



Week 1: June 21 - 24 (Tuesday-Friday)

Girls Basketball / Fundamentals & Advanced Skills - Entering Grades 4-12

Full Day: 9am-2 pm \$180

During this immersive clinic, emphasis will be placed on fundamentals and advanced skills. The program will consist of 3 levels, tailored to age group and skill level. Every participant will receive an individual player evaluation at the end of the clinic, a valuable tool to improve individual skill.

Instructor: John Doldoorian

Coach John Doldoorian, Jr. is a member of the Massachusetts Basketball Coaches' Hall of Fame. With 31 years of high school, and 20 years of AAU coaching experience, he brings a wealth of knowledge to the gym. He has 527 career wins in high school, 202 of which have come at Sutton High.

Coach D's clinic staff will include three women who have played basketball professionally in Europe. Those clinicians include: JV Coach Sarah Mahan-Brandt, who played professionally in Denmark, and Anh-Dao Tran who played in Germany. Former high school and college players will make up the remainder of the clinicians.

Week 2: June 27 - June 30

AllSports I - Entering Grades 2-9

Full Day: 9am-2 pm \$180

Open to those entering grades 2-9 in September, 2022. 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!

Instructor: Rob Magner

Rob will be entering his 10th 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 - Entering Grades 2-9

Half Day: 9am- Noon \$90

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 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.

Tennis Beginner - Entering Grades 2-9

Half Day: 9am- Noon \$90

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.

Instructor: Suzanne Dame

Mrs. Dame has been teaching music in Sutton for the past 27 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 (Tuesday-Friday)

AllSports II - Entering Grades 2-9

Full Day: 9am- 2pm \$180

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

eSportsI - Entering Grades 6-12

Half Day: 9am-noon \$90

Come play video games and learn with us! The program will include daily tournaments featuring popular titles, as well as learning how to '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 11 - 14

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

Full Day: 9am- 2pm \$180

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 Niedzwiecki

Coach Niedzwiecki, Sutton High School Varsity Basketball Coach, has been a Varsity Basketball Coach for 19 years and has coached at the college, high school, and AAU levels. As a player at Sutton, he (a Sutton Athletic Hall of Fame member), led Sutton to two DVC titles, two Clark Tournament Championships and Sutton's first Division 3 Central Mass District Tournament Title. After high school, coach spent a prep year at Worcester Academy and then went on to Assumption College on a full basketball scholarship where he was a 4-year starter for the Greyhounds (2nd all-time in Assists with 669). 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. From here, coach took over the Auburn High School Basketball Program for 15 years. His teams won multiple Southern Worcester County League titles, a Clark Championship, and had an appearance in the Division 3 Central Mass District Tournament Championship game. Coming back to coach Sutton has been a dream come true for Coach Niedzwiecki. In his second season as head coach, he was able to lead Sutton to a 24-2 record winning the DVC, Clark Tournament, Division 3 Central Mass District Tournament, and Sutton Basketball's first ever MIAA Division 3 State Championship. For his efforts, Coach was named a Central MA Division 3 Boys' Basketball Coach of the Year for the second time in his career. Coach looks forward to sharing his knowledge and understanding of the game with all of the up-and-coming Sutton basketball players.

Week 5: July 18 - 21

Soccer - Entering Grades K - 6

Full Day: 9am- 2pm \$180

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 15 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 5: July 18 - 21

eSports II - Entering Grades 6 - 12

Half Day: 9am-Noon \$90

Come play video games and learn with us! The program will include daily tournaments featuring popular titles, as well as learning how to '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.

Cheer Clinic - Entering Grades 7-12

Half Day: 9am- Noon \$90

Participants will learn age appropriate skills and choreography. This clinic will provide an excellent opportunity to refine cheer technique, perfect jumps, practice tumbling, develop proper stunt technique, and learn new cheers/chants/and dances. Instruction will be provided by the Sutton High School Cheerleaders and Coach, Christine McLaughlin.

Instructor: Christine McLaughlin

Coach Christine is a Sutton High School graduate who participated in both high school cheerleading and all star cheerleading annually until she graduated. She went on to work for NCA (National Cheerleaders Association) and NECA (New England Cheerleaders Association) companies where she coached high school and collegiate cheer programs. She also participated in additional all star cheering programs and cheered for Worcester State University.

Cheer Clinic - Entering Grades 2-6

Half Day: Noon - 3pm \$90

See above description

Week 6: July 25-28

Flag Football - Entering Grades 5-8

Half Day: 9am- Noon \$90

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 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 Beginner II - Entering Grades 2-9

Half Day: 9am- Noon \$90

*See Beginner Tennis Description Above

Instructor: Suzanne Dame

Week 7: August 1-4

HS Girls Volleyball - Entering Grades 9-12

The HS Sutton Summer Volleyball Program is designed for experienced athletes grades 9 through 12 from Sutton, Douglas, and Millbury. The clinic will involve skill & drill practice, team practice & play and scrimmages. The main focus of the clinic is to work and play together as a team. Participants will need athletic wear, sneakers, kneepads and water.

Instructors: Erin Messier, Greg Bernard, and Mike McKeon

Erin Messier is the current Varsity Volleyball Coach at Sutton High School. Erin is also a graduate of Sutton where she was captain of the Varsity Volleyball Team leading the Sutton Varsity Volleyball team to its first District Win. Greg Bernard is currently the Varsity Volleyball Coach at Douglas High School where he is entering his third season. Mike McKeon is a teacher in the Millbury Public Schools and has been the Millbury High School Varsity Volleyball since 2004.

MS Girls Volleyball - Entering Grades 6-9

Half Day: 12:00 - 3:00pm \$90

This Sutton Summer Volleyball Program is designed for inexperienced and experienced athletes grades 6 through 9. The program focuses on basic skill development, team/sportsmanship activities and tournament play. Participants will need athletic wear, sneakers, kneepads and water.

Instructor: Tracy Quider Martell

As a setter, outside hitter, and captain at SUNY Buffalo, Tracey 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. Beyond college Tracey played professional beach volleyball in the Northeast, coached volleyball at Worcester Academy and Sutton High.

Week 8: August 8-11

Tennis Intermediate - Entering Grades 6-9

Half Day: 9am- Noon \$90

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 Previous Bio

Week 8 cont...

Soccer II - Entering Grades K - 6

Full Day: 9am- 2pm \$180

See program description from Week 5

Instructor: Mike Elster

Week 9: August 15 -18

Field Hockey - Entering Grades 5-9

Half Day: 9am- Noon \$90

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.

Instructor: Sarah Bellavance

Sarah is a Special Education teacher at Thompson Middle School and has been the Sutton Field Hockey Coach for 9 seasons. Her team recently won the Central MA District 2 Championship. Her team has qualified for the Districts each year. She is proud to have coached 4 Dual Valley Conference Players of the Year. She has been coaching field hockey since 2007.

AllSports III - Entering Grades 2-9

Full Day: 9am- 2pm \$180

See AllSports I and II Descriptions. This is our most popular program so 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.
- **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 at their program without a physical form on file with the 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 6. This allows us to ensure all programs are properly staffed for the safety of all participants. If a problem should arise, after May 6, 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 this 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.