



# 2010 GIRLS



# Summer Sports Camps

ACAC is proud to offer the area's most dynamic youth sports programs all year round. The **Summer Sports Camps** are led by the finest coaches in the region, providing top-notch instruction in a positive, fun and safe environment. Schedules for each camp include a vigorous warm-up, individual and team instruction, indoor and outdoor game play, sport-specific speed and agility training and an hour of free swim at the **acac** WaterPark.

**ACAC Summer Sports Camps** are held at Adventure Central's Arena, Charlottesville Catholic School, The Covenant School and St. Anne's Belfield School. Campers are transported between the schools and Adventure Central mid-day for indoor arena play, lunch and free swimming.

### Girls Field Hockey - Grades: 5th - 8th

July 19 - July 23

Time: 8:30am - 4:30pm

Location: The Covenant School or St. Anne's Belfield School

Coaches: Missi Sanders, former UVA Head Coach and NCAA Coach of the Year, and staff.

### Girls High School Field Hockey - Grades: 9th-12th

July 26 - July 30

Time: 8:30am - 4:30pm

Location: The Covenant School or St. Anne's Belfield School

Coaches: Missi Sanders and Staff

### Half Day Girls Field Hockey - Grades: 2nd - 4th

August 2 - August 5\*

Time: 8:30am - 1:30pm

Location: The Covenant School or St. Anne's Belfield School

Coaches: Missi Sanders and Staff

\*See rates to upgrade to attend Full Day and Friday Camp

### Girls Lacrosse Camp - Grades: 5th - 8th

June 21 - June 25

July 12 - July 16

Time: 8:30am - 4:30pm

Location: Charlottesville Catholic School or St. Anne's Belfield School

Session 1 Coaches: Erica Perkins and Brittany Kalkstein (UVA All American).

Session 2 Coaches: Erica Perkins and Mary Schwartz (George Mason Univ).

### Volleyball Camp - Grades: 5th - 8th

June 21 - June 24

July 19 - July 23

Time: 8:30am - 4:30pm

Location: Charlottesville Catholic School

Coaches: Marty and Samantha Block

### Evening Volleyball Camp - Grades: 9th - 10th

July 27 - July 29

Time: 6:00pm - 9:00pm

Location: Adventure Central Arena

Coaches: Marty and Samantha Block



### Al Sadtler, Director of acac Sports

Coach Al is a UVA graduate, former member of the UVA Lacrosse team, and US Lacrosse Virginia Hall of Fame Inductee. He officiated NCAA Division 1 Lacrosse for 27 years and also founded and directed the Seminole Lacrosse League in Charlottesville. Al brings a wealth of coaching experience to **acac** and has recruited an elite team of coaches for this year's Sports Camps.

**\*Upgrades for half day camps enable campers to spend the remainder of the day at Day Camp and a full day Friday. Full Day Sports Camps run from Monday to Thursday. On Friday, Sports Campers eighth grade and younger may attend Day Camp. (Optional)**

Sports Camp Rates			
Sports Camp	Family Member	Member Price*	Non-member Price
Full Day Camps	\$235	\$245	\$260
Half Day Camps	\$130	\$140	\$150
Upgrade to full day of camp (afternoons and Friday at Adventure Central)	\$105	\$105	\$110
Evening Volleyball Camp	\$72	\$80	\$90

➔ **Register at [acac.com](http://acac.com) or call 434.978.7529**