

2023

# B-R Varsity Coaches'



# Summer Camps

Sponsored by BRHS Varsity Coaches

*In conjunction with the Panther Athletic Club.*



# LADY PANTHER LACROSSE CAMP

## Grades 2-10

### July 17-20, 2023

*Rain or Shine*

**Directed by: Kathie De Bonis**

BR Varsity Lacrosse Coach  
99, 05, 11 Star Ledger Coach of the Year  
05, 06, 10, 12 Courier Coach of the Year  
2008 NJSAA Hall of Fame  
2009 National Federation FH Coach of Year  
2015 NJ Lacrosse Hall of Fame

**LOCATION:** BRHS- Field to be determined.

**CAMP HOURS:** 9:00 am to 12:00

**CAMP FEE:** \$195—due by July 1

**DISCOUNTS:** \$10 off, if received before June 1.

**WHAT TO BRING:** Lacrosse Stick, Goggles, Mouth Guard, Water.

**FOOTWEAR:** Outside: turfs, cleats or sneakers.

Questions? Please send emails to [coachdebonis@gmail.com](mailto:coachdebonis@gmail.com)

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Complete the following Registration Form at:

<https://tinyurl.com/2p9v8rju>

Make Check Payable to: **Lady Panther Camps LLC**

Mail Check to: **Lady Panther Camps.**

**3609 Riddle Court**

**Bridgewater, NJ 08807**

**CAMP FEE:** \$195—due by July 1

**DISCOUNTS:** \$10 off, if received before June 1

# 34th Annual 2 KNIGHTS LACROSSE DAY CAMP

**BOYS ENTERING GRADES 2-9  
FULL DAY SESSION**  
\*\*\*Full equipment needed

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**JUNE 26-JUNE 29, 2023**

**Directed by: Chuck Apel**  
Head Coach, Bridgewater-Raritan HS  
Coaching Staff: Matt Apel, Jamie Lovejoy, Al Kurdyla

**Location:**  
BRIDGEWATER-RARITAN H.S. - BASILONE FIELD  
GARRETSON ROAD, BRIDGEWATER, NJ  
(corner of Garretson and Commons Way)

**Time: 9:00 AM to 3:00 PM**



**Camp Fee: \$230 Full Day**

Early sign-up (received before June 15) deduct \$20.00  
All fees include a \$75 non-refundable fee

\*\*\*NO REFUND ONCE CAMP BEGINS  
(LUNCH PROVIDED BY INDIVIDUAL CAMPER)

For more information email:  
2kljapel@gmail.com  
Website: [www.2KNIGHTSLACROSSE.COM](http://www.2KNIGHTSLACROSSE.COM)  
**To register online go to our website**

**CAMP FEATURES:**  
OUTSTANDING STAFF  
FOR NOVICE TO ADVANCE PLAYER  
INDIVIDUAL ATTENTION  
SMALL GROUP INSTRUCTION  
SKILLS TAUGHT AND DEVELOPED  
GAMES PLAYED



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**MAIL TO: Lacrosse Camp 25 Deer Run Dr BRIDGEWATER, NJ 08807**

NAME: \_\_\_\_\_ GRADE SEPT. 2023 \_\_\_\_\_ POSITION PLAYED: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

I hereby certify that my son is in good physical health and may participate in  
all camp activities. LIST ANY MEDICAL CONCERNS:

PARENTS SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Make checks payable to:  
2 Knights Lacrosse**

\$230 full day camp

\$ -20.00 before June 15

\_\_\_\_\_  
Total

# 2023 LACROSSE SHOOTING CAMP



## JULY 5 & 6

### BOYS ENTERING GRADES 4-12

**Directed by:**  
**Chuck Apel**

Head Coach, Bridgewater-Raritan High School

**LOCATION:** BRIDGEWATER-RARITAN H.S. - BASILONE FIELD  
GARRETSON ROAD, BRIDGEWATER, NJ  
(corner of Garretson and Commons Way)

**TIME: 9:00 AM to 3:00 PM**

Morning Session 9-12; Lunch 12-1 (not provided) ; Afternoon 1-3

**CAMP FEE: \$175**

Early sign-up received before June 15 deduct \$10.00  
\*All fees include a \$50.00 non-refundable fee

**NO REFUND ONCE CAMP BEGINS**

For more information email :

2kljapel@gmail.com

Website:

www.2knightslacrosse.com

**TO REGISTER ONLINE GO TO OUR WEBSITE**

Coaching Staff:  
Matt Apel  
Jamie Lovejoy  
Al Kurdyla  
Griffin Figel

CAMP FEATURES:

**OUTSIDE SHOTS  
CREASE SHOOTING  
PLACEMENT OF SHOTS  
SHOOTING ON THE RUN**

**MAIL TO: Shooting Camp 25 Deer Run Dr BRIDGEWATER, NJ 08807**

NAME: \_\_\_\_\_ GRADE SEPT. 2023 \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

I hereby certify that my son is in good physical health and may participate in all camp activities. LIST ANY MEDICAL CONCERNS:

PARENTS SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Make checks payable to:  
2 Knights Lacrosse**

\_\_\_\_\_ \$175.00

\_\_\_\_\_ \$ -10.00 (before 6/15)

\_\_\_\_\_ Total

# Bridgewater-Raritan Girls Basketball Camp



June 26-30, 2023

*For girls entering 4th-9th grade*

*Directed by: Xavier Brooks, BRHS Girls Basketball Head Coach*

**Location:** BRHS Main gym

**Camp hours:** 9am-12pm

**Camp Fee:** \$220

**Discount:** \$20 off if registered by May 31st.

**What to Bring:** Water Bottle.

**Registration form:** <https://forms.gle/HraWd7B4AZ94jF8i7>



Payment information is posted on the registration form.

Email [xbrooks@brrsd.k12.nj.us](mailto:xbrooks@brrsd.k12.nj.us) for any questions.



# 2023 Bridgewater-Raritan Basketball Camp

33rd year of summer youth camp .. 15 in B-R .. fun .. teaching .. indoors

## Bridgewater-Raritan Basketball Camp

*Accepting girls and boys grades 2-9 September 2023*

**Indoor Camp Hours are 9:00am - 3:00pm**

**at B-R MIDDLE SCHOOL - July 5/6/7 (3-day Specialized Shooting School)**

*Separate enrollment rate for this specialized camp session \$60 per day or \$180 for this 3-day program.*

*Additional camp features like video analysis and individual shooting mechanics instruction are included. The 3-day shooting camp affords greater individual instruction which is why we charge a slightly higher rate.*

**Regular sessions Monday-Friday**

**all at B-R MIDDLE SCHOOL - July 10-14 .. July 17-21 .. July 24-28**

Very easy electronic enrollment ... just email Coach Mac

[brbbcamp@gmail.com](mailto:brbbcamp@gmail.com)

Waiver/health certification all sent over email with enrollment confirmation

**11:30-12:30 - Lunch & free time:** Campers may bring lunch or buy lunch from our Camp Store. Pizza slices, drinks, & snacks will be sold daily. Parents may deposit money in the 'Camp Bank' and we will subtract funds each day as the campers move through the lunch line. Extra money is refunded and hand sanitizer is free! Family Discounts & Half Day Options are available ... please inquire.

**July 10-14 .. July 17-21 .. July 24-28**

- Early-Early Bird discount Feb-April \$215 for the first week of camp
- Early Bird discount for the month of May \$225 for the first week of camp
- Regular rate for one week of camp is \$245 starting June 1, 2023
- \$125 for adding addition weeks of camp after paying the regular rate week 1

Additional weeks of camps for any individual are only \$125 per week to add another session after paying the regular rate for the initial week. Our bargain rates for years have been increased because the B-R BOE now charges rentals fees. Checks are payable to: "Gene McAteer Basketball Camps, Inc." but cash and venmo are accepted as well. There's also a convenient PayPal option found on our camp website with a small credit card mark-up.

## Bridgewater-Raritan Basketball Camp: BR Basketball Camps for Kids



If paying by check:  
"Gene McAteer Basketball Camps, Inc."  
32 Highmount Ave, Warren, NJ 07059

The Panther Athletic Club along with the varsity coaches of BRHS are pleased to offer very affordable and high quality summer camp programs!

INDOOR ~ SUMMER CAMP ~ 2023



### **Coach Romanak's 5<sup>th</sup> & 6<sup>th</sup> Grade Volleyball Camp**

Location: Bridgewater-Raritan HS  
600 Garretson Rd.  
Bridgewater, NJ 08807

Date: July 17 - July 21, 2023  
Time: 9:00 am - 12:00 pm  
Grades: 5<sup>th</sup> & 6<sup>th</sup>  
Cost: \$190

**The camp is limited to 30 people so please register ASAP. Fully booked last year!**

Director: Corey Romanak - [cromanak@hrrsd.k12.nj.us](mailto:cromanak@hrrsd.k12.nj.us) - 908-285-0817

**About the camp:**

- Our coaches will introduce proven drills and techniques to work on all aspects of the game including: passing, setting, attacking, blocking, serving, defense, and court awareness.
- We welcome all skill and experience levels!
- Free t-shirt and water bottle included for every camper!
- Daily games and competitions with prizes!

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ T-shirt size: \_\_\_\_\_ Youth or Adult size? \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Family physician: \_\_\_\_\_ Phone #: \_\_\_\_\_

Insurance company: \_\_\_\_\_ Policy #: \_\_\_\_\_

I hereby certify that my son/daughter is in good health and may participate in all camp activities.

Parent/guardian signature: \_\_\_\_\_

**Make checks payable to: NJ High Performance Volleyball / 70 Claire Drive / Bridgewater, NJ / 08807  
No refunds after 6/15**





### Coach Romanak's 7<sup>th</sup> & 8<sup>th</sup> Grade Volleyball Camp

Location: Bridgewater-Raritan HS  
600 Garretson Rd.  
Bridgewater, NJ 08807

Date: July 24 - July 28, 2023  
Time: 9:00 am - 12:00 pm  
Grades: 7<sup>th</sup> & 8<sup>th</sup>  
Cost: \$190

**The camp is limited to 30 people so please register ASAP. Fully booked last year!**

Director: Corey Romanak - [cromanak@brrsd.k12.nj.us](mailto:cromanak@brrsd.k12.nj.us) - 908-285-0817

**About the camp:**

- Our coaches will introduce proven drills and techniques to work on all aspects of the game including: passing, setting, attacking, blocking, serving, defense, and court awareness.
- We welcome all skill and experience levels!
- Free t-shirt and water bottle included for every camper!
- Daily games and competitions with prizes!

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Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ T-shirt size: \_\_\_\_\_ Youth or Adult size? \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Family physician: \_\_\_\_\_ Phone #: \_\_\_\_\_

Insurance company: \_\_\_\_\_ Policy #: \_\_\_\_\_

I hereby certify that my son/daughter is in good health and may participate in all camp activities.

Parent/guardian signature: \_\_\_\_\_

**Make checks payable to: NJ High Performance Volleyball / 70 Claire Drive / Bridgewater, NJ / 08807**  
**No refunds after 6/15**