



SUMMER ACADEMY



SUMMER ACADEMY allows camper s entering 3-10th grade to choose their weekly program of interest. Listed below are brief overviews of over 30 programs. Campers will need to select program (elective) each week they are enrolled. **All Campers are grouped according to age and ability.** **REMINDER:** There is a maximum number of campers for each program listed based on facility use and camper/staff ratio. We strongly encourage early sign up to secure a spot. **Don't miss out on your choices!!** **View our 2019 Enrollment form for specific dates/selections.** **SEE our Travel Calendar for trip information.**

2019 SUMMER ACADEMY SELECTIONS (3-10th)

SPORTS PROGRAMS

Basketball Camp-Basketball training will cover rules of the game, positioning, ball handling, shooting, rebounding, passing, defense technique and how to create openings (offensive strategies). Campers experience daily drill work and situation play as well as game and tournament play in each session.

Basketball Skills Academy (6-10th) Our skills academy will focus on proper techniques in dribbling, passing, shooting and defense. **Dribbling:** Teach proper technique on how to dribble, Speed dribbling, partner dribbling drills, dribbling in crowded spaces, retreat dribble, dribbling off a screen, dribbling moves. **Passing**-Proper technique of bounce, chest and over-head pass, Full-Court Passing, 3 Man passing, Bounce pass into lay-ups, Over-head pass into lay-ups/ Shots, Chest Pass into jump shots. **Shooting**- Review shooting form/footwork, Shooting off the dribble, Coming off a screen shooting, Shooting while fatigue, Foul Shooting. **Defense**- Review defensive footwork/principles, Defensive slides, Communication, Playing defense w/o fouling, Closing out, Boxing out

Dodgeball Camp-This is the ultimate week of fun as campers will play a variety of familiar and NEW dodgeball games all week, combined with friendly color war competition games. Dodge ball Games will include hit the pin, king/queen, world dodgeball, bean bag dodgeball, bowling dodgeball, soccer dodgeball, flipside dodgeball, medic, and many more. Campers will conclude the week with a dodgeball tournament and Color Wars winner!!

Flag Football Camp (NFL)-Is based on the NFL Flag Football program. The popular program is designed to educate young people about football while emphasizing participation and sportsmanship. Players learn skills and lessons that help them succeed both on and off the field. Players will review basics, timing, scoring, running plays, receiving and passing patterns, sportsmanship and penalties.

Golf Camp-Campers play at both Harbor Links course in Port Washington and Glen Cove public course. Our golf program works with hitting stations for repetition. Asst. Pros work at both Golf courses providing instruction for the campers. Golfers must carry their own bag and advanced golfers will play approximately 5-6 holes/day.

Gymnastics-Age and level appropriate classes are taught by instructors at Mid Island Gymnastics. A low camper-to-teacher ratio encourages personal attention and maximizes safety. Campers will utilize different apparatuses to develop grace and stamina. Emphasis is placed on the fun of movement as well as the fundamentals for success in this sport.

Horseback Riding-All Campers receive professional riding instruction based on their ability level. Beginners will discover how easy it is to walk, trot and canter properly and with confidence. Campers will also learn about grooming and safety. More experienced riders will take part in trail rides and learn jumping fundamentals.

"Learn To Row" @ Sagamore-(5-10th) Learn to row is an opportunity for students to try Crew for the first time. All sessions are on the water and teach the fundamentals of the sport. Students will learn the skills involved with teamwork required for a crew to successfully maneuver and ultimately race a boat together. Rhythm and timing are essential in the sport of rowing. In addition rowing offers a full body exercise that is non contact and safe for all.

Multi-Sport Camp- For those who love playing sports and outdoor games this is for you!! This is a great opportunity to build athletic skills, improve your game, and make new friends. Play up to 15 different sports in one week!! You will really enjoy a variety of fun sports and activities such as Basketball, Baseball, Soccer, Floor Hockey, Volleyball and more. PLUS experience the BEST games from around the world!!

Soccer Camp-Players' skill work will include ball control, dribbling, passing, trapping, shooting, throw-ins, crossing and finishing. Game strategies will cover both offensive and defensive positions with situation play and fun games such as knock out, soccer golf, relay races and our popular World Cup Soccer Tournament. Players are grouped according to age and ability.

Tennis Camp-Skills and drills will cover footwork (sidestepping, backpedaling) ground strokes, forehand/backhand, approach shots, volley, overhand smash, serve and return ,serve practice, games, and matches played. Players are grouped by ability level and play both on site at our campus tennis courts and indoors at Sportime in Roslyn.

STEAM PROGRAMS

Acting/Improv -Performing arts classes emphasize basic acting skills including improvisation, characterization, movement, vocal production, script analysis and scene study. We will create a commercial, work on monologues and several skits. Tips and techniques for auditioning will also be covered.

Art Studio Design- Each session our Art specialist will let you explore different projects in ceramics, woodworking, printmaking, tie-dyeing, drawing, scrap booking, jewelry making, mosaics, painting, beading, stamping, wire sculptures and more. Create your very own Masterpiece!!

Art of Baking- This week long workshop combines BAKING and the visual arts. Campers will be grouped by age and split the day between our Baking Studio and our Art studio. Our experienced teachers will share their knowledge of baking and artistic abilities through hands on activities. It is geared to inspire the baking aficionado and art enthusiast in everyone! Be prepared to mix, bake and decorate & become a pastry chef!!

Chess Camp- This camp is for chess players of all levels. The player new to chess will learn the basics of chess, the movement of pieces, rules of the game, and basic chess strategy. The experienced player will learn advanced strategies and tactics and use them in game and tournament play. Other strategic board games will be used to focus on skills and fun. Paul Ascolese, our chess expert, will instruct the class. Paul has over 12 years of chess teaching experience and has worked with children for over 20 years.

Coding with Scratch - Introduces students to coding using a graphic-based programming called Scratch. Students will learn coding fundamentals in a fun, easy to understand way. Scratch teaches all of the essential programming basics such as sequencing and conditions, and wraps them in a very friendly, easy to use environment. Students will learn to design their own interactive stories and games.

THE ACADEMY SELECTIONS (2019)

Coding with Root– Graphical Computing for Everyone. Code Level: Beginner. Root is the most advanced coding robot ever made. Root is the product of Harvard University’s Wyss Institute and engineers from Apple and iRobot. It has over 50 sensors and actuators built in. It can move with precision, draw and erase on whiteboards-and climb up and down on them. Root robots can speak music you compose and react to your touch. We will program Root to play games, draw complex geometric shapes, and solve coding challenges. Root’s coding environment can change to keep pace with your coding skill, from early grades to high school

Culinary Creations–(11-15yrs) Campers will create delicious menus that they will take home to share with their family while learning about new ingredients and developing kitchen skills. Everyday is a mix of cooking and baking. Students will work in teams and individually as they learn skills like measuring, cutting, and how to follow instructions. Artisan lasagna, homemade mac and cheese, cheesy enchiladas? Yes, please! How about warm cinnamon coffee cake, a fresh fruit tart, or a double layer chocolate cake for dessert? Join us as we learn the skills behind working with various ingredients to prepare appetizers, meals, and desserts.

Dance School (Glen Dance Studio) Classes will taught by professional instructors at the Glen Dance Studio. Glen Dance Studio has 4 air - conditioned dance rooms and professional dance floors. Campers will learn a variety of disciplines which include: jazz, ballet, hip hop and acro dance at all levels. The dance school will promote creativity, exploration, confidence and FUN!! Campers will be involve in choreography while reinforcing their previous knowledge of dance techniques and timing in preparation for their final performance at the end of each week!!

Marine Science & Paddling - A new ay to explore the estuary!! Paddling excursions throughout West Harbor include adventures in teamwork, navigation and marine science topics. Campers will kayak each day to different locations around the West Harbor and become active participants in scientific activities while learning about the local wild life.

Minecraft–Students will work collaboratively to solve problems and create structures. A new world each day will present students with unique daily challenges. Participants have multiple goals which include but are not limited to basic survival, food, shelter and water. Students also learn how to manipulate objects in space in a way that helps them create dynamic structures.

Programming from Games to Drones–Code Level: Intermediate. Swift is Apple’s powerful new programming language used to build today’s most popular apps. Swift Playgrounds is the student version of Swift that runs on iPads. Playgrounds takes full advantage of the touch capabilities and simplicity of iPads. Just tap, drag, or type text and numbers and then interact with what you’ve created. Playgrounds lets you type your code on the left and immediately see the result on the right. In this class, we’ll write code to solve puzzles and meet characters in a 3D world that you can control with just a tap. Once we have some programming basics down, we will use Swift to program drones, and have races with them.

Robotics Students will simulate real-life robotics with LEGO model robots. They will include attachments (light sensor, touch sensor, ultrasonic sensor and sound sensors). Campers will work cooperatively utilizing problem solving skills to build these robotic systems and have them perform certain tasks. The week will end in a tournament competition for robot performance.

Robotics (Advanced) (5-10th grade) Competition Robotics. In this class we will use the VEX IQ robotics system to build complex, programmable robots. We will explore controlling the robots first with remote control, and then with code. We will use ROBOTC, one of the most popular advanced languages for robotics, and one that is used in many robot competitions. We will run basic robot contests within our group as a way to prepare for further explorations during the school year. Some experience with programming or robotics is helpful. Code Level: Intermediate.

Stop Motion Animation– With the use of ipads and Stop Motion software, campers will investigate an animated movie technique whereby objects are physically manipulated in small movements at a time and photographed so that they will appear to be moving. We will create our own characters using a wire frame (armature) and a non-drying clay (plasticine). We will set our short films to music. We will also investigate using other non-traditional materials such as candy and lego pieces.

STEAM-Lab: Learn to Code through Music. Code Level: Beginner. In this STEAM class (Science, Technology, Engineering, Art & design, Mathematics) we will first learn how to build a modular synthesizer co-designed with world-renowned electronic music maker KORG to learn about musical sounds. We will also explore 3D sound. Then we will learn how to make studio quality music with code. We will use popular styles that you choose, such as dub-step, hip hop, electronic dance music, movie scores, world percussion, and much more. You will learn about popular song design, how to create your own beats, and how to share your songs with your friends. As we do this, you will learn about Python, one of the most popular programming languages in the world. You will create your music from a library of over 4,000 sounds by Young Guru (Jay Z’s audio engineer) and Richard Devine (world class digital music composer) or upload your own sounds. No experience in coding or music necessary, in fact, kids who don’t think they like coding love this class.

Tech Medley– Introductory exploration of 2D and 3D design. Students will create unique individually designed 3D printed keychains / backpack charms using Tinkercad software. Campers will also be introduced to Laser cutting by creating a personalized design that will be etched / cut into a thin sheet of wood/acrylic. Campers will also spend time creating a retro arcade game using an online gaming program designed specifically for beginners.

Woodworking Camp–Students will learn to work with tools and create projects out of wood! They will learn to use hammers, tape measures, screwdrivers and other hand tools. They will also paint and sand their projects. Children will also make wooden models such as boats, cars, trains, bird houses and many others. Children are encouraged to use there imagination while building confidence and pride for their work.

TRAVEL PROGRAMS

Outdoor Adventures- (3-5th) Our FA outdoor adventures includes some day trips and an overnight adventure to Club Get-A-Way (Kent, Conn.) Club Get-A-Way fits a summer’s worth of fun into a three day package filled with adventurous activities, progressive team-building programs, exciting evening entertainment and, of course, plenty of time to cool off in the lake on our inflatable water playground. Your trip package includes: a custom-built activity schedule, Club Getaway Adventure Guides, access to all activity areas and programs, all meals, drinks and snacks, overnight accommodations and so much more! We are the perfect camp trip!!

Travel Camp: (6-10th) This popular program continues to expand upon it’s day trips and overnight adventures. Each week you can enjoy an exciting combination of day trips and overnight excitement (see schedule). Campers jump right into the fun and travel with trips starting the first day and overnight trips ranging from 1 night to 3 nights. See Calendar for specific dates/trips.