

# Trumbull Continuing Education Summer Explorations 2021

We are proud of the quality of the Summer Explorations Program. The three areas of focus continue to be accelerating academic progress, providing enrichment camps, and offering a wide variety of sport opportunities.

It is our hope that your child will find more than one summer camp experience that fosters a specific skill, interest, or hobby. We encourage you to take advantage of the experiences available for your child.

To ensure the success of Summer Explorations, we encourage students and parents to work with and support all school staff in meeting our program objectives. For it is only through our joint efforts in pursuing our common goals that increased student expectations will be achieved.

If you have any questions, please do not hesitate to contact any member of the Summer Explorations staff.

Sincerely, Trumbull Continuing Education

Dr. Martin J. Semmel, Superintendent

Cheryl Gould, Administrative Assistant Terry Buckingham, Site Leader

Board of Education:

Mrs. Lucinda Timpanelli, Board Chairman Mr. Tim Gallo, Vice Chair Mrs. Jackie Norcel, Secretary Mr. Scot Kerr, Board Member Mrs. Marie Petitti, Board Member Mrs. Alison Squiccimarro, Board Member Mr. Mike Ward, Board Member

# **General Information**

<u>ENROLLMENTS ARE LIMITED REGISTER</u> <u>EARLY</u>

When selecting an Enrichment Program, students should sign up according to <u>GRADE COMPLETED</u> When selecting a <u>Sports Camp</u> students should sign up according to <u>GRADE ENTERING</u> in the 2021 - 2022 school year.

All campers are required to wear masks. Please send a spare and label the masks. We will be following CDC guidelines for summer explorations camps this summer.

We reserve the right to cancel or modify our programming due to Covid. Class size is limited.

### **REGISTRATION:**

Summer Registration: There is a \$5.00 non refundable processing fee per registration per family. To avoid paying multiple fees, register all children at once.

### On Line:

www.trumbullconted.org Reciept is emailed to you upon completion. You will be notified of any cancellations.

#### By Mail:

Fill out registration and mail with check or money order. One check may be used to pay for more than one student.

#### Walk In:

At the Continuing Education Office located in Trumbull High School

### SCHOOL LOCATION CODES:

AGRI - Agriscience Frenchtown School TECEC - Trumbull Early Childhood Education Center THS - Trumbull High School

### SPECIAL EDUCATION Pre-School - Grade 12

Special education programs are provided in accordance with the child's need for an "Extended School Year" (ESY), as specified in his or her Individualized Education Program (IEP). When so designated in the IEP, the child will be enrolled in appropriate programs at no cost to the parents. For further details, contact your building Pupil Services Representative or call PPS at 203-452-4352.



#### **TELEPHONE NUMBERS:** Trumbull Continuing Education Office: 203-452-4554

Terry Buckingham, Site Leader tbucking@trumbullps.org, after June 25th at 203-452-4227



# EARLY CHILDHOOD

### EL01 PRE-SCHOOL

Are you looking for enrichment activities for your preschool aged child? Come join us for fun filled activities centered around animal themes; farm animals, zoo animals, ocean animals, and family pets. "Hands on" activities, arts and crafts projects, and more will foster developmentally appropriate skills in all domains - intellectual, social, emotional, and physical.

\$600 July 6 - July 30 9:00AM - 12:00 PM Location: TECEC

### EL02 PRE-KINDERGARTEN - READY, SET, GO!

Children excited about those first steps into kindergarten will gradually ease into a school setting in this class. Intellectual, physical, and socio-emotional growth are emphasized through "hands-on" activities. Each child will be encouraged to explore their own talents through art, movement, language expression, and other interdisciplinary areas. Students must be enrolled to start Kindergarten in August 2021. 8:30AM - 12:00PM \$680

July 6 - July 30 Location: Frenchtown

### READING REVIEW

This program is for academic support which focuses on strengthening reading skills for the child who has completed kindergarten, first, or second grade, but may need extra support and review over the summer. For this course choose the grade completed in the 20-21 school year. Recommendation must come from the building literacy specialist and the classroom teacher. 8:30AM - 10:00AM July 6 - July 30 \$340 READK- KINDERGARTEN **READ2 - GRADE 2 READ1 - GRADE 1** Location: Frenchtown



FOR FOUR WEEKS

July 6 - July 30

8:30AM - 12:00PM \$680 **Location:** Frenchtown

### **CHOOSE ONE COURSE FROM EACH SECTION** 8:30AM - 10:15AM and 10:15AM - 12:00PM

### EL03 ART PLAY

Art through games and imagination! This program explores inventiveness and individuality. Children use unique materials, building, sculpting, weaving, painting and more. All projects inspired by stories, music, movement and technology.

### EL04 CODING

4

As we move into this new way of learning, coding has become even more important. The future of our children will depend on computer programmers in every facet of life. Beginning with coding instruction at an early age is like starting with a second language at an early age. Come enjoy the fun of coding in a safe and exploratory way. Children will work to complete challenges that utilize the language of coding.

### EL05 LET THE GAMES BEGIN

This course will consist of physical activities and games that will keep your child moving while having fun. Activities may include Crab Soccer, Longball Kickball, Wiffle Ball, Noodle Hockey, and Castle Ball just to name a few. Children will also work towards improving their teamwork, cooperation, and communication skills. Be prepared to have a good time, show your team spirit, and improve your physical fitness!

### Grs. K - 2

Grs. K - 2

# Grs. 3 - 5

### Ages 3 - 4

Grs. K - 2

# Grs. 2 - 5

Grs. K - 3

# Grs. K - 5

# ingredients, and enjoy literature related to what they are cooking.

simple meals and clean up. Students learn how to read recipes and how to measure liquid and dry

#### Grs. 2 - 5 EL07 GROW, GROW, GROW! From Seed to Tree! The Science and World of Plants: Ever wonder where plants come from? In this class, we'll dig right in and learn about the many different plants and how they grow and make more plants! We'll take a look at the fruits and vegetables they produce, and even get to take some plants home!

# 10:15AM - 12:00PM Choose one

# EL141 KINDNESS CLUB

Do you enjoy helping people and making people smile? If yes, then join Mrs. Beccaria to promote kindness in your home and community. "Kindness is contagious" and we will work together to brighten people's days with simple and thoughtful projects. Remember, it's Cool to be Kind!

# **EL142 CREATIVE COOKING**

The best part of this course is eating the results! Children experience a variety of regional and international dishes, along with theme days created by the students. The students learn how to cook simple meals, and clean up. Students learn how to read recipes and how to measure liquid and dry ingredients, and enjoy literature related to what they are cooking.

# EL143 WHO WAS, I SURVIVED, AND MORE

From George Washington to Dr. Seuss, Walt Disney to Anne Frank, everyone enjoys the widely popular Who Was series. We'll also have some fun drawing and coloring some "Big Head" cover art of your favorites! Or are you prepared to see if you have what it takes to survive? We will have fun reading and discussing the books, making crafts, and exploring photos to discover what life might have been like during these historical events.

# EL144 LET THE GAMES BEGIN

This course will consist of physical activities and games that will keep your child moving while having fun. Activities may include Crab Soccer, Longball Kickball, Wiffle Ball, Noodle Hockey, and Castle Ball just to name a few. Children will also work towards improving their teamwork, cooperation, and communication skills. Be prepared to have a good time, show your team spirit, and improve your physical fitness!

# EL145 CALLIGRAPHY

Grs. 3 - 5 Calligraphy is the art of drawing letters. We will practice the up and down sweeps of lettering in an artistic way. Each individual makes their own calligraphic alphabet that they can take home.

EL146 ART ATTACK - MAKE YOUR ART EXPERIENCE YOUR OWN Grs. 3 - 5 Art stations for creative exploration - creating, crafting, building. Go beyond paint and crayons by using LEGOs and technology. Make puppets and masks or build with recycled materials and sculpt. Random supplies for creating a variety of projects to refresh a skill or learn something new.

### The best part of this course is eating the results! Children experience a variety of regional and international dishes, along with theme days created by the students. The students learn how to cook

**EL06 CREATIVE COOKING** 



# Grs. K - 2

# 5

# Grs. K - 5

| E   | Prog  | hmen<br>hams   | jt.                                     |
|---|---|--|---|
| USE GRADE   | E COMPLETED IN 2020 -   | 2021 WHEN SELECTING  | G PROGRAM                               |
|   |   | . Ple <mark>ase s</mark> end a <mark>spar</mark> e and label<br>summer explorations camps th   |   |
| Let's make a mess!<br>messy: sticky spag                      | hetti designs, paint that fizzes a<br>happy experiments spark our<br>July 6 - July 9  | e<br>art and creative imagination! E<br>and POPS and messy portraits t<br>imaginations! <b>This camp is no</b><br>8:30AM - 12:00PM         | hat match our own                       |
|   | DINOSAURS! Become a Pa  | leontologist for a week of adver   | <i>Grs. K - 2</i> nture through crafts, |
| music, art, stories,<br>EC09<br>EC10<br>Location: French      | July 6 - July 9<br>July 12 - July 18  | 8:30AM - 12:00PM<br>8:30AM - 12:00PM   | \$200<br>\$225                          |
| Using LEGO Arch<br>neering. Students<br>then put their creat  | will learn about landmark build   | will be exposed to the world o<br>lings from across the country an<br>raw up their own blueprints. W                                       | d around the world,                     |
| EC11<br>EC12<br>Location: French                              | July 6 - July 9<br>July 12 - July 16  | 8:30AM - 12:00PM   | \$200<br>\$225                          |
| Students will work<br>complete multiple<br>Underglaze (clay p | projects using various clay-sc<br>paint) will be used in decorating<br>the class session and picked up to<br>ited to 13 students. | nroughout the week of class sess<br>ulpting techniques: pinch, coil,<br>ng and coloring student works.<br>from the Continuing Education of | and slab methods.<br>All works will be  |
| EC13<br>Location: THS   | July 6 - July 9   | 8:30AM - 12:00PM   | \$200                                   |
|   | <b>R FUN</b> Lauren Bespuda<br>s, chickens and sheep and u  | s, too – we all need to eat! Lea   | Grs. 1 - 6<br>arn how to feed and       |

Bunnies and horses, chickens and sheep... and us, too – we all need to eat! Learn how to feed and care for the animals at the Trumbull Agriscience Farm while experiencing firsthand where we get our food and clothing. Class is limited to 15 students. Students may only register for 1 week.

| EC14           | July 6 - July 9   | 8:30AM - 12:00PM | \$200 |
|----------------|-------------------|------------------|-------|
| EC15           | July 12 - July 16 | 8:30AM - 12:00PM | \$225 |
| Location: AGRI |                   |                  |       |

**EC16** July 6 - July 9 8:30AM - 12:00PM \$200 EC17 July 12 - July 16 8:30AM - 12:00PM \$225 Location: Frenchtown BEACH PARTY CAMP Abrakadoodle Gr. 3 - 5 Get ready for some wet and sandy fun! Design your own sun visor, move to the party music and

Did you know an octopus has three hearts, a hagfish uses slime to kill their prey? Let's learn together about these amazing animals and how they protective themselves. Students will have the opportunity to create models of these animals and their environments using a variety of hands-on materials.

create some incredible underwater art! Learn about he world-famous sidewalk chalk artist Julian Beevers while we create unique sidewalk designs. Come join the beach party! This camp is not discounted.

| E         | EC18      | July 6 - July 9 | 8:30AM - 12:0 | 00PM \$225 |
|-----------|-----------|-----------------|---------------|------------|
| Location: | Frenchtow | 'n              |               |            |

**UNIQUE ANIMALS AND THEIR ADAPTATIONS!** Robin Redgate

## **CROSSSTITCH** Laura Bossio

Learn a time-honored skill and stitch a fun design while creating a keepsake using counted cross stitch. Ideal for beginners and enjoyable for anyone. You will have everything needed to learn how to cross stitch and complete a finished project. 8:30AM - 12:00PM \$200

**EC19** July 6 - July 9 Location: Frenchtown

# DANCE, DANCE, DANCE! Jennifer Zultowski

Girls who are interested in learning different genres of dance. This energetic week of music and movement will teach students various dance styles including ballet, lyrical, jazz, and hip hop! Students will learn how to stretch properly before and at the end of dance class and they will learn 2 routines using popular music to perform at the end of the week for parents. Come join the fun! Students should dress comfortably and bring dance shoes or sneakers, water, and a peanut free snack.

**EC20** July 12- July 16 8:30AM - 11:30AM \$225 Location: THS

#### PAWS, CLAWS & HOOVES! Abrakadoodle

From pets to dragons, bring your imagination and we will provide a ROAAAAARing camp experience! Using paints, collage, sculpture and more, we will bring your favorite animal creatures to life while you have lots of FUN. This camp is not discounted.

| EC21 July 12 - July 16 | 8:30AM - 12:00PM | \$225 |
|------------------------|------------------|-------|
| Location: Frenchtown   |                  |       |

## IT'S A JUNGLE OUT THERE! Abrakadoodle

Jump into this jungle adventure! Learn about the rainforest, its animals, plants, indigenous people and more. Have a wild time creating fun rainforest art projects, playing games, and making friends! This camp is not discounted.

EC22 8:30AM - 12:00PM **July 12 - July 16** \$225 Location: Frenchtown

> We reserve the right to cancel or modify our programming due to Covid

Grs. K - 2

Grs. 3 - 5

Grs. K - 5

Grs. 3 - 5

Grs. 2 - 5

# **July 19 - July 23** 8:30AM - 12:00PM \$225 Renee Mallozzi Grs. 3 - 4 July 19 - July 23 8:30AM - 12:00PM \$225 Abrakadoodle ing cool tools and materials to create fun paintings, collages, sculptures and more. We will have **July 26 - July 30** 8:30AM - 12:00PM \$225 Grs. K - 2 Explore the wild world of dinosaurs and other reptiles! Experiment with a variety of art techniques 8:30AM - 12:00PM **July 26 - July 30** \$225 Grs. K - 4 **July 26 - July 30** 8:30AM - 12:00PM \$225

# SUMMER BRIDGE Renee Mallozzi

Enjoy fun activities intertwined with language arts and math reinforcement. Sharpen skills as you look forward to the next school year while having a fun time. Class size is limited so hurry in for some good times.

EC23 8:30AM - 12:00PM July 12 - July 16 \$225

### Location: Frenchtown

# **DRAWING AND PAINTING Kathleen Durand**

This is a great time to hang out with other artists your age and create unique works of art! Using colored pencils, watercolors and acrylic paint, be inspired by nature, famous artists, and your imagination.

**EC24 July 12 - July 16** 8:30AM - 12:00PM \$225 Location: THS

## UNDER THE SEA! Abrakadoodle

Make a big splash and join us for adventures in our Under the Sea Art Camp. Campers will learn all about jellyfish, octopi, dolphins, whales and even mermaids! There's nothing fishy about using cool tools and materials to create fun paintings, collages, sculptures and more. We will have oceans of fun! This camp is not discounted.

EC25

### Location: Frenchtown

# SUMMER BRIDGE

Enjoy fun activities intertwined with language arts and math reinforcement. Sharpen skills as you look forward to the next school year while having a fun time. Class size is limited so hurry in for some good times.

**EC26** 

### Location: Frenchtown

UNDER THE SEA! Make a big splash and join us for adventures in our Under the Sea Art Camp. Campers will learn all about jellyfish, octopi, dolphins, whales and even mermaids! There's nothing fishy about us-

oceans of fun! This camp is not discounted. EC27

Location: Frenchtown

# ARTOSAURUS! STEAM CAMP Abrakadoodle

while you learn about science, technology, engineering and math concepts used to study extinct animals. Dig into the life of dinosaurs and have a ferociously fun time! This camp is not discounted. EC28

Location: Frenchtown

I AM AN AMERICAN GIRL Laura Bossio

Explore the lives of your favorite American Girls, both past and present, as we play games, do projects, and create fun crafts. While embracing our own talents and hobbies, we'll discover and share all of the great qualities, dreams, and attributes that make us amazing American Girls!

EC29 Location: Frenchtown

Grs. 5 - 8

Grs. K - 2

Grs. 3 - 5

Grs. 1 - 2



Make It An All Day Camp Experience By Adding One Of These Camps!! 12:00PM - 3:00PM July 12 - 16 or July 19 - 23



We are excited to offer two weeks of extended camp experiences. Students will need to bring in a bagged lunch and snacks (peanut free). Make it a whole day camp experience by adding one or both of these offerings.

### CARTOONING & SUPERHERO ARTIST STUDIO Joe Fiore

Spiderman, Superman, Wonderwoman, X-Men, Avengers- Who's your favorite? Love Mickey, Spongebob, Snoopy? Which Fantasyland Princess is your favorite? Like drawing step-by-step? Animals, earthmovers, or favorite scenes? Spend the afternoons sharpening your cartooning, drawing, and coloring skills with Coloring & Cartooning Artist Studio with Mr. Fiore.

EL2020 July 12 - July 16 12:00PM - 3:00PM Grs. K - 5 \$150 Location: Frenchtown

### EVERYDAY IS A HOLIDAY Joe Fiore

Though the calendar may say July, we will be learning about the traditions and crafts associated with holidays like Halloween, Christmas, Thanksgiving, New Year, Hanukkah, Kwanza and more! Make decorations, posters, masks, mobiles and more during this week-long celebration of everything with Mr. Fiore! EL2021 July 19 - July 23 12:00PM - 3:00PM Grs. K - 5 \$150

EL2021 July 19 - July 23 12:00PM - 3:00PM Grs. K - 5 \$1 Locstion: Frenchtown

### ART SPECTRUM Deb Dean

When it comes to making art FUN, is the most important part! Splash a little paint. Dress for a mess.Color outside the lines, and make mistakes into masterpieces. Art exploration using multiple materials, set up in creation stations. Inspiration through games, literature, movement, nature and much more. Hikes followed by outdoor sketching and painting. Snack and time on playscapes. After lunch students explore a variety of media, playing games, moving to music all methods to inspire art.EL2022July 12 - July 1612:00PM - 3:00PMGrs. K - 2S150EL2023July 19 - July 2312:00PM - 3:00PMGrs. 3 - 5\$150

Location: Frenchtown

### ALL DAY CAMP EXPERIENCE!!

### BIG ABRAKADOODLE CIRCUS! Abrakadoodle

Ladies and gentlemen, boys and girls... welcome to the greatest camp on earth! The circus is coming to town! Stretch your creative muscles as you design out of this world costumes, clown around with circus paintings and circus faces. Be the ringmaster of your own imagination!

### STEAM INNOVATORS! Abrakadoodle

Innovation! Invention! Art! Brilliant minds were exploring Science, Technology, Engineering, Art and Math long before the term STEAM was coined! Navajo Indians wove geometric patterns using simple machines, Leonardo da Vinci dreamed of all sorts of inventions, curious minds explored technology, and mathematicians observed fascinating details in the world around them. Learn about these amazing innovators and create your own inventive artwork inspired by them!

EL2024 July 12 - July 16 8:30AM - 3:00 PM Grs. 6 - 9 \$450.00 Location: THS

> We reserve the right to cancel or modify our programming due to Covid



### S.A.T. ENGLISH Hope Spalla

In this prep course, students will acquire various active reading strategies in order to effectively answer reading questions in a timed setting. Instruction will be given on the most common grammar and usage rules that are tested on the writing portion of the exam. SAT book is included. SAT01 July 6 - July 9 8:30AM - 10:30AM \$150

SAT01 July 6 - July 9 Location: THS

### S.A.T. MATH Brian Smith

Grs. 11 - 12

Grs. 3 - 10

Grs. 11 - 12

Students will learn specific time management strategies, gain exposure to the format of the non - calculator and calculator sections, and review important mathematics content and skills assessed on the four domains of the math SAT. SAT book is included.



### **MUSIC**

This regional, highly acclaimed music camp has been a summer course here in Trumbull for more than 45 years. The music lessons are taught by certified music teachers for Strings, Brass, Wood-winds, Percussion, and Guitar. Instruction is provided for all levels: Beginner, Intermediate, and Advanced. The curriculum provides experience in String and Full Orchestra, Concert Band, Jazz Ensemble, Chorus, Music Technology, and Guitar Ensemble. Performance opportunities include solo and small ensembles, weekly recitals, and an evening concert program at the culmination of the camp. All beginner students must obtain an instrument prior to the first day of camp. Experienced students will be evaluated upon arrival, and placed in ensembles according to ability. If you have any questions, please email Mr. David Turechek: dtureche@trumbullps.org

| MUSIC     | Grs. 3 - 10 | July 6 - July 23 | 8:30AM - 12:30PM | \$475 |
|-----------|-------------|------------------|------------------|-------|
| Location: | THS         | <i></i>          |                  |       |
|           |             |                  |                  |       |



### DRIVER EDUCATION PROGRAM July 7, 8, 9, 2021

Must be 16 yrs old by July 6, 2021 8:00AM - 10:00AM

July 6, 2021 Mandated Parent meeting 6:00PM - 8:00PM

### Location: Senior Lounge

- DriveA 8 Hours of Classroom & 8 Hours on the Road \$450.00 (maximum student enrollment 20)
- DriveB 8 hours of Classroom Safe Driving Practices \$150.00 (maxium student enrollment 10)

This course is not discounted.





### When selecting a <u>Sport Camp</u> students should sign up according to <u>Grade Entering</u>

We resrve the right to cancel or modify the programming due to Covid.

### FIELD HOCKEY (grade entering)

Instructor: Meagan Smith

The camp will be instructed by members of the Trumbull High School Field Hockey coaching staff and supported by current THS players. Camp is open to players grades 6 - 8. No experience necessary. Players will be grouped according to ability level, but will have the opportunity to interact with all campers. The objective of the camp is to teach and refine skills and knowledge of the game as well as to stress sportsmanship, teamwork, and game play.

Players will need to provide their own equipment (sticks, shin guards, mouth guard, water, eyewear, sun block).

| SC06      | Grs. 4 - 8 | July 26 - July 30 | 8:30AM - 11:30AM | \$220 |
|-----------|------------|-------------------|------------------|-------|
| Location: | THS Field  |                   |                  |       |

### BOYS BASKETBALL (grade entering)

Instructor: Head Coach Buddy Bray, Assistant Varsity Coach Matt Landin, Head J.V. Coach Vin DiScala, Head Freshman Coach John Cappello, Phil Pacelli, and Varsity Assistant Coach, Stratford High School Joe Gill

This camp will help players of all ages and abilities learn about the great game of basketball and develop fundamental basketball skills. Campers will build skills through basketball stations, lectures, games, and a variety of competitions and basketball contests.

| SC07      | Grs. 1 - 4        | June 28 - July 2             | 8:30AM - 11:30AM | \$220        |
|-----------|-------------------|------------------------------|------------------|--------------|
| SC08      | Grs. 5 - 9        | June 28 - July 2             | 12:00PM - 3:00PM | \$220        |
|           |                   |                              |                  |              |
| SC09      | Grs. 1 - 4        | July <mark>6</mark> - July 9 | 8:30AM - 11:30AM | <b>\$190</b> |
| SC10      | Grs. 5 - 9        | July 6 - July 9              | 12:00PM - 3:00PM | \$190        |
|           |                   |                              |                  |              |
| SC11      | Grs. 1 - 4        | July 12 - July 16            | 8:30AM - 11:30AM | \$220        |
| SC12      | Grs. 5 - 9        | July 12 - July 16            | 12:00PM - 3:00PM | \$220        |
|           |                   |                              |                  |              |
| SC13      | Grs. 2 - 6        | <b>July 19 - July 23</b>     | 8:30AM - 11:30AM | \$220        |
| SC14      | <b>Grs.</b> 7 - 9 | July 19 - July 23            | 12:00PM - 3:00PM | \$220        |
| Location: | THS Gym           |                              |                  |              |

### BASEBALL (grade entering)

Instructors: Head Coach Phil Pacelli and Assistant Coach Buddy Bray

Trumbull Eagles Baseball Camp provides campers with the opportunity to learn the fundamentals of the game, including hitting, fielding, pitching, catching, and base running. Campers will participate in daily drills and games. Come have fun and learn from the THS coaching staff and members of the THS baseball program.

| SC15      | Grs. 3 - 9 | July <mark>26 - Jul</mark> y 30 | 8:30AM - 11:30AM | \$220 |
|-----------|------------|---------------------------------|------------------|-------|
| Location: | THS Field  |                                 |                  |       |

11

Grs. 3 - 9

Grs. 1 - 9

Grs. 4 - 8

### GIRLS BASKETBALL (grade entering)

Grs. 1 - 9

Instructor: Steve Tobitsch

Trumbull High School Girls Varsity Head Coach Steve Tobitsch along with special guest coaches and current and former Trumbull Girls Basketball players will be running their annual Lady Eagle Summer Basketball Camp. Take your game to the next level! Personalized instruction and skill development will focus on ball handling, passing, rebounding, defense, and shooting. Campers will also be introduced to five-on-five competition with ample time for individual contests and fun games.

**July 26 - July 30** 

**July 26 - July 30** 

 SC16
 Grs. 1 - 5

 SC17
 Grs. 6 - 9

 Location: THS Main Gym

CROSS COUNTRY CAMP (grade entering)

### Instructor: Jim McCaffrey

Do you like to run? Well, Cross Country is for you! This camp is all about introducing you to distance running in a manner that is fun and inclusive of all abilities. Each day will start with a full camp game, followed by some basic strengthening and form exercises. Then campers will be broken up into age appropriate/ability appropriate groups for the daily run. We will all come back together at the end for stretching. The final day of camp will feature a Cross Country Race with tons of age and gender prizes. Come and learn from the experienced instructor and his group of runners who are ranked among the top in the State of Connecticut and the New England region. SC18 Grs. 2 - 8 July 12 - July 16 9:00AM - 12:00PM \$220 Location: Entrance to the trail by the tree behind left field.



Grs. 2 - 8

\$220

\$220

8:30AM - 11:30AM

12:00PM - 3:00PM

# TRACK AND FIELD (grade entering)

Instructors: Jim McCaffrey and Jeff Klein

Like to run around? To jump? To see how fast you can go? This camp is all about an introduction to track and field for beginners and those who have already tried some of the events on their own. You will learn about the throwing events, the jumping events, and the sprinting/running event, from the experienced instructors and the High School volunteer coaches (all of whom are members of THS T&F Team). Campers will come away with an idea of the basics of the sport, do some training, and have a chance to participate in some fun competition. The week concludes with a camp-wide Track and Field Olympics on Friday, complete with awards for all ages and abilities.

 SC19
 Grs. 2 - 8
 July 19 - July 23
 9:00AM - 12:00PM
 \$220

 Location: THS Track

 \$220

### VOLLEYBALL (grade entering)

Instructors: Head Coach Nicole Trommelen, Varsity Assistant Coach Tom Zultowski

This camp is an organized program for boys and girls from beginner to advanced players. Campers will learn the basic fundamental skills of volleyball. Athletes will learn how to pass, set, spike, dig, and serve. Progressive drills and mini-games will be used to help give athletes a good understanding of volleyball.

SC20 Grs. 3 - 9 Location: THS Gym August 2 - August 6 9:00AM - 12:00PM

Grs. 4 - 12

\$220

### WRESTLING (grade entering)

Instrcutor: Charlie Anderson

Ever wonder what makes some of the Connecticut's wrestling teams so good year in and year out? This camp will answer those questions. Each day we will bring in a coach from one of the top wrestling programs in the state. They will discuss their philosophy of training, wrestling, and show some of their signature techniques. Want to get better? Learn from the best.

TO BE DETERMINED

We reserve the right to cancel or modify our programming due to Covid Grs. 3 - 9

Grs. 2 - 8

### SUMMER EXPLORATIONS REGISTRATION FORM PLEASE PRINT CLEARLY!

| Student Name:                    | Age:                       |  |
|----------------------------------|----------------------------|--|
| Address:                         |                            |  |
| Name of Parent/Guardian:         |                            |  |
| Home Phone:                      | Work Phone:                |  |
| Cell Phone                       | Emergency Phone:           |  |
| Student Email:                   | Parent Email:              |  |
| Grade Completed 2020-2021        | Grade Entering 2021-2022   |  |
| School Attended:                 |                            |  |
| Physician:                       | Physician Phone:           |  |
| Medical/Food Allergies:          |                            |  |
| Check if your child attended Sum | mer Explorations July 2019 |  |

### Make checks payable to: Trumbull Board of Education Mail checks to: Trumbull Continuing Education, 72 Strobel Road, Trumbull, CT 06611

| CRS. CODE | COURSE TITLE                    | FEE    |
|-----------|---------------------------------|--------|
|           |                                 |        |
|           |                                 |        |
|           |                                 |        |
|           |                                 |        |
|           | Non Refundable Registration Fee | \$5.00 |
|           | Total Tuition                   |        |

| PAYMENT INFORMATION       |  |
|---------------------------|--|
| MASTERCARD / VISA / CHECK |  |

CARD NO.\_\_\_\_\_

EXP. DATE\_\_\_\_\_CVV\_\_\_\_\_ (3 digit # on back of card)

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# SUMMER EXPLORATIONS REGISTRATION FORM PLEASE PRINT CLEARLY!

| Student Name:                         |                          | _Age: |
|---------------------------------------|--------------------------|-------|
| Address:                              |                          |       |
| Name of Parent/Guardian:              |                          |       |
| Home Phone:                           | Work Phone:              |       |
| Emergency Phone:                      |                          |       |
| Cell Phone:                           | _Parent Email:           |       |
| STUDENT EMAIL (if taking SAT)         |                          |       |
| Grade Completed 2020-2021             | Grade Entering 2021-2022 |       |
| School Attended:                      |                          |       |
| Physician:                            | Physician Phone:         |       |
| Medical/Food Allergies:               |                          |       |
| Check if your child attended Summer E | Explorations July 2019   |       |

Make checks payable to: Trumbull Board of Education Mail checks to: Trumbull Continuing Education, 72 Strobel Road, Trumbull, CT 06611

| CRS. CODE | COURSE TITLE                    | FEE    |
|-----------|---------------------------------|--------|
|           |                                 |        |
|           |                                 |        |
|           |                                 |        |
|           |                                 |        |
|           | Non Refundable Registration Fee | \$5.00 |
|           | Total Tuition                   |        |

### PAYMENT INFORMATION MASTERCARD / VISA / CHECK

CARD NO.

EXP. DATE \_\_\_\_\_ CVV \_\_\_\_ (3 digit # on back of card)

72 Strobel Road, Trumbull, CT 06611 (203) 452 - 4554 www.trumbullconted.org Non Profit U.S. Postage Paid Permit No. 35 Monroe, CT 06468

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# TRUMBULL CONTINUING EDUCATION ALWAYS IS RECEPTIVE TO OFFER OUR COMMUNITY NEW PROGRAMS AND EXPERIENCES. IF YOU HAVE A SUGGESTION AND ARE INTERESTED IN SHARING YOUR KNOWLEDGE, PLEASE CALL US AT 203-452-4554 or EMAIL cgould@trumbullps.org

WE WELCOME ALL SUGGESTIONS AND COMMENTS