

CREATE FRIENDSHIPS

BUILD CONFIDENCE

HAVE FUN

IMPROVE SKILLS



# HGP 2017 SUMMER SPORTS CAMPS

Register online at  
[summer.holyghostprep.org](http://summer.holyghostprep.org)

**BASEBALL • TRACK & FIELD • BASKETBALL**

**SOCCER • LACROSSE • TENNIS • ULTIMATE FRISBEE**





# Baseball

**Camp Dates:** June 19 to June 23, 2017 - 9am - 3pm  
**Camp Location:** Bensalem Ramblers Baseball Complex  
**Camp Director:** Vince Rossomando  
**Camp Cost:** \$200 per camper  
**Contact:** 215-680-1677  
[vrossomando@holyghostprep.org](mailto:vrossomando@holyghostprep.org)

Varsity Head Coach Vince Rossomando is joined by the HGP coaching staff and current and former Varsity players to direct and counsel at the HGP Baseball Camp this summer. The methods and skill building techniques that we use at camp establish the fundamentals necessary to prepare the camper for his maximum achievement level. To that end, four of our 2015 Senior Varsity players (and former campers) are currently playing at Division I colleges this year and two former players are currently playing with major league organizations. Individual instruction and team competition highlight each day culminating in the popular skills competition on Friday. Follow us on twitter @HGPPBaseball for updates on special guest speakers. Join the fun!

Discounts available for teams and also for early sign-up (prior to May 1, 2017).

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# Track & Field

**Camp Dates:** July 31 to August 4, 2017 – 9am - 3pm  
**Camp Location:** Holy Ghost Prep  
**Camp Director:** Hugh Mundy  
**Camp Cost:** \$190 per camper  
**Contact:** 215-639-2102 x220  
*[hmundy@holyghostprep.org](mailto:hmundy@holyghostprep.org)*

The emphasis of the camp is on boy and girl athletes enjoying a positive experience having fun, developing leadership skills, and learning about all aspects of Track and Field, including the personal traits needed to be successful in sports, school, and life.

Coach Hugh Mundy and high school coaches John Mundy, Jim Bortz, Steve Harnish, and Chuck Lumio will instruct athletes in all areas of track and field. They will be assisted by Holy Ghost graduates and current track and field athletes, including Jeremy Ainsley, '11, a Decathlete HS All-American. The staff also includes female athletes from area girls' high schools.

Athletes will participate in the jumps, throws, sprints, hurdles, relays and distance events. Grouped by age and gender, athletes will rotate through stations to learn about various events and topics. The daily schedule includes warm up activities, event explanation and skill practice, film study, discussions on various aspects of track and field including mental preparation, diet, rest, and an introduction to weight training. The camp will end with a mini-meet and awards will be given to the top participants.

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# Basketball

**Camp Dates:** July 10 to July 14, 2017  
Mon.- urs. 9am - 3pm, Fri. 9am - 2:30pm

**Camp Location:** Holy Ghost Prep

**Camp Director:** Tony Chapman

**Camp Cost:** \$195 per camper

**Contact:** 215-639-2102 x 210  
[tchapman@holyghostprep.org](mailto:tchapman@holyghostprep.org)

Holy Ghost Prep Head Coach Tony Chapman will conduct his 38th camp with the aid of the HGP coaching staff plus current and former HGP players. Both boys and girls are invited and the Camp staff will consist of both male and female counselors. Campers should come dressed to play. Individual instruction, a personal evaluation, and an emphasis on fundamentals will be the focus of the camp. Past guests have included: Phil Martelli, Head Coach of St. Joseph's University, and Fran Dunphy, Head Coach of Temple University.

Come check out our Basketball Camp - YOU WILL NOT BE DISAPPOINTED!

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# Soccer

**Camp Dates:** July 17 to July 21, 2017 - 9am - 3pm  
**Camp Location:** Holy Ghost Prep  
**Camp Director:** Davey Simpson  
**Camp Cost:** \$225 Full Day; \$150 Half Day  
**Contact:** 215-290-0278  
*[davasimo@yahoo.com](mailto:davasimo@yahoo.com)*

The purpose of this camp is to develop the skills of individual players within the concepts of teamwork and sportsmanship. Our goal is to help each player improve his or her skills and knowledge of the game and to help them be the best player they can be. Morning sessions will focus on individual instruction such as foot skills and small-sided play. Afternoon sessions will focus on futsal, team play and competitions. Each camper will receive a camp T-shirt.

Players are required to wear shin guards and soccer cleats. Please dress appropriately for the warm weather. Sneakers should be packed and brought each day for activities in the field house.

HGP Camp Director and Associate Head Coach David Simpson holds licenses from the USSF, NSCAA, Coerver Coaching, Brazilian CBF, Scottish FA and UEFA. Simpson has coached at various levels throughout the USA and Europe including State & Regional ODP, NCAA Division I, ODP National Champions, Assistant Director of Coaching Youth Club as well as boys and girls high school teams.

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# Ultimate Frisbee

**Camp Dates:** July 24 to July 29, 2017  
Mon. - Thurs. 9am - 2pm, Fri. 9am - 12pm  
**Camp Location:** Holy Ghost Prep  
**Camp Director:** Tom Croskey  
**Camp Cost:** \$150 per camper  
**Contact:** [tcroskey@holyghostprep.org](mailto:tcroskey@holyghostprep.org)

Teach + Individual Drill = 30min  
Teach + Group Drill = 30min  
Small Scrimmages = 1 hour

Lunch = 30min  
Full 7 on 7 scrimmage = 2 hours

Holy Ghost Prep's Ultimate Frisbee Head Coach Tom Croskey is hosting a week long Ultimate Frisbee camp this summer for all levels of play. With the help of current players and alumni, camp participants will have the opportunity to learn everything necessary to play and compete at the highest level of one of the fastest growing team sports in America. No experience is necessary.

Counselors will teach everyone how to pick, huck, cut, mark, stack, and run a few different zone defenses. Take this opportunity to learn the basics, to enjoy the feeling of running down a long floating disc, or to get a head start on competitive high school Ultimate Frisbee.

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