



Mark Your Calendars

**JUNE 21 -
AUG 19**

Week 1: June 21 - 24

Creative Expressions - Entering Grades 2-9 (LIMITED TO 24 PARTICIPANTS)

Half Day: 9am- Noon \$80

Students will thoroughly enjoy exploring their creative side with Sutton favorite, Mr. Bailey. This program is the perfect introduction to art for beginners and those already in touch with their creative side will enjoy developing their skills. Students will work with a variety of mediums and creative techniques such as drawing, painting and sculpture. Join Mr. Bailey for fabulous, creative fun!

Instructor: Mark Bailey

Mr. Bailey, a native and graduate of Sutton High Sutton, has been teaching in the Sutton School System for more than 40 years. As a retired Art teacher, he enjoys the experience of guiding students to reach their full creative potential. We are excited to have Mr. Bailey as part of the program to help foster the creativity of young minds.

AllSports I - Entering Grades 2-9

Full Day: 9am-2 pm \$160

Open to those entering grades 2-9 in September, 2021. AllSports is an amped-up version of the oh-so-popular Physical Education Class. Kids will enjoy a variety of games and activities focused completely around having fun! They will also learn peer relationship skills as they play as part of a team and will learn to win, and perhaps not always come in first, with humility. AllSports is ALL ABOUT HAVING FUN! Kids should bring a lunch or can purchase pizza, snacks, and drinks daily.

Instructor: Rob Magner

Rob will be entering his 9th season as the junior varsity soccer coach at Sutton Memorial High school. As an assistant varsity coach he has won four district championships and three state championships. Besides high school soccer, Rob also has experience coaching at the youth, and premier levels. He is currently the Sutton JV Basketball and Assistant Varsity Basketball coach. He is passionate about sharing his knowledge of the game and enjoys working with players of any skill level.



Week 2: June 28 - July 1

Tennis Beginner - Entering Grades 2-9 *(LIMITED TO 24 PARTICIPANTS)*

Half Day: 9am- Noon \$80

This is a beginner level program that will provide an exciting introduction to the game of tennis. Participants will learn through a variety of drills, games and hands on instruction. Instructors will work with participants in groups and individually to teach strokes and movement skills while introducing ball and racquet control technique. Equipment: **Please bring your own racquet.**

Instructor: Suzanne Dame

Mrs. Dame has been teaching music in Sutton for the past 26 years. You have seen her on many stages and music occasions but many do not know that she has been playing singles and doubles tennis on teams for quite some time! For more than 15 years, Suzanne has been on the Central Mass Indoor Tennis Team, where they won the division title in 2014, and the USTA 3.5 tennis team for the Greendale YMCA. Her primary goal is to bring a love and joy of tennis to the children through this summer clinic.

Week 3: July 5 - 8

AllSports 11 - Entering Grades 2-9

Full Day: 9am- 2pm \$160

See AllSports I description. This is our most popular program so we added a second session -- Woo Hoo!

ESports I - Entering Grades 6-12 *(LIMITED TO 24 PARTICIPANTS)*

Half Day: Noon - 3pm \$90

Come play video games and learn with us! The program will include daily tournaments featuring popular titles, as well as learning how 'speed run', how to build a PC, and how to participate in scholastic Esports. Whether you are a competitive gamer, a beginner, or just interested in computers and technology, this is the place for you!

Instructor: Mike Bilica

Michael Bilica is the General Manager and Coach for the Esports program at Sutton High School. When not gaming, he is a Physics teacher at the High School. He has been in the Esports scene for over 25 years, at times as a competitor, parent of competitor, and coach. He is excited to bring eSports to our Sutton Summer Programs.





Week 4: July 12 - 15

"Super Week" Basketball (co-ed) - Entering Grades 2-10

Full Day: 9am- 2pm \$160

This year's clinic promises to be a great week of basketball. Over the years it has welcomed players from all over Central Massachusetts. It's a fun and exciting learning experience for all the players involved. This is a co-ed program.

Instructor: Andy Neidzwiecki

Coach Niedzwiecki, Sutton High School Varsity Basketball Coach, has been a Varsity Basketball Coach for 16 years and has coached at the college, high school, and AAU levels. After a successful high school career in Sutton (over 1,000 career points and a key member of the varsity squad who brought home the first Central MA District Title) Coach Niedzwiecki went on to Assumption College on a full basketball scholarship. After graduation, he spent two years as the Director of Basketball Operations for the Men's Basketball Program at the College of the Holy Cross where the team won the Patriot League Tournament advancing to the NCAA Division 1 Basketball Tournament in both seasons. Before returning to Sutton as Varsity Basketball Coach, he coached in the Auburn High School Basketball Program for 15 years winning the Southern Worcester County League multiple times. Coach Niedzwiecki is a past Central MA Division 3 Boys' Basketball Coach of the Year who enjoys sharing his knowledge and understanding of the game with younger players.

Week 5: July 19 - 22

Dance - Pre-K through Entering Grade 3

Half Day: 9am- Noon \$80

Come dance with us! The Sutton dance program is for both boys and girls, with and without previous dance experience. Participants will learn the fundamentals of ballet, jazz and hip hop, and work on developing their rhythm and coordination. Kids will learn choreography to some of their favorite songs and be ready to perform for parents on the last day. Make sure to wear clothes that will allow for movement (and are not too baggy), and to bring water and a snack each day.

Instructor: Michelle Duclose

Michelle graduated from The College of the Holy Cross with a degree in English and Education, and from Worcester State University with a Masters degree in Secondary Education. She currently teaches middle school English in Worcester and is certified to teach dance in the Massachusetts public schools. Michelle received her dance training at Diane Kelley Dance Studio, where she studied jazz, tap, ballet, pointe and modern dance. Michelle also performed with the Mary McInerney School of Irish Step Dancing and the New England Surge professional dance team. She has competed both regionally and nationally and currently teaches at a local dance studio.





Week 5: July 19 - 22 Continued ...

Soccer - Entering Grades K - 6

Full Day: 9am- 2pm \$160

The Soccer program will be a competitive, fun, learning environment. The focus will be on strengthening technical soccer skills, developing tactical understanding and awareness, and an introduction to dynamic movement to assist in speed, agility and coordination. These training sessions will be fun and creative to support the development process. Players will be grouped appropriately and coaches will be prepared to deliver both recreational and advanced exercises to ensure a proper training experience based on player age and ability. Players should bring a soccer ball, water, wear cleats and shin guards. Students should also bring a lunch.

Instructor: Mike Elster

Coach Elster has been a recreational youth, competitive high school, and premier club coach for over twenty-five years. Coach Elster is a past recipient of the US Youth Soccer Massachusetts Boys Soccer Coach of the Year and Region I Boys Soccer Coach of the Year. He has also received the US Youth Soccer adidas Boys Competitive Coach of the Year. Coach Elster has been the Sutton High School Boys' Varsity Soccer Coach for the past 14 years, all of which were winning seasons. As the head coach at SHS, Coach Elster has won numerous Dual Valley Conference and Districts titles as well as four MIAA State Championships. He is a multi-year recipient of the Central Mass Soccer Coaches Association High School Coach of the Year. In 2014, Coach Elster was named MIAA Boys Soccer Coach of the Year, National Soccer Coaches Association of America (NSCAA) State of Mass Small High School Coach of the Year, and the National Federation of State High School Soccer Boys Coach of the Year for Massachusetts.

ESports II - Entering Grades 6 - 12 *(LIMITED TO 24 PARTICIPANTS)*

Half Day: Noon-3pm \$90

See Week 3 Program Description

Instructor: Mike Bilica





Week 6: July 26-29

Flag Football - Entering Grades 5-8

Half Day: 9am- Noon \$80

The flag football program will be focused on competition, skill building, and learning safe techniques in a passing focused football environment. This program provides kids interested in playing football an introduction to working with with varsity football players and coaches. Players will get a leg up on the competition by learning drills, concepts, and the expectations of a varsity football program. All drills will be modified to fit a players age and ability, to ensure the safety of all players. Each day members of the Sutton-Douglas football team will help run stretches, offensive and defensive skill drills, as well as 7x7 flag football games. Each player should bring Water, Cleats, and a mouth piece.

Instructor: Patrick Mosley

Patrick is the head Varsity coach of Sutton-Douglas football. Coach Mosely has nearly a decade of experience coaching football from the Junior High and JV levels to and Varsity. Coach Mosley is also a 6th Grade Social Studies teacher at Sutton Middle School. As a coach, Patrick is very focused on the safety of all his players and working with players of all skill levels to ensure they have the ability to protect themselves on the football field. He is First Aid/CPR/AED certified by the Red Cross.

Tennis Intermediate - Entering Grades 6-9 *(LIMITED TO 24 PARTICIPANTS)*

Half Day: 9am- Noon \$80

This is an intermediate level program that will take those players who plainly want to learn more. These participants have already taken beginner lessons here or through another program and are ready to take the game to the next step. They might be wondering if high school tennis might be the exact fit someday for them. These players will be instructed further on proper stroke production, footwork, ball control, rules, and tactics in a lively week of tennis play.

Instructor: Suzanne Dame

See description in Beginner Tennis





Week 7: August 2-5

Girls Volleyball - Entering Grades 6-11 (LIMITED TO 30 PARTICIPANTS)

Half Day: Noon - 3pm \$80

The Sutton Summer Volleyball Program is designed for inexperienced and experienced athletes. The program will involve basic skill development, team/sportsmanship activities and conditioning for players in grades 6-12. Participants will need athletic wear, water, and knee pads. We offer a variety of sessions, including skills and drills, position specific training, and team games.

Instructor: Tracy Quider Martell

As a setter and outside hitter at SUNY Buffalo, Tracy recorded 1,000 kills and 1,000 digs during her college career. Martell's team posted a 52-6 record in 1986, where the Bulls were ranked fifth in the nation in the NCAA Division III poll, going on to compete in the national championships. Martell was named to the All-Northeast Team and received honorable mention All-American recognition. Martell ended her career as the UB record-holder in seven categories, held second place in five others and inducted into the SUNY Buffalo hall of fame. Beyond college Tracy played professional beach volleyball in the Northeast, coached volleyball at Worcester Academy.

Week 8: August 9-12

Field Hockey - Entering Grades 5-9

Half Day: 9am- Noon \$80

The Field Hockey program is open to those entering grades 5-9. Participants will learn and sharpen various skills such as stick handling, stick position, dribbling (tight, loose, aerial, indian, reverse stick) passing, push, slap, drives, shooting etc. They will learn field positioning and receive goalie specific training and enjoy interactive games and scrimmaging. **Equipment: Please bring own protective gear, sticks and proper shoes.**

Instructor: Sarah Bellavance

Sarah is a Special Education teacher at Bartlett High School and has been the Sutton Field Hockey head coach for five seasons. Her team has qualified for the Districts for the past five years and she is proud to have coached a Dual Valley Conference Player of the Year. She was Previously Head Coach at Cranston East High School for 2 years, and JV coach at Burrillville High from 2007 - 2011





Week 8: August 9-12 Continued ...

Soccer II - Entering Grades K - 6

Full Day: 9am- 2pm \$160

See program description from Week 5.

Instructor: Mike Elster

Week 9: August 16 -19

AllSports III - Entering Grades 2 - 9

Full Day 9am - 2pm \$160

See AllSports II description. So popular we added a THIRD session -- Woo Hoo!

Instructor: Rob Magner





IMPORTANT INFORMATION

- **EARLY DROP OFF:** Children may be dropped off anytime after 8am. We will have childcare available FREE OF CHARGE for the hour before morning programs begin for your convenience. Please indicate if your child will be dropped off early so we can staff accordingly.
 - **Covid Protocols:** We will be following all current Sutton Public School Covid protocols. Masks are required and we will adhere to social distancing and handwashing guidelines. Children will work in smaller groups and we will have contact tracing in all of our programs.
 - **ONLINE REGISTRATION ONLY.** Please see suttonschools.net for information.
 - **PHYSICAL and Allergy Forms :** Participants must have an updated physical/immunization form to participate and fill out an allergy form. Please submit these forms no later than June 1. Children who arrive to their program without a physical form on file with Program Director will not be allowed to participate. Please understand that this is for the safety of your child so plan accordingly. Forms should be emailed to kennedys@suttonschools.net or mailed to Sutton High School, 383 Boston Rd., Sutton, Ma 01590 ATTN: Scott Kennedy
 - **REFUNDS:** In order to properly staff programs, NO REFUNDS will be issued after May 3. This allows us to ensure all programs are properly staffed for the safety of all participants. If a problem should arise, after May 3, please contact Scott Kennedy to discuss credit for an alternate program. We understand that situations arise and are happy to make accommodations whenever possible. Credit for an alternate program is offered on a space available basis.
 - **SNACKS/LUNCHEs:** Kids should bring their own snacks and/or lunches. If you have a child with a serious food allergy please let the instructor know at the start of their program as well as highlighting on their physical form.
 - **EQUIPMENT:** Equipment will be provided for all programs unless otherwise noted. Participants should bring their own sport specific equipment. (ex. sticks, racquets, etc.) if they have them or if it is specifically indicated in the program description.
 - **WEATHER:** Programs run RAIN OR SHINE! If inclement weather is forecasted, outdoor activities will happen indoors unless you are otherwise notified.
 - **SUPPLIES:** Suggested Supplies: sunscreen, hat, water bottle, lunch and or snack.
 - **CHECK IN:** On the first day, all participants should check-in in the High School Cafeteria unless otherwise instructed prior to the start of their program.
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