

US SPORTS INSTITUTE PROGRAM AND CAMP DESCRIPTIONS
LISTED BY SPORT

Cranbury Fall Sports Schedule: <https://goo.gl/b7xxP4>

FALL 2017 CLASSES

Soccer

Parent & Me Soccer Squirts

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through structured activities, fun based games, and scrimmages.

Soccer Squirts

Soccer Squirts is your child's perfect introduction to the most popular sport in the world! Skills covered include dribbling, passing, shooting, stealing, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

Soccer Senior Squirts

Senior Squirts Soccer is the perfect program for players graduating from Soccer Squirts or for children looking for their first ever soccer experience. Each session will focus on developing a particular skill or technique including dribbling, passing, ball control, moves & turns, positioning, and more.

Multi Sports

Squirts Multi Sports

The Squirts Multi Sports program allows children to experience a different sport each session including Lacrosse, Soccer, Basketball, T-Ball, Track & Field, Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment designed to ensure learning and most importantly: fun, fun, fun!

Tennis

Foundation Tennis

Foundation Tennis is designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. (Please note participants are required to provide their own tennis racquet for this program.)

Development Tennis

Development Tennis ideal for the intermediate to advanced player looking to enhance their skills and decision making abilities. Participants will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. (Please note participants are required to provide their own tennis racquet for this program.)

Multi Sports

Parent & Me Multi Sports Squirts

The Parent & Me Multi Sports Squirts program allows children to experience a new sport in each session with a helping hand from Mom or Dad! Children will try Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey, Flag Football, Parachute Games and more.

Senior Squirts Multi Sports

This class is the perfect stepping stone for children who have graduated from Squirts Multi Sports or for children looking for their first ever sports experience. Players will learn key skills through small-sided scrimmages in a variety of sports, including Lacrosse, Soccer, Basketball, T-Ball, Hockey, Track & Field, and Flag Football.

T-Ball

Parent & Me T-Ball Squirts

Parent & Me T-Ball Squirts is a fun and positive introduction to t-ball for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through structured activities, fun based games, and scrimmages.

Squirts T-Ball

Open to both boys and girls, there's no better introduction to the sports of baseball or softball! Skills covered include hitting, throwing, catching, base running, fielding, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

Senior Squirts T-Ball

Senior Squirts T-Ball is a great way to introduce your young slugger to this exciting game. Players will focus on learning the rules and developing their skills in hitting, throwing, base running and fielding. Each session, players will apply what they have learned into a T-Ball scrimmage. (Please note participants are required to provide their own glove for this program.)

Lacrosse

Squirts Lacrosse

Squirts Lacrosse is the perfect introduction to the nation's fastest growing sport. Skills covered include stick familiarity, scooping, catching, shooting and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

Senior Squirts Lacrosse

Senior Squirts Lacrosse is the perfect program for players graduating from Squirts Lacrosse or for children looking for their first ever lacrosse experience. Each session will focus on developing a particular skill including scooping, throwing & catching, shooting, cradling, dodging, and more.

Foundation Lacrosse

Foundation Lacrosse is designed to introduce beginners and those with some experience to the fundamentals of lacrosse. Our professional, qualified coaches will cover different topics and themes each session, including scooping, passing, catching, cradling, and shooting.

Development Lacrosse

Development Lacrosse is ideal for the intermediate to advanced player looking to enhance their skills and decision making abilities. Focusing on the technical and tactical aspects of lacrosse, players will focus on refining their skills in stick handling, dodging, cradling under pressure and field positioning.

Basketball

Squirts Basketball

Squirts Basketball is designed to introduce your budding NBA star to the high energy game of basketball! Using proportionately sized basketballs, this program encourages players to develop motor skills and basic techniques in passing, dribbling and shooting.

Senior Squirts Basketball

Senior Squirts Basketball is the perfect program for players graduating from Squirts Basketball or for children looking for their first ever basketball experience. Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Foundation Basketball

Foundation Basketball is designed to introduce beginners and those with some experience to the fundamentals of basketball. Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Development Basketball

Development Basketball is ideal for the intermediate to advanced player looking to enhance their skills and decision making abilities. Focusing on the technical and tactical aspects of basketball, players will refine their skills in ball handling, passing under pressure, shooting, decision making, and more.

Track & Field

Squirts Track & Field

Squirts Track & Field is a great way to introduce your young athlete to the sport of Track & Field. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

Senior Squirts Track & Field

Senior Squirts Track & Field is the perfect introduction to Track & Field for your young athlete. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

Foundation Track & Field

Foundation Track & Field is designed to introduce beginners to the fundamentals of Track & Field. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

Flag Football

Squirts Flag Football

Squirts Flag Football is the perfect introduction to one of the nation's most popular sports. Skills covered include throwing, catching, deflagging, and more. Each session is taught through structured activities, fun games, and scrimmages and are designed to ensure learning and most importantly: fun, fun, fun!

Senior Squirts Flag Football

Senior Squirts Flag Football is the perfect program for players graduating from Squirts Flag Football or for children looking for their first ever flag football experience. Focusing on developing an understanding of how to scrimmage, players will improve their skills in passing, receiving and deflagging.

Foundation Flag Football

Foundation Flag Football is designed to introduce beginners and those with some experience to the fundamentals of flag football. Focusing on developing an understanding of how to scrimmage, players will improve their skills in passing, receiving and deflagging.

Golf

Squirts Golf

Using the revolutionary SNAG (Starting New At Golf) system, Squirts Golf is an ideal introduction for young children to the game of golf. Players use modified golf clubs that encourage children to develop the correct grip and swing mechanics, and play to colorful Velcro targets rather than holes.

Senior Squirts Golf

Senior Squirts Golf is all about having fun while learning the fundamentals of the different strokes and swings. Using the revolutionary new SNAG (Starting New At Golf) system, players will use modified golf clubs to develop the correct chipping, putting and driving techniques.

Tennis

Squirts Tennis

Squirts Tennis is a fun-filled learning adventure that introduces children to the world of tennis. Topics covered include boundaries, balance, hand-eye coordination, racquet skills, and grip. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

Advanced Tennis

Advanced Tennis offers the chance for players of advanced level to improve their game. In this program, players will work on developing strategic groundstroke mechanics including top spin, slice, drop shots, and lobbing throughout match realistic drills and games. (Please note participants are required to provide their own tennis racquet for this program.)

Adult Tennis

Please refer to Foundation Tennis or Development Tennis.

FALL 2017 SCHOOLS OUT CAMPS

Multi Sports Camp

Multi Sports Camp gives players the opportunity to experience a variety of sports throughout the program including soccer, basketball, flag football, cricket, handball, volleyball, and more! Players will work on developing their skills in each sport before participating in small tournament-style scrimmages.

Basketball Camp

Basketball Camp incorporates a wide range of skills including dribbling, passing, shooting, positioning, defense, and strategy. Players will work on developing and refining their skills before participating in small-sided games where the coaches encourage good sportsmanship and teamwork.

Soccer Camp

Players receive soccer instruction at a level that will both challenge them and ensure they have a fantastic experience at camp. Our professional, qualified coaches will cover different topics and themes each day including dribbling, passing, shooting, defense, and more.

Tennis Camp

Players receive tennis instruction at a level that will both challenge them and ensure they have a fantastic experience at camp. Our professional, qualified coaches will cover different topics and themes each day including stroke technique, serving, court awareness, and rallying.