

2018 Voorhees Stars- Long Valley Lasers Summer Training Camp



JUNE 29, 2018 THROUGH JULY 1, 2018

The STARS-LASERS softball training camp offers players the ability to escape from daily routines, focus on intense softball training, participate in teambuilding, develop leadership skills and enjoy many other fun activities together. Our overnight camp will be run rain or shine. If the weather does not cooperate, we have access to several lounges, a large pavilion and an indoor gym. Registration is quick and convenient at www.voorhees-stars.org.

Camp Location Information

Cross Roads Camp and Retreat Center
29 Pleasant Grove Rd
Port Murray, NJ 07865

ph: (908) 832-7264
fax: (908) 832-6593

From their website:

"Cross Roads is a beautiful retreat center and camp providing comfortable facilities, picturesque grounds, and transformational experiences for all ages and all types of spiritual and secular groups. We are located on 250 mountaintop acres in the beautiful Highlands of northwestern New Jersey."

It turns out this camp is located right in our backyard on Pleasant Grove Road in Port Murray, NJ!

Camp Theme

For 2018 the Voorhees Stars-Long Valley Lasers training camp theme will be "Behind the Lines." We will focus on the incredible strength and abilities of our girls working together on the mental and strategic aspect of the game to their fullest potential.



Chaperones and Instructors Contact Information

Mario Colitti

Stars Camp Supervisor, <mailto:waves69@comcast.net>

(732) 672-0635

Trainers

The Voorhees Stars recruit talented and dedicated trainers to teach at our camp. This year we have three trainers. Christina Sykora is a returning trainer. She graduated with a degree in Physical Education from West Chester University. Stephanie Martino and Colleen Frank join us this year as trainers for the first time. Stephanie graduated from the University of Kentucky and Colleen attends the University of Massachusetts - Lowell. All three women have played on Stars teams in prior years.



#29 Christina Sykora

College: West Chester University
Position: Outfield
Height: 5-6
Class: 2013
Hometown: Oxford, NJ
High School: Warren Hills

We are thrilled to have Christina as an instructor this summer. She played with the 16U and 18U Stars from 2006-2007 for winter league games under the Dome at Diamond Nation. She graduated Warren Hills Regional High School 2007. This former Blue Streak player was inducted into the school's Wall of Fame on April 26, 2014. Her high school career highlights include 2004 All Skyland Conference, Second Team, and Rookie of the Year Team Award as a freshman. In 2005, she was named to the All Skyland Conference, Second Team, and Star Ledger All West Jersey 3rd Team; Slugger of the Year Award. In her junior year, the accolades kept coming, again named to the 2006 All Skyland Conference, First Team, Express Times All Area First Team, Leading Hitter Award (.385 batting average), and Team Most Valuable Player Award. In her senior season, Christina was again named to the 2007 All Skyland Conference, First Team, Express Times All Area First Team, Warren Reporter's Female Athlete of the Year Award, Leading Hitter Team Award (.413 batting average), and Team Most Valuable Player Award. She has the distinction of holding all time school records at Warren Hills for Career Hits (Tie- 113), Runs Scored (90), Doubles (20), Triples (13), Home Runs (11), and was a Four Year Varsity Letter Winner.

Christina played softball four years at Temple University. In the summer of 2013, Christina played one season for the National Pro Fastpitch (NPF) team, the New York/New Jersey Comets. She also played for the Jersey Fusion travel softball organization. She landed the Varsity Head Coach position at North Warren Regional High School in 2014. Hackettstown High School hired Christina as its Varsity Head Coach in 2015, where she still coaches to the present time. The New Jersey Herald voted Christina the NJAC Freedom Division's 2016 Coach of the Year after leading her squad to the semi-final round of the state tournament. Christina led her Hackettstown High School varsity team to the 2017 North 2, Group 2 State Sectional Championship. She still showcases her talents in soft pitch softball in the summer whenever time permits with her busy schedule.





#26 Stephanie Martino

College: University of Kentucky
Position: Infield
Class: 2016
Hometown: Glen Gardner, NJ
High School: Voorhees

High School

A four-year letter winner at Voorhees Regional High School posted a cumulative batting average of .436 in high school as a four-year starter. Was named Honorable Mention All-Conference her freshman season and All-County Second Team her sophomore season. Best years came her junior and senior seasons when she was named All-County First Team, All-Conference First-Team and Defensive MVP both seasons. Junior season led her to earn Express Times Area (Pennsylvania and New Jersey) Second-Team honors and was a Star Ledger State Extra-Base Hit Leader. Team captain her senior season. Was an honor student in high school and was active in the community earning a Bronze Level Community Service recognition after volunteering over 100 hours at the Hunterdon Healthcare Physical Therapy Center.

Travel Career

Began playing travel softball for the Stars' organization under Robb Sansone at age 10. Found an intense passion and love for the game of softball that will last a lifetime. Went on to play for the Jersey Impact under head coach John Bush. Won eight batting titles, five defensive MVP awards and four offensive MVP awards during her time with the team. Was an ASA 18 and under Eastern Regional Throwing Champion and a four time Nationals MVP and team captain.

University of Kentucky

Earned a position as a walk-on for the University of Kentucky Softball team in the fall of 2013. After earning a spot on the team played three seasons and was part of three post season appearances for the wildcats. Member of the first Kentucky softball team to go to Oklahoma City for the Women's College World Series in 2014. Participant in the 2015 Super Regionals in South Bend Indiana and Regional Tournament participant in 2016. Has been to three SEC tournaments. Received the Blue-Collar award for outstanding hard work and athletic accomplishment during the 2016-2017 Kentucky female athlete summer training program. The award was later given the name of the "Stephanie Martino Blue-Collar Award". Made the Dean's list seven out of eight semesters at the University of Kentucky and was a three-time member of the SEC academic honor roll. Graduated from the University of Kentucky with a B.S. in Human Health Sciences (pre-physical therapy) and a minor in psychology. Will hopefully be continuing her education at the University of Kentucky this fall in the Graduate Physical Therapy program to pursue her doctorate.





#1 Colleen Frank

College: University of Massachusetts - Lowell
Position: Outfield
Height: 5-3
Class: 2018
Hometown: Berkley Heights, NJ
High School: Governor Livingston

Career

Colleen was a terrific “five tool” skills player for the Stars from 2011-2013, and a prolific base stealer. A native of Berkeley Heights, Colleen played four years of softball and ran track at Governor Livingston High School. She led her varsity team to the Union County softball championship in 2013. She was a proud member of the Athletic Honor Society and took third place in N.J. Track and Field Sectionals in the 55m hurdles. Colleen now plays for the University of Massachusetts – Lowell softball team, competing in the NCAA’s America East Conference. As a freshman, she appeared in five games, scoring two runs ... made her collegiate debut against the University of Rhode Island. In her sophomore season, Colleen started two games, making 34 total appearances ... stole two bases in four attempts ... registered five at-bats ... scored six runs ... recorded one run and one stolen base against Sacred Heart. Colleen is now embarked on her junior year, and has started two of 39 career games ... totals eight runs, five at-bats and two stolen bases.

Personal

Daughter of James and Emily Frank, and has a brother Kellian and a sister Laura. Colleen’s hobbies include Netflix and running. Her favorite TV show is Gossip Girl and her favorite movie is 21 Jump Street. She lists the New York Yankees and New York Jets as her favorite sports teams. Her favorite sports figure is Derek Jeter. Colleen chose UMass Lowell because the University is on the rise and because she wants to be part of a Division I softball team. Colleen is majoring in business.



Instruction



Each day there will be several timeslots of softball instruction. During each timeslot, there will be separate clinics occurring, each usually divided by age group. This will allow us to give the players more individualized attention. We will focus on hitting, bunting, slapping, base running, infield, outfield, catching and speed & agility. Campers must report to all assigned clinics and activities. Campers who are feeling sick or are injured must tell their instructor.



Sleeping Arrangements

The STARS-LASERS camp committee has arranged for a large cabin at the camp. It has 2 large rooms on each side. The players and female chaperones will have 2 private showers and a kitchenette for evening snacks.

In each dormitory there are a number of bunk beds with just a mattress on top and bottom so bedding will have to be brought from home. You can bring either a sleeping bag or a set of sheets and a blanket.



Meals and Eating Arrangements

All campers must report for every meal. There are no exceptions to this rule. Please indicate special diets, food allergies or medications on the online registration form. The camp can cater to campers with special dietary needs (e.g. gluten free diets, diabetic diets, food allergies) so we will absolutely need that information from you. Bottles of cold water will be available at all times in coolers.

The camp will provide the following meals:

Friday, June 29
Saturday, June 30
Sunday, July 1

Lunch, Dinner
Breakfast, Lunch and Dinner
Breakfast



What TO BRING Checklist

Toiletries:

- ☐ 2 Towels
- ☐ Washcloth
- ☐ Soap
- ☐ Shampoo
- ☐ Comb/Brush
- ☐ Hair Dryer
- ☐ Deodorant
- ☐ Toothbrush
- ☐ Toothpaste

Clothing:

- ☐ Jeans (at least one pair)
- ☐ Shorts (at least 3 pair)
- ☐ Sweatpants
- ☐ Sweatshirt or jacket
- ☐ Raincoat / poncho
- ☐ Shirts, T-Shirts
- ☐ Bathing Suit
- ☐ Sleepwear (e.g. pajamas)
- ☐ Socks and undergarments
- ☐ Sneakers
- ☐ Flip flops for the showers

Softball Gear:

- ☐ Glove
- ☐ Bat(s)
- ☐ Batting Gloves
- ☐ Helmet
- ☐ Cleats
- ☐ Batting bag (optional)
- ☐ Softball jersey/pants

Bedding:

- ☐ Sleeping bag OR sheet, fitted sheet
- ☐ Blanket
- ☐ Pillow

Other:

- ☐ Copy of your health insurance card
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Flash light with fresh batteries
- ☐ Bottled Water or Gatorade
- ☐ Camp registration form (see below)
- ☐ Spending Money (snack)
- ☐ Cell phone/charger if desired
- ☐ A digital camera (cell phone OK)
- ☐ A beach towel
- ☐ Reusable drinking container(s)

What NOT TO BRING Checklist

- | | |
|--|--|
| <input type="checkbox"/> Electronic games (e.g. Gameboy) | <input type="checkbox"/> Excessive amounts of money |
| <input type="checkbox"/> Music players (e.g. IPODs) | <input type="checkbox"/> Your dog, your cat, your hamster or your goldfish |
| <input type="checkbox"/> Valuables (e.g. jewelry) | |
| <input type="checkbox"/> Expensive cameras | |

In addition, smoking, alcohol, illegal drugs, pets, hot pots, curling irons and hair straighteners are strictly prohibited.

NOTE: Crossroads Camp and Retreat Center, the Voorhees STARS, its players, its hired instructors, its coaches, and its leadership are NOT RESPONSIBLE for lost or stolen items.

PLEASE leave valuable items at home!

Recreation and Fun

Swimming in lifeguarded pool, teambuilding, hiking, fire pits with s'mores, star gazing, High Ropes Challenge course, basketball, volleyball, relaxing and more!



Camp Tee Shirts

Camp wouldn't be camp without camp tee shirts – everybody gets one! Thanks to Coach Ken Steiner and 2nd Impressions for supplying these shirts at cost!



Camper's Safety

There is nothing more important to us than the safety of your child. We will do everything in our power to ensure that your child is safe and sound. The camp committee will incorporate the following:

1. Camp sign in and sign out will be required for each camper. Only designated persons can pick up your child from camp.
2. Adult supervision at all times
3. Water/snack stations throughout the camp
4. All adults will carry their cell phones for communication throughout the camp
5. Buddy system will be incorporated when using restrooms
6. First aid kits readily available
7. Certified life guard at the swimming pool



Any camper taking any kind of medication should also notify their coach. Upon arrival, please give medication and written instructions including the camper's name, type of medication, dosage, etc. to your cabin head.



Camper's Behavior



The STARS-LASERS training camp has been designed to provide concentrated, energetic softball instruction combined with planned recreation and “down” time. Each camper is expected to work hard during the regularly scheduled clinics, obey all camp rules and policies and be respectful of other people and their possessions. Campers are required to stay with their groups at all times. It is the camper’s responsibility to immediately report any incident to Mr. Colitti or your cabin counselor.

The girls should “think hard work” and show enthusiasm and pride in everything that they do this long weekend. They should strive to do their best. We know that your daughters will have a great time!

NOTE: Although we encourage campers to bring their cell phones and an inexpensive camera, there is **no photography or videography allowed in the dormitory**. This way we can help insure everyone’s privacy. This rule will be strictly enforced.



Arrival and Departure

All campers should arrive between 8:00 a.m. and 8:30 a.m. on Friday, June 29. **Please be prompt!** Late arriving campers will adversely affect opening ceremonies. *Parents are invited and encouraged to attend opening ceremonies on Friday sometime between 8:30 a.m. and 9:00 a.m.*

Campers will depart between 11:30 a.m. and 12:00 p.m. on Sunday, July 1st. Please be prompt as well!

