

Register Early &

Prices Increase After

**SAVE MAY 17**

2019  
**Sutton**  
Summer

**FUN**

Sibling and multi-program discounts available until May 17 ONLY!

**SOMETHING FUN FOR EVERYONE!**

Space is limited so early registration is recommended!

REGISTER AT

**SUTTONSCHOOLS.NET**





## 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.
- **ONLINE REGISTRATION ONLY.** Please see [suttonschools.net](http://suttonschools.net) for information.
- **EARLY REGISTRATION: Early registration deadline is MAY 17.** Registrations will be accepted after May 17, on a "space available" basis. There will be a \$10 late fee on all full-day programs (\$160) and a \$5 late fee on all half-day programs (\$80) after May 17.
- **SIBLING AND MULTI-PROGRAM DISCOUNTS:** Register more than one (1) child for any program BEFORE May 17, and deduct \$10 OFF full day programs and/or \$5 OFF half-day programs for each additional child. The initial child will be full price for all programs. When registering your child for multiple programs you may apply the same discounts as above to each additional program. The initial program will be full price.
- **PHYSICAL FORMS:** Participants must have an updated physical/immunization form to participate. Please submit this form 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](mailto: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.



## **WEEK 1 JUNE 17-20**

**AllSports I** Location: SHS Sutton High School Romasco Gymnasium

ENTERING GRADES 2 - 8 9am – 2pm \$150/week

This program is open to those entering grades 2-9 in September, 2019. AllSports is an amped-up version of the oh-so-popular Physical Education Class. Participants 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!

Instructor: Rob Magner

This is Rob's 8th year with the Sutton Summer Program. Rob will be entering his 6th 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.

**Creative Expressions:** Location: SHS Art Room

ENTERING GRADES 2 - 9 9am – 12pm \$75/week

Students will thoroughly enjoy exploring their creative side with Sutton favorite, Maggie Duffy. 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 Mrs. Duffy for fabulous, creative fun!

Instructor: Maggie Duffy

Mrs. Duffy has been a part of Sutton's Special Education support staff for the past three years. Last year, she worked alongside a Sutton favorite, Mr. Bailey, teaching an Art I course. An artist herself, Mrs. Duffy owns a small business selling hand-crafted home decor. We are excited to have Mrs. Duffy as part of the program to help foster the creativity of young minds.

## **WEEK 2 JUNE 24-27**

**Tennis Beginner** Location: Sutton High School Tennis Courts

ENTERING GRADES 2 - 8 9am – 12pm \$75/week

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.

**SPACE IS STRICTLY LIMITED TO 24 PARTICIPANTS. PLEASE REGISTER EARLY!**

Instructor: Suzanne Dame

Suzanne Dame has been teaching music in Sutton for the past 24 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 a quite some time! For more than a decade, 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 the love and joy she has for tennis to the children in this summer clinic.

**BASKETBALL “Super Week”** Location SHS Romasco Gymnasium

ENTERING GRADES 2 - 10 8am – 2pm \$150/week

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.

Instructor: Andy Niedzwiecki

Coach Niedzwiecki, Sutton High School Varsity Basketball Coach, has been a Varsity Basketball Coach for 16 years. He has also 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 and earned a spot in the 1995 State Championship Game) 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 in 2006 & 2013, a Clark Tournament Championship in 2013, and led his team to a Central MA District Final appearance in 2014. Coach Niedzwiecki was named 2014 Central MA Division 3 Boys’ Basketball Coach of the Year. Coach is excited to be back “home” at Sutton High School and is looking forward to working with young basketball players and sharing his knowledge and understanding of the game.

## **WEEK 3 JULY 8-11**

**AllSports II** Location SHS Romasco Gymnasium

ENTERING GRADES 2 - 9 9am – 2pm \$150/week

This program is open to those entering grades 2-9 in September, 2019. AllSports is an amped-up version of the oh-so-popular Physical Education Class. Participants 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!

Instructor: Rob Magner (see week 1)

## **WEEK 4 JULY 15-18**

**BASKETBALL- NEXT LEVEL** Location SHS Romasco Gymnasium

ENTERING GRADES 8 - 12 9am – 2pm \$150/week

This program will provide area players with proven insights and competitive experiences that will help them become even more equipped to accomplish their winter goals. With 16 years of coaching varsity basketball, Coach Neidzwiecki's intention is to offer every player the best possible coaching. Fresh off another intense season of great competition, Coach Neidzwiecki is looking forward to working with players to help them towards their goals.

Instructor: Andy Neidzwiecki: SEE WEEK 2

**DRAMA** Location: Sutton High School Auditorium

GRADES 5 – 8 9am – 12pm \$75/week

The primary focus of the drama program will be to introduce participants to the stage, to practice elements necessary for good performance, to work on small skits, and simply learn to have fun performing.

Instructor: Cameron Loss

Cameron Loss has directed plays at SHS since 2008. In addition to the 19 plays he has directed at SHS, he has also acted in multiple plays and taken acting classes at the college level. His primary goal is for students to have fun and discover their true potential.

## **WEEK 5 JULY 22-25**

### **DANCE Location: Sutton High School Auditorium**

ENTERING GRADES PreK - 3 9am – 12pm \$75/week

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. Campers 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.

Dance 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.

### **SOCCER Location Sutton High School Soccer Field**

GRADES K - 6 9am – 2pm \$150/week

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.

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 12 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.

## **WEEK 6 JULY 29- AUGUST 1**

### **GIRLS VOLLEYBALL Location SHS Romasco Gymnasium**

ENTERING GRADES 6-12 9am – 2pm \$150/week

The Sutton Summer Volleyball Program is designed for inexperienced and experienced athletes. The camp will involve basic skill development, team/sportsmanship activities and conditioning for players in grades 6-12. Participants will need a lunch, athletic wear, water, and knee pads. We offer a variety of sessions, including individual one-on-one instruction, 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 and currently coaches volleyball at Sutton High.

## **WEEK 7 AUGUST 5 - 8**

### **Tennis Intermediate Location: Sutton High School Tennis Courts**

ENTERING GRADES 6-9 9am – 12pm \$75/week

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

Suzanne Dame has been teaching music in Sutton for the past 23 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 a quite some time! For the past 11 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 the love and joy she has for tennis to the children in this summer clinic.

## **WEEK 7 AUGUST 5 - 8 CONTINUED**

**Field Hockey** Location Sutton High School Baseball Field

ENTERING GRADES 5 - 9 . 9am – 12pm \$75/week

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. The following equipment is not required but without it players may not be able to participate in select drills. Please understand that this for safety reasons. Gear Includes: Shin guard, mouth guard, cage and stick. Cleats are preferred but sneakers are acceptable.

Instructor: Sarah Bellavance

Sarah is a Special Education teacher at Thompson Middle School and has been the Sutton Field Hockey head coach for six 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 12 - 15**

**SOCCER** Location Sutton High School Soccer Field

ENTERING GRADES K - 6 9am – 2pm . \$150/week

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.

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