

# **Kenston Forest Summer 2023 Athletic Camps**

Athletic Summer Camps Overview - General Kenston Forest Camp t-shirts will be provided at the first camp you participate in during the summer. Please indicate t-shirt size on the registration form.

**June 19-20<sup>th</sup> (Monday and Tuesday) – Coach Kristin Hite Girls Basketball Camp (entering 5<sup>th</sup>–9<sup>th</sup>) 9am – 3pm. (Includes lunch both days). \$50.00**

- Come join KFS's own Middle School/JV girls basketball coach for a fabulous two days of basketball fun! This camp is for girls entering 5<sup>th</sup> through 9<sup>th</sup> grade and will focus on fundamental basketball skills. Skills taught include passing, shooting, dribbling, rebounding and defense. Skill competitions and team play will be incorporated daily.
- **Instructor – Kristin Hite Min/Max Students 5/30 - PLEASE NOTE DUE TO GYM RENOVATIONS AND CONSTRUCTION ON CAMPUS THIS CAMP WILL BE HELD AT THE GYM IN KENBRIDGE, VA NEAR THE BALLFIELDS.**

**July 10 -11<sup>th</sup> (Monday and Tuesday) – Coach Kelly Jones Coed Basketball Camp session 1 (entering 4<sup>th</sup>–12<sup>th</sup>) 9am – 3pm (please bring lunch). \$50.00**

- Come join KFS's own and Provision AAU Coach Kelly for a fabulous two days of basketball fun! This camp is for boys and girls entering 4<sup>th</sup> through 12<sup>th</sup> grade and will focus on fundamental basketball skills. Skills taught include passing, shooting, dribbling, rebounding and defense. Skill competitions and team play will be incorporated daily. Participants will be coached in station and small-sided game format. **PLEASE NOTE DUE TO GYM RENOVATIONS AND CONSTRUCTION ON CAMPUS THIS CAMP WILL BE HELD AT THE GYM IN KENBRIDGE, VA NEAR THE BALL FIELDS. -**
- **Instructor – Kelly Jones Min/Max Students 5/30**

**July 11-12 (Tuesday and Wednesday) – Tom Houser S.T.A.R. Volleyball Camp (entering 6-12<sup>th</sup>) 9:00am 5:00pm. \$170.00**

- Join renowned instructor Tom Houser and his team of awesome instructors / college players for two days of instruction. Sessions will focus on all fundamental volleyball skills as well as team concepts. Campers will learn basic to advanced skills and concepts (based on their level) and participate in numerous drills and activities each day. **PLEASE NOTE DUE TO GYM RENOVATIONS AND CONSTRUCTION AT KFS THIS CAMP WILL BE HELD AT PARKVIEW HIGH SCHOOL IN SOUTH HILL, VA.**
- **Instructor – Tom Houser and staff Min/Max Students 12/50**

**July 12-14<sup>th</sup> (Wednesday - Friday) – KFS Football Camp (entering 3<sup>rd</sup> – 9<sup>th</sup> grade) 9am – 11:30am \$60.**

- Join current varsity Head Coach Joe Kaiser and members of the varsity team for 3 fun filled days of football fundamental drills, instruction, and modified game play. Instruction will include individual offensive and defensive skills as well as team concepts.
- **Instructor Joe Kaiser Min/Max Students 8/40**

**July 19-20<sup>th</sup> (Wednesday and Thursday) – KFS Softball Camp (entering 3<sup>rd</sup> – 7<sup>th</sup> grade) 9am – 12 noon \$60.**

- Join current varsity Head Coach Gregg Gunn and members of the varsity team for 3 fun filled days of softball fundamental drills, instruction, and modified game play. Instruction will include individual offensive and defensive skills as well as team concepts.
- **Instructor Greg Gunn Min/Max Students 5/25**

**July 17 – July 20<sup>st</sup> (Monday – Thursday) – Coach Kelly Jones Coed Basketball Camp session 2 (entering 4th–12th) 9am – 3pm (please bring lunch). \$100**

- Come join KFS's own and Provision AAU Coach Kelly for a fabulous week of basketball fun! This camp is for boys and girls entering 4<sup>th</sup> through 12<sup>th</sup> grade and will focus on fundamental basketball skills. Skills taught include passing, shooting, dribbling, rebounding and defense. Skill competitions and team play will be incorporated daily. Participants will be coached in station and small-sided game format. Coach Jones will offer multiple all day (4 days per week) sessions throughout the summer. **PLEASE NOTE DUE TO GYM RENOVATIONS AND CONSTRUCTION ON CAMPUS THIS CAMP WILL BE HELD AT THE GYM IN KENBRIDGE, VA NEAR THE BALLFIELDS.** - Instructor – Kelly Jones  
Min/Max Students 5/30

**July 25-26<sup>th</sup> (Tuesday and Wednesday) – Fairleigh Dickinson University Volleyball camp (entering 6<sup>th</sup>-12<sup>th</sup>) 9:00am-3:00pm.**

- Join us for camp here at Kenston Forest School! KFS is excited to welcome back coach David Nguyen (ran the Coastal Carolina Camp previously at KFS) who was named the head coach at FDU in January 2022. FDU won their conference tournament in his first season and participated in the NCAA tournament this past season. Four sessions of instruction over two days. Sessions will focus on individual / team skill development. Campers will learn basic and advanced level volleyball skills and receive detailed feedback. Campers will receive high level skill instruction and competitive drills which are used by their Division 1 Program daily! **PLEASE NOTE DUE TO GYM RENOVATIONS AND CONSTRUCTION AT KFS THIS CAMP WILL BE HELD AT PARKVIEW HIGH SCHOOL IN SOUTH HILL, VA.**
- Instructor - Fairleigh Dickinson Coaching Staff Min/Max Students 16/40

**August 1 – 2<sup>nd</sup> (Tuesday and Wednesday) – Mini/Micro cheer camp (girls entering K – 5<sup>th</sup> grade) 10am 12 noon both days – camp specific t-shirt included \$50.**

- Come join KFS's cheer coach Keri Yancey and current cheerleaders for two fun filled days of instruction and learning what its like to be a part of the Mini/Micro cheer teams at KFS. Fundamentals both individual and group will be taught each day.
- Instructor – Keri Yancey Min/Max Students 5/40