights, camera, action! Learn the basic acting techniques, fundamentals of public speaking, improvisational skill, how to prepare for an audition, cold readings, and other skills that are sure to ignite the acting bug. Campers will enjoy a trip to the local pool for recreational swimming and an exciting field trip.

Before and After Care Available: 6:30a-6:00p  
Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$180; Non-Resident: \$185  
Age 7-12    Elite                    302500-01    M-F    Aug 3-7                    8:00a-4:00p



## **Superheroes and Villains Workshop**

Each day campers will focus on a different superhero or villain and participate in creative, fun and active superhero activities, including arts and crafts, sports, drama, games, and LEGO. Campers will have fun creating their own superhero and developing their identities!

Resident Fee: \$180; Non-Resident: \$185  
Age 5-8      Port Tobacco      302930-PT M-F      Aug 10-14      9:00a-4:00p

## **Brick Inspiration LEGO and Animation Camp**

Explore science, technology, architecture, engineering, and art using LEGO bricks. Design, build, and light up an entire city of tall buildings, bridges, roads, parks, and railways. Use batteries, bulbs, wires, and switches to bring creations alive. This camp will fire up your child's imagination and spark creativity in the form of inspired play building one of our themed Lego creations coupled with our magical delivery. Curriculum provides an opportunity to design and build LEGO creations working either individually or in groups and participate in challenges, group competitions and free build time towards the end of camp. Using the iPad's provided and animation software (Stop-Motion) your child will create inspiring LEGO animations and bring LEGO to life creating small movies. LEGO stop-motion is a perfect activity for your child to discover new talents creating their own stop-motion animation movie.

Resident Fee: \$180; Non-Resident: \$185					
Age 5-8	Wade	302027-WA	M-F	Jul 13-17	9:00a-4:00p
	Wade	302027-W1	M-F	Aug 3-7	9:00a-4:00p
Age 9-12	Wade	302027-W2	M-F	Jul 13-17	9:00a-4:00p
	Wade	302027-W3	M-F	Aug 3-7	9:00a-4:00p

## **Flight Camp...Blast Off!**

This introduction to rockets, remote controlled helicopters, and other flying aircraft will not only teach campers the history of things that fly but how to build and launch rockets and navigate RC helicopters! Campers will enjoy a trip to the pool for recreational swimming and go on an exciting field trip. Campers get to take home something that flies at the end of camp.

Before and After Care Available: 6:30a-6:00p  
Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$180; Non-Resident: \$185  
Age 6-14      Henson      302601-H1 M-F   Jul 6-10      8:00a-4:00p  
                 Henson      302601-H2 M-F   Jul 20-24      8:00a-4:00p



## **Digital Learning and Animation Camp**

Learn the foundational tools of using iMovie, Stop Motion Animation, and Visual Art Apps. In this exciting and creative digital learning curriculum, campers will explore how to make movies with iMovie, and create animations using LEGO and other props using iStopMotion. Campers will learn how to bring characters to life and create their own short films! A range a Visual Art Apps will blend campers' creative artistic talents using digital technologies and create amazing pictures. Retro classic arcade games and some physical recreation activities will be included in this non-stop action and learning fun.

Resident Fee: \$180; Non-Resident: \$185					
Age 5-8	Wade	302005-WA	M-F	Jul 20-24	9:00a-4:00p
	Port Tobacco	302005-PT	M-F	Aug 17-21	9:00a-4:00p
Age 9-12	Wade	302005-W1	M-F	Jul 20-24	9:00a-4:00p
	Port Tobacco	302005-P1	M-F	Aug 17-21	9:00a-4:00p

## Gymnastics and Sports Camps

## **Pre-School Gymnastics Camp**

Campers ages 4-6 will build social skills, strength and flexibility through gymnastics at our Pre-School Gymnastics Mini Camp! Each day will consist of warm-ups, gymnastics games, obstacle courses, trampoline and creating arts and crafts. Campers will practice their new skills on each of the Olympic gymnastics' events: bars, vault, beam and floor. Campers must be potty-trained and bring a snack. Each week has a different theme.

Resident Fee: \$90; Non-Resident: \$95					
Age 4-6	Elite	307008-A1	M-Th	Jun 22-25	9:00a-Noon
	Elite	307008-A2	M-Th	Jul 13-16	9:00a-Noon
	Elite	307008-A3	M-Th	Jul 27-30	9:00a-Noon
	Elite	307008-A4	M-Th	Aug 10-13	9:00a-Noon

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## **Little Ninjas Pre-School Camp**

This off the wall camp will give young campers a fun approach to fitness. Campers will work on coordination, strength, flexibility, and problem solving as they make their way through obstacle courses and games. Each day will consist of warm-ups, games, obstacle courses, trampoline and creating arts and crafts.

Resident Fee: \$90; Non-Resident: \$95

Age 4-6	Elite	307000-A7	M-Th	Jun 29-Jul 2	9:00a-Noon
	Elite	307000-A8	M-Th	Jul 20-23	9:00a-Noon



## **Parkour Camp**

Your physical creativity will be tested with a camp full of spins, flips, and tricks. Campers will enjoy games, challenges, and obstacle courses designed to provide the ultimate parkour experience. During the week campers will also flip over a trip to the local pool for recreational swimming and a special event or field trip.

Before and After Care Available: 6:30a-6:00p

Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$200; Non-Resident: \$205

Age 8-13	Elite	307004-A1	M-F	Jul 6-10	8:00a-4:00p
	Elite	307004-A2	M-F	Jul 27-31	8:00a-4:00p
	Elite	307004-A3	M-F	Aug 3-7	8:00a-4:00p

## **Cheerleading Camp**

Enhance your jumping, tumbling and building skills during our competition style cheer camp. Cheerleaders will master a routine filled with stunts, dance, flexibility, and lots of tumbling. Participants will also visit a local pool for recreational swimming and enjoy a special event or field trip during the week.

Before and After Care Available: 6:30a-6:00p

Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$250; Non-Resident: \$255

Age 8-13	Elite	307003-A1	M-F	Jul 13-17	8:00a-4:00p
	Elite	307003-A2	M-F	Aug 17-21	8:00a-4:00p

## **Competitive Gymnastics Camp**

Aspiring gymnasts spend the day flipping or jumping on our USA Gymnastics Regulation equipment at our Competitive Gymnastics Camp! Gymnasts will learn intermediate and advanced skills on each apparatus. Campers will also visit a local pool for recreational swimming and enjoy a special event or field trip during the week.

Before and After Care Available: 6:30a-6:00p

Before OR After Care: \$40; Before AND After Care: \$50

Resident Fee: \$250; Non-Resident: \$255

Age 8-13	Elite	307002-A1	M-F	Jul 20-24	8:00a-4:00p
	Elite	307002-A2	M-F	Aug 3-7	8:00a-4:00p

## **Sport Inspiration – Multi-Sports Camp**

Sport Inspiration will provide campers with an opportunity to engage in high tempo structured sports activities. The curriculum will include set teaching drills, sports techniques, and creative teaching methods designed to enhance skill development in a positive, fun environment by qualified coaches. This camp is a mixture of different sports such as soccer, baseball, basketball, floor hockey, tennis, cricket, and more.

Resident Fee: \$180; Non-Resident Fee: \$185

Age 5-8	Port Tobacco	302002-PT	M-F	Aug 10-14	9:00a-4:00p
Age 9-12	Port Tobacco	302003-PT	M-F	Aug 10-14	9:00a-4:00p

## **Baseball Camp**

Join La Plata High School Head Baseball Coach John Childers and his State Championship Coaching staff at this instructional baseball camp. Players will learn the fundamentals of hitting, fielding, and position specific play while having FUN! Campers will participate in morning drills and activities designed to develop muscle memory before breaking for lunch and participating in games in the afternoon. Campers will enjoy a swim in the pool each day. All campers should bring necessary equipment to play their position; glove, cleats, bat, batting gloves, etc. All campers must bring water, bagged lunch, swimsuit, towel, and sunscreen each day. Campers will have access to LPHS gymnasium in the event of inclement weather.

Resident Fee: \$200; Non-Resident: \$210

Age 7-8	La Plata H.S.	305022-LP	M-F	Jul 6-10	9:00a-4:00p
Age 9-10	La Plata H.S.	305022-L1	M-F	Jul 6-10	9:00a-4:00p
Age 11-14	La Plata H.S.	305022-L2	M-F	Jul 6-10	9:00a-4:00p



## **Our Notification System Has Changed!**

The Department of Recreation, Parks, and Tourism recently moved to a new notification system. If you would like to receive text and email alerts regarding canceled practices and games, emergency facility closings, and more, scan the QR code or visit [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com) today!



With exception of Camp Co-Op, a one-time non-refundable enrollment fee of \$25 is required for all summer camp registrations. Before registering online, register for the camp registration packet (302001-01) || [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)

## **Jimmy Ball's Fundamentals Eagles Basketball Camp**

Camp is structured to teach basketball fundamentals. Players will learn the individual fundamentals through dribbling, passing, shooting, and defense. Players will also learn how to use those fundamentals and apply them to the game situations. Academics, teamwork, and life skills will be addressed throughout the week. Balls and equipment are provided. Campers may bring their own marked age appropriate ball. Must bring a lunch and snacks each day. All campers will receive a jersey, T-shirt, backpack, water bottle, and ball.

Resident Fee: \$200; Non-Resident: \$210

Age 8-14	North Point H.S.	305005-NP	M-F	Jun 22-26	9:00a-4:00p
	North Point H.S.	305005-N1	M-F	Jun 29-Jul 3	9:00a-4:00p
	North Point H.S.	305005-N2	M-F	Jul 6-10	9:00a-4:00p

## **Tightline Basketball Camp**

Attend the longest running basketball camp in Charles County. Players will develop their skills through individual instruction with special attention to ball handling, shooting, and tactical skills. Players will play games and participate in daily skills challenges. Balls and equipment are provided. Campers may bring their own marked age appropriate ball. Full day participants must bring a lunch and snacks each day. Bring plenty of water and a snack each day.

### **Half Day Camp**

Resident Fee: \$100; Non-Resident: \$110

Age 5-8	J.P. Ryon	305002-Z1	M-F	Jun 22-26	8:30-11:30a
	J.P. Ryon	305002-Z2	M-F	Jun 22-26	12:30-3:30p

### **Full Day Camp**

Resident Fee: \$190; Non-Resident: \$200

Age 5-8	J.P. Ryon	305002-Z3	M-F	Jun 22-26	8:30a-3:30p
Age 9-17	Th. Stone H.S.	305002-ZZ	M-F	Jul 13-17	9:00a-4:00p

## **Field Hockey Camp - Victory! Week Camps & Clinics**

New and experienced players are invited to attend this instruction-based camp designed to provide aspiring field hockey players an opportunity to learn, develop, and grow basic skills. Beginners and moderate level players will be taught basic skills through tactical instruction and will apply skills in small game situations. Sticks and balls provided. All campers should bring tennis shoes, cleats, plenty of water each day. Camp Director Rachel Boyle is a 15-year head coach and 2-year assistant coach at Washington College. Rachel is the current Director of Kent County Parks and Rec Shore Sticks 7th/8th grade youth field hockey coach and U12 Team Chesapeake Club Field Hockey Coach. Location: St. Charles High School – outfield of baseball field.

Resident Fee: \$125; Non-Resident: \$135

Age 10-13	St. Charles H.S.	305171-S1	M-Th	Jun 29-Jul 2	5:30-8:00p
Age 14-17	St. Charles H.S.	305171-SC	M-Th	Jun 29-Jul 2	5:30-8:00p



## **Volleyball Camp**

Share the excitement of a week at Southern Maryland Volleyball Camp and join camp director, Nila Toribio-Straka, technical director for Southern Maryland Volleyball Club and volleyball recruiter for the College of Southern Maryland and her staff. You will learn from the finest as you receive instruction in all aspects of the game and be immersed in the basic skills of serving, passing, setting, and hitting. Camp is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. On the court, participate in drills and game situations. Observe demonstrations and learn from competitive films.

Resident Fee: \$125; Non-Resident: \$135

Age 7-12	Th. Stone H.S.	305008-D1	M-Th	Jul 6-9	9:00a-Noon
Age 13-17	Th. Stone H.S.	305008-D2	M-Th	Jul 6-9	1:00-4:00p



## **Girls Lacrosse Camp**

New and experienced players are invited to attend this all girls instruction-based camp. Camp is designed to teach and develop the fundamental skills of the game: throwing, catching, shooting, ground balls, offensive & defensive skills in a fun and educational atmosphere. Team concepts will be taught through small sided games as well as modified full field play. All campers should bring a stick, mouthguard, goggles, tennis shoes, cleats, and plenty of water. Full day campers will enjoy a swim in the pool and should bring a bagged lunch, swimsuit, towel, and sunscreen each day.

Resident Fee: \$100; Non-Resident: \$110

Age 8-10	La Plata H.S.	305169-L1	M-F	Jul 13-17	9:00a-Noon
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Resident Fee: \$200; Non-Resident: \$210

Age 11-14	La Plata H.S.	305169-LP	M-F	Jul 13-17	9:00a-4:00p
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**Find our full summer camps listing, important forms, and FAQs online by scanning the QR code or by visiting [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)**

With exception of Camp Co-Op, a one-time non-refundable enrollment fee of \$25 is required for all summer camp registrations.  
Before registering online, register for the camp registration packet (302001-01) || [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)

### **Tri City F.C. Soccer Camp**

Join current and former professional soccer coaches from Tri City F.C. for this instructional soccer camp. The Tri City F.C. soccer camp is geared towards developing fundamental skills in a fun and exciting setting. Players will work on dribbling, passing, finishing, offensive and defensive positioning and tactics. Campers will participate in morning drills before breaking for lunch and participating in small sided games in the afternoon. Campers will enjoy a swim in the pool each day. All campers should bring tennis shoes, cleats, shin guards, an age appropriate ball, plenty of water, bagged lunch, swimsuit, towel, and sunscreen each day.

Resident Fee: \$200; Non-Resident: \$210  
Age 8-14 Matula/L.P.H.S. 305032-LS M-F Jul 6-10 9:00a-4:00p  
Age 8-14 Th. Stone H.S. 305032-TS M-F Jul 20-24 9:00a-4:00p

### **Sensible Soccer**

Sensible Soccer is a leading international soccer education & development organization based in the UK. They create and implement innovative, progressive programs at the forefront of today's game, which educate and inspire individuals to achieve their full potential in soccer. Their camps provide innovative and creative teaching methods that introduce skill development within a positive learning environment that provides players with a fun, exciting and challenging week tailored to their age and abilities. An action-packed week of soccer activities including quality coaching, fun soccer games, mini soccer tournaments, speed, agility, and fitness exercises.

Resident Fee: \$200; Non-Resident: \$210  
Age 5-13 Th. Stone H.S. 305001-D2 M-F Jul 27-31 9:00a-4:00p



### **Tri City F.C. High School Prep Soccer Camp**

Join former professional and college soccer instructors for training this summer. Instructors have adapted their training to prepare players for the next level of competition. Our staff has trained and played in the US and overseas to bring current training techniques and drills to players of all levels to prepare and succeed for the upcoming season. Each player should bring to each session: cleats, tennis shoes, shin guards, water bottle and soccer ball. \*Campers must attend high school (9-12 grade) as of Sept. 2020.

Resident Fee: \$125; Non-Resident: \$135  
Age 13-18 White Plains 305032-WP M-Th Aug 3-6 6:00-7:30p

### **Foundational Skills Wrestling Camp**

Foundational wrestling camp introduces folk-style wrestling to those new to the sport. Improves skills and techniques learned by beginning wrestlers. Wrestling can enhance balance, agility, hand-eye coordination, body control, strength, speed, explosiveness, footwork, mental toughness, personal responsibility and focus! Supports skills necessary in all other sports! Participants should wear tennis shoes, pocketless T-shirt, and shorts each day. Bring a bagged lunch, snacks, water bottle, towel, bathing suit, and sunscreen. Run by Thomas Stone Wrestling Club [www.thomasstonewrestlingclub.org](http://www.thomasstonewrestlingclub.org).

Resident Fee: \$200; Non-Resident: \$210  
Age 8-14 Th. Stone H.S. 305167-TS M-F Jul 6-10 9:00a-4:00p



### **Football University**

Whether you are an experienced player or just starting football, this program will be an experience you won't forget. Athletes will learn and develop the correct techniques and practice habits that will allow them to reach their full potential. You will receive the best training available from an experienced, veteran staff of coaches and current and former professional players. Players are taught teamwork, consideration of others, self-discipline, and how to attain their potential in sports and life. Athletes will also learn the importance of achieving good grades and selecting the correct role models. All campers should bring tennis shoes, cleats, plenty of water, bagged lunch, and sunscreen each day. Campers will have access to Westlake High School gymnasium in the event of inclement weather. \*No pads or helmets

Resident Fee: \$200; Non-Resident: \$210  
Age 6-14 Westlake H.S. 305012-Z1 M-F Jul 20-24 9:00a-4:00p

### **FOUR Easy Ways to Register**

1. **Online:** [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com)

Before registering online, register for the camp registration packet (302001-01)

2. **Fax:** 301-934-5624

3. **Mail-In**

4. **Walk-in:** M-F 8:00a-3:30p at the Dept. of Recreation, Parks and Tourism Registration Office

Walk-in: M-F 3:30-9:00p at our off-site locations