



Baseball

MINI-BALL - Boys and girls grades K-1. An introduction to basic baseball skills through a fun interactive environment. A great jump start for future Little Leaguers. Bring a glove. Cost - \$225.00 for 6 week program.

MB11 - Mon. 4:00 - 5:00pm - 12/12, 12/19, 1/2, 1/9, 1/16 & 1/23
 MB21 - Mon. 4:00 - 5:00pm - 1/30, 2/6, 2/13, 2/27, 3/5 & 3/12

WINTER BASEBALL CLINIC - Grade 2 (Little League™ eligible) - Grade 6. Directed by 2011 NJ State Coach of The Year Chris Roof from state champion Gov. Livingston High School. Each session will include hitting instruction as well as another aspect of baseball play, including infield, outfield, throwing, baserunning and game situations. Bring bat and glove to each class. Cost - \$210.00 for each 5 week session. Players grouped by age and/or ability.

WBC11 - Gr. 2-6 Mon. 4:00 - 5:00pm - 12/12, 12/19, 1/2, 1/9 & 1/16
 WBC21 - Gr. 2-6 Mon. 4:00 - 5:00pm - 1/23, 1/30, 2/6, 2/13 & 2/27

COACH CHAPMAN CLINIC - Grades 2 - 8. Millburn High School baseball coach Brian Chapman - 2011 Essex County Coach of the Year - teaches the key elements needed to be a successful baseball player. Emphasis on hitting, fielding and the mental approach to the game. Cost - \$200.00 for each 5 week session.

CCB11 - Gr. 2-3 Thurs. 5:00 - 6:00pm - 12/15, 12/22, 1/5, 1/12 & 1/19
 CCB12 - Gr. 4-6 Thurs. 6:00 - 7:00pm - 12/15, 12/22, 1/5, 1/12 & 1/19

CCB13 - Gr. 6-8 Sun. 2:00 - 3:00pm - 1/8, 1/15, 1/22, 1/29 & 2/12

CCB21 - Gr. 2-3 Thurs. 5:00 - 6:00pm - 1/26, 2/2, 2/9, 2/16 & 3/1
 CCB22 - Gr. 4-6 Thurs. 6:00 - 7:00pm - 1/26, 2/2, 2/9, 2/16 & 3/1

COACH ROOF SUNDAY CLINICS - Grades 2-8. 2011 State Champion and NJ Coach of the Year Chris Roof directs this off season program for the development of core baseball skills: hitting, fielding, throwing, baserunning, etc. Cost - \$215.00 for 6 sessions on 1/8, 1/15, 1/22, 1/29, 2/12 & 2/26.

CRC1 - Gr. 5 - 8 - 12:00 - 1:00pm
 CRC2 - Gr. 1 - 4 - 1:00 - 2:00pm

Basketball

30 / 30 HOOPS™ - Boys and girls grades K - 3. Thirty minutes of skill work followed by thirty minutes of scrimmage play as individual skills are incorporated into game situations. Players will be grouped by age and ability. Cost - \$225.00 for 6 week session.

TT11 - Mon. 4:00 - 5:00pm - 12/12, 12/19, 1/2, 1/9, 1/16 & 1/23
 TT21 - Mon. 4:00 - 5:00pm - 1/30, 2/6, 2/13, 2/27, 3/5 & 3/12

PRESCHOOL HOOPS - Boys and girls ages 4 - 5. Coach Dave directs this beginning basketball class that teaches the basics of dribbling, passing, shooting, rebounding and defense. Cost - \$210.00 per session.

PSH11 - Fri. 1:00 - 1:45pm - 12/16, 12/23, 1/6, 1/13, 1/20 & 1/27
 PSH21 - Fri. 1:00 - 1:45pm - 2/3, 2/10, 2/17, 3/2, 3/9 & 3/16

COURT RENTAL - Call for availability and pricing.

Registrar online at
www.The-Sports-Academy.com

Soccer

NO CLEATS - WEAR SHINGUARDS

LITTLE KICKERS- The Sports Academy™ and Soccer for Life™ team up to provide a fun, interactive soccer program that is age appropriate for boys and girls 3^{1/2} - 5 years old. Each 50 minute class includes 35 minutes of instruction and 15 minutes of game play. Two 6 week sessions. Cost - \$215.00 per session.

Session #1
 LK11 - Mon. 1:30 - 2:20pm - 12/12, 12/19, 1/2, 1/9, 1/16 & 1/23
 LK12 - Tues. 1:00 - 1:50pm - 12/13, 12/20, 1/3, 1/10, 1/17 & 1/24
 LK13 - Weds. 1:00 - 1:50pm - 12/14, 12/21, 1/4, 1/11, 1/18 & 1/25
 LK14 - Thurs. 10:00 - 10:50am - 12/15, 12/22, 1/5, 1/12, 1/19 & 1/26
 LK15 - Thurs. 2:00 - 2:50pm - 12/15, 12/22, 1/5, 1/12, 1/19 & 1/26
 LK16 - Fri. 12:45 - 1:35pm - 12/16, 12/23, 1/6, 1/13, 1/20 & 1/27
 LK17 - Fri. 1:45 - 2:35pm - 12/16, 12/23, 1/6, 1/13, 1/20 & 1/27

Session #2
 LK21 - Mon. 1:30 - 2:20pm - 1/30, 2/6, 2/13, 2/27, 3/5 & 3/12
 LK22 - Tues. 1:00 - 1:50pm - 1/31, 2/7, 2/14, 2/28, 3/6 & 3/13
 LK23 - Weds. 1:00 - 1:50pm - 2/1, 2/8, 2/15, 2/29, 3/7 & 3/14
 LK24 - Thurs. 10:00 - 10:50am - 2/2, 2/9, 2/16, 3/1, 3/8 & 3/15
 LK25 - Thurs. 2:00 - 2:50pm - 2/2, 2/9, 2/16, 3/1, 3/8 & 3/15
 LK26 - Fri. 12:45 - 1:35pm - 2/3, 2/10, 2/17, 3/2, 3/9 & 3/16
 LK27 - Fri. 1:45 - 2:35pm - 2/3, 2/10, 2/17, 3/2, 3/9 & 3/16

** If you have 10+ kids we can create a class for your group **

LITTLE KICKERS PLUS ONE- For children ages 3 - 4 with one parent (required). A great introduction to soccer for the little ones and mom or dad. Learn the basics of soccer together. Perfect for the parent who is new to "The Beautiful Game." Cost - \$195.00 for 5 sessions. This class is held at The Sports Academy.

LKP11 - Sat. 8:00 - 8:50am - 12/17, 1/7, 1/14, 1/21 & 1/28
 LKP21 - Sat. 8:00 - 8:50am - 2/4, 2/11, 2/18, 3/3 & 3/10

SKILLS AND DRILLS - Boys and Girls grades 2-5. Players are grouped by age and ability. Coaches from Soccer for Life™ help develop the foundation of every good soccer player: mastery of individual foot skills. An intense foot and ball skill program that focuses on developing a player's moves, turns, touch, ball control and quickness. Cost - \$245.00 per 6 week session.

S&D11 - Tues. 4:00 - 5:00pm - 12/13, 12/20, 1/3, 1/10, 1/17 & 1/24
 S&D21 - Tues. 4:00 - 5:00pm - 1/31, 2/7, 2/14, 2/28, 3/6 & 3/13

WINTER SUPER CLINIC - Boys and girls grades 2 - 4. Each class features a "skill of the day," including shooting, dribbling, trapping, passing, heading and defense followed by scrimmage play. Players grouped by age and skill level. Cost - \$225.00 for 6 sessions.

WSC11 - Weds. 5:00 - 6:00pm - 12/14, 12/21, 1/4, 1/11, 1/18 & 1/25
 WSC21 - Weds. 5:00 - 6:00pm - 2/1, 2/8, 2/15, 2/29, 3/7 & 3/14

WOMEN'S TRAINING & PLAY - Featured in "The Star Ledger", Soccer for Life™ directs each 90 minute session, which includes instruction and skill work followed by scrimmage play. Great workout that is perfect for those looking to learn the game. Friday sessions run 10:00 - 11:30am from 1/6 - 3/16 (No session 2/24). Cost - \$200.00 for 10 sessions. Single session walk in price is \$25.00.

WTP11 - Fri. 10:00 - 11:30am

SOCCER FOR LIFE IS OFFERING A VARIETY OF SPECIALIZED PROGRAMS THIS WINTER, INCLUDING THEIR PRE-TRAVEL CLINICS. A COMPLETE LIST OF THESE PROGRAMS AND REGISTRATION INFORMATION CAN BE FOUND AT THEIR WEB SITE

SOCCER FOR LIFE .COM

Football

TOUCH FOOTBALL - Grades 2-4. Come out and play a fast paced brand of touch football on our turf field. No pads, coaches play quarterback. Class limited to 20 participants. Cost - \$225.00 per 6 week session.

TFB11 - Tues. 4:00 - 5:00pm - 12/13, 12/20, 1/3, 1/10, 1/17 & 1/24
 TFB21 - Tues. 4:00 - 5:00pm - 1/31, 2/7, 2/14, 2/28, 3/6 & 3/13

Lacrosse

Visit the web sites of our great lacrosse partners to see details of their program offerings, including introductory programs, at The Sports Academy this winter.

METRO LACROSSE
<http://MetroLacrosseClub.com/>

T3 Lacrosse
<http://www.T3Lacrosse.com/>

Field Hockey

QUIK STIX LLC - Girls grades 4 - 12. Top coaches from Quik Stix LLC run their highly popular off season skills clinic at The Sports Academy on Saturdays 2:00 - 4:00pm and 4:00 - 6:00pm. The program is designed to improve your skills and understanding of the game. For specific program questions visit www.quikstixLLC.com. Register with The Sports Academy online, phone or regular mail. Cost - \$275.00 for 8 sessions. on 12/10, 12/17, 1/7, 1/14, 2/4, 2/11, 2/18 & 3/3

QS11 - Grades 4 - 8 - Sat. 2:00 - 4:00pm
 QS12 - Grades 9 - 12 - Sat. 4:00 - 6:00pm

COACH TWOMBLY WINTER CLINIC - Millburn High School Field Hockey Coach Rose Twombly directs this clinic for girls grades 5-8. Program provides an introduction to the sport, including rules, basic skills and game situations. Players should bring a stick, mouthguard and shin guards. Cost - \$225.00 for 6 sessions on Sundays 2:30 - 4:00pm on 1/8, 1/15, 1/22, 1/29, 2/12 & 2/26.

CTWC - Sun. 2:30 - 4:00pm

Tennis

ELF TENNIS - Boys and girls ages 3-5. Specially trained instructors from Elf Tennis introduce tennis through fun, colorful balls and smaller nets and rackets. Each session includes interactive instruction and game play. Cost - \$210.00 per 5 week session.

ELF11 - Mon. 4:00 - 5:00pm - 12/12, 12/19, 1/2, 1/9 & 1/16
 ELF21 - Mon. 4:00 - 5:00pm - 1/23, 1/30, 2/6, 2/13 & 2/27

Vacation Mini Camps

VACATION MINI CAMPS - Boys and girls ages 3-10 (Players separated by age). Christmas and/or Winter break. Come join us for a variety of sports and games - soccer, basketball, baseball, football and more...

VMC11 - Weds. - Fri. - 12/28, 12/29, & 12/30 - 9:00am - 1:00pm - \$185.00 - 3 Days

VMC21 - Mon. - Thurs. - 2/20, 2/21, 2/22 & 2/23 - 9:00am - 12:00pm - \$185.00 - 4 Days

NO CLEATS

FLAT TURF SHOES OR SNEAKERS ONLY!

