

# Sports Camps



## Soccer

This camp offers soccer players ages 12-16 the chance to improve their game and become more competitive with focused attention on kicking, dribbling, heading, shooting, offensive drills, defense techniques, and increasing overall physical stamina. The camp includes strategy sessions, video playback, and organizational exercises. Enroll individually or as a team. *Instructor: Tony Igwe, Chabot Men's and Women's Soccer Coach. For more information, call Tony at (510) 723-6785.*

<b>Course # 340040</b>	<b>Monday-Friday, July 13-17</b>	<b>9 a.m.-3 p.m.</b>	<b>\$150</b>
<b>Course # 340041</b>	<b>Monday-Friday, July 20-24</b>	<b>9 a.m.-3 p.m.</b>	<b>\$150</b>

## Skills and Training Camps

If you want to improve your track, softball, or volleyball skills to get ready for your school sports for fall and spring, or if you want to try out a sport just to see if you like it, these short-term skill camps are just what you need! Coaches and star athletes from Chabot College will help develop your knowledge and skills in each sport and get you closer to being a winner! Ages 8-18 (classes will be divided into age groups). All Skills Camps will take place on Chabot's track and softball fields. Volleyball skills class will be held at Las Positas College in Livermore while Chabot's gym is being renovated.

### Softball

Beginning Softball Pitching <b>Course #340042</b>	<b>6 Mondays, June 22-July 27</b>	<b>10-11 a.m.</b>	<b>\$60</b>
Beginning Softball Catching <b>Course #340043</b>	<b>6 Mondays, June 22-July 27</b>	<b>11 a.m.-12 p.m.</b>	<b>\$60</b>
Beginning Softball Fielding <b>Course #340044</b>	<b>6 Mondays, June 22-July 27</b>	<b>1-2 p.m.</b>	<b>\$60</b>
Beginning Softball Hitting <b>Course #340045</b>	<b>6 Mondays, June 22-July 27</b>	<b>2-3 p.m.</b>	<b>\$60</b>

### Track

Beginning Pole Vaulting <b>Course #340046</b>	<b>6 Tuesdays, June 23-July 28</b>	<b>10-11:30 a.m.</b>	<b>\$90</b>
Sprint and Power Training for Sports <b>Course #340047</b>	<b>6 Mon. &amp; Wed., June 22-July 29</b>	<b>5:30-7 p.m.</b>	<b>\$90</b>
Training for Middle and Long Distances for Track and Cross Country <b>Course # 340048</b>	<b>6 Mon. &amp; Wed., June 22-July 29</b>	<b>5:30-7 p.m.</b>	<b>\$90</b>

### Volleyball

Volleyball- Setting for Beginners <b>Course #340049</b>	<b>6/16, 6/18, 6/23, 6/25, 6/30, 7/3</b> <b>Las Positas Gym</b>	<b>7-8pm</b>	<b>\$60</b>
Volleyball- Setting for Advanced <b>Course #340050</b>	<b>6/16, 6/18, 6/23, 6/25, 6/30, 7/3</b> <b>Las Positas Gym</b>	<b>8-9 pm</b>	<b>\$60</b>

