

SUMMER GRIND



Hamden Athletics Department

By The Numbers

- 144 students originally registered
 - Grades 7-12, Boys and Girls
- 112 individuals attended camp-- Attendance was good
 - 31 girls
 - 81 boys

We used 5 groups to break down our students for classroom purposes

- HS Girls
- HS Boys
- MS Girls
- MS Boys
- Football Team Members

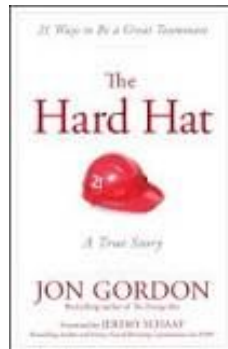
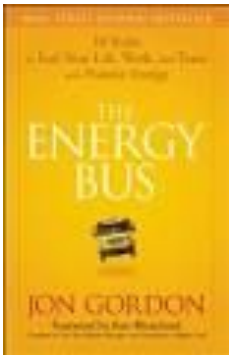
How Was The Day Broken Down?

- Movement Activity
 - Running, Jumping, Throwing etc.
- Theme of the Day
 - Monday-Health Days
 - Tuesday- Academic Days
 - Mini Math Lessons- Stats, Nutrition
 - Wednesday- Theme Day-Goals, Core Words, etc.
 - Weight Training Day
 - Thursday- Competition Day
 - Races, Jumps, Throws



Nuts and Bolts- Books

- Each group read 2 books over the summer. The groups had a choice with the 2nd book they choose to read.
- Guided reading- students could choose to read aloud to their peers if they were comfortable. We asked everyone to try. Great group discussion lead by teachers.
- The Energy Bus, The Hard Hat and What it Takes to Win Championships



The Meat and Potatoes

27	28	29	30	1	2
	Health Day	Alt Lesson Day	Theme Day	Competition Day Character Ed Day Games Day	
4 Independence Day	5 OFF	6 INTRO DAY 8:00-11:00am Dynamics-Base Movement Goals-Camp/Pers Reading	7 8:00-11:00am Squat/Bench-Speed Goals-Team Reading	8 8:00-11:00am 40's and Relay Races/ 3v3 or 7v7 Adversity-Carrot and Egg Reading-	9
Books MS-Energy Bus HS- Hard Hat					
11	12	13	14	15	16
	8:00-11:00am Acceleration Nutrition	8:00-11:00am Change of Direction Nutrition-Math	8:00-11:00am Squat/Bench/DL Core Words-Ath Dept	8:00-11:00am 200m and 100m Comp Cold Within Poem	
18	19	20	21	22	23
Books 20th MS- Hard Hat 20th HS- Championships	8:00-11:00am Plyometrics Mental Health-Self Care	8:00-11:00am Throwing and Catching-D ball Stat Keeping	8:00-11:00am Squat/Bench/DL Social Media	8:00-11:00am Tug of War Squares	
25	26	27	28	29	30
	8:00-11:00am Speed Mental Health-Visualization	8:00-11:00am STUDENT CHOICE GPA-Math	8:00-11:00am Squat/Bench/DL How to get to college	8:00-11:00am Broad Jump Failure-Abe Lincoln	

What Went Best....

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- 2 Lessons stood out
 - Core Words of what a Hamden Athlete should be.
 - Gratitude letters
 - Students loved the weight training component the best
 - Students were hesitant at first about reading but each group really did a great job with the books. They liked the choice of the books as well.
 - Surprisingly the students asked if next year this could be an all day camp.
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- Positive emails/calls from parents about how much their students enjoyed the camp.

Who Made it Happen??

- We had a great staff that brought a lot of great insight to the programs development.
- **Bryce Lindamood**- HHS Teacher/Track Coach--Running and Movement
- **Aaron Hawkins**- HMS Guard/HMS Coach- Running and Movement
- **Paul Panaroni**- HHS Teacher and Football Coach- Weight Training/Math
- **Chris Trifone**- HHS Teacher and Football Coach- Weight Training/Health
- **Nora Crann**- HMS Teacher and Softball and HMS Coach- Weight Training/Wellness
- **Fred Franzoni**- HMS Teacher - Soccer
- **John Donahue**- Math Specialist HHS- Basketball/Math
- **Jake White**- Teacher and Football/Basketball Coach- Basketball
- **Nick Vecchiarelli**- School Psychologist (OoD)/ Football Coach- Mental Health