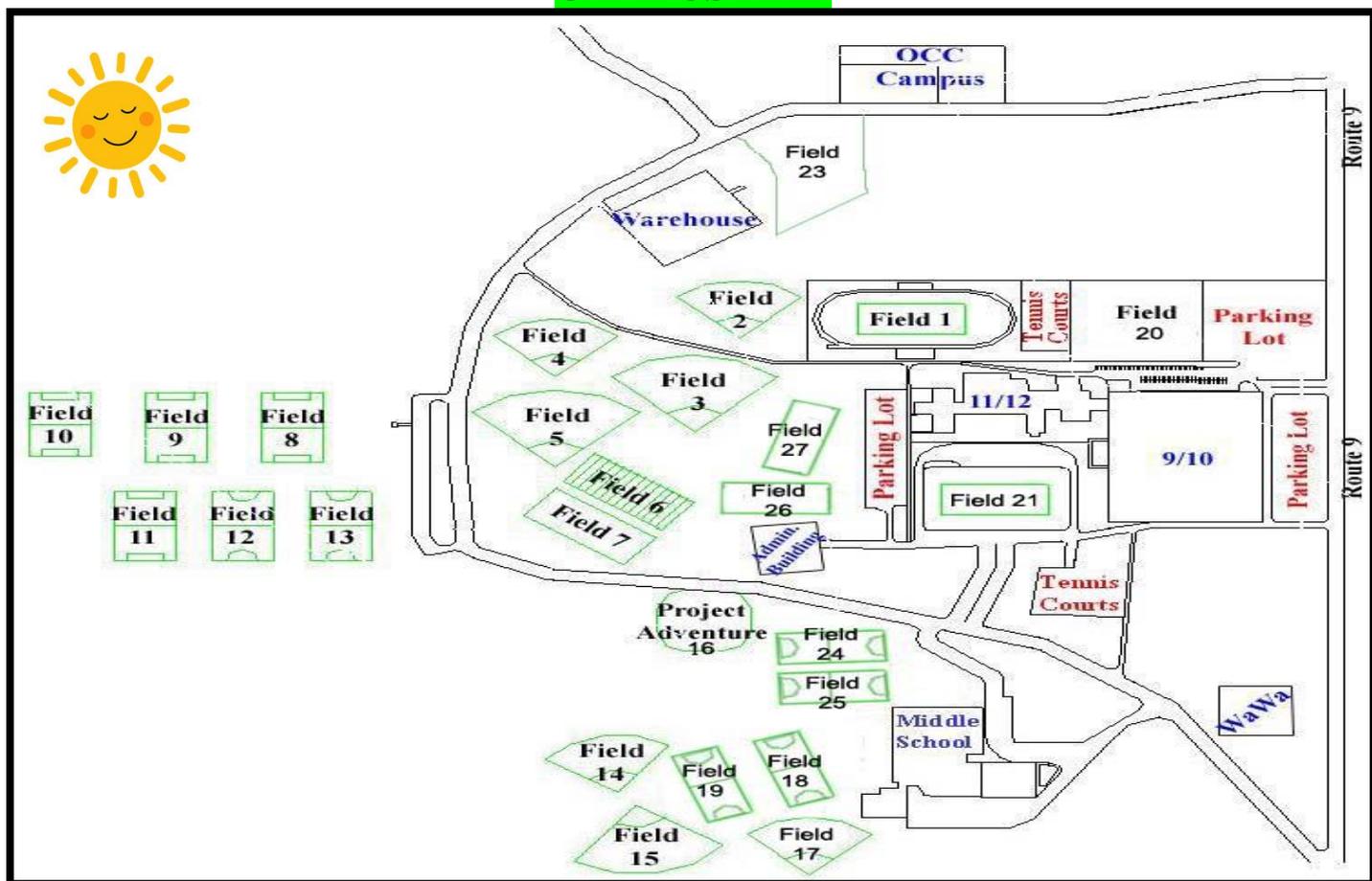




The beautiful Southern Regional campus will once again be the site this summer of several sports camps for young athletes. Contained in this brochure is basic information on each of the camps, including dates, times, costs, and camp directors. **(PLEASE NOTE: The last page lists all of the camps and instructions to use the fillable registration form.)**

CAMPUS MAP



Campers should bring water or snacks and wear appropriate clothing. More specific details about the particular sport can be obtained by e-mailing the camp directors at the address listed under individual sports. General information or registration questions can be obtained by e-mailing amisinsky@srsd.net. **Please drop off or mail registrations to: Southern Regional Middle School, 75 Cedar Bridge Road, Manahawkin, NJ 08050, ATT: A. Misinsky**

Sport/ Camp Name/ Director & Contact Info.	Assistant Directors	Date(s)/ Time(s)	Site	Age/ Grade Level	Cost
BASEBALL Southern Baseball Camp Ed Truitt etruitt@srsd.net T-Shirts Will Be Supplied	Jason Lister jlister@srsd.net	August 4,5 &6 3:30-5:30pm 5:30-7:30pm	Fields 4 & 5	Grades 2-5 Grades 6-9	\$90 \$90
BOYS & GIRLS BASKETBALL Southern Basketball Camp John Pampalone jpampalone@srsd.net southernboysbasketball@gmail.com *Each camper will receive a Camp Practice Jersey* (Grades are as of September 2025)	Boys Basketball Staff, Players & Alumni Sign up online @  https://linktr.ee/southernbasketballcamps	Week 1: June 23-26 <u>10 am -10:45am</u> <u>11 am-12:00pm</u> <u>12:30 – 4:00pm</u> <u>12:30 – 4:00pm</u> <u>12:30 – 4:00pm</u> Week 2: July 21-24 <u>10 am -10:45am</u> <u>11 am-12:00pm</u> <u>12:30 – 4:00pm</u> <u>12:30 – 4:00pm</u> <u>12:30 – 4:00pm</u>	9/10 Gym 9/10 Gym 9/10 Gym 7/8 Gym 11/12 Gym 9/10 Gym 9/10 Gym 9/10 Gym 7/8 Gym 11/12 Gym	PreK, K Gr. 1 & 2 Gr. 3 & 4 Gr. 5 & 6 Gr. 7, 8 & 9 PreK, K Gr. 1 & 2 Gr. 3 & 4 Gr. 5 & 6 Gr. 7, 8 & 9	\$80 \$100 \$180 \$180 \$180 \$80 \$100 \$180 \$180 \$180
GIRLS BASKETBALL Girls Basketball Camp Sean Sweeney ssweeney@srsd.net T-Shirts (Adult Sizes) Will Be Supplied if Signed Up By 6/20	Coach Sean Sweeney & SRHS Varsity Basketball Players	July 14-17 10:30-11:30am 11:45-1:00pm	11/12 Gym 11/12 Gym	Grades K-3 Grades 4-8	\$80 \$85
FIELD HOCKEY Southern Field Hockey Camp Jenna Lombardo-Adams jlombardo@srsd.net T-Shirts (Adult Sizes) Will Be Supplied if Signed Up By 6/23	SRHS Varsity Field Hockey Players	July 7–10 8:30-10:00am	M.S. Field Hockey Field	Grades 1-8	\$85
FOOTBALL 24th Annual Youth Football Camp Chuck Donohue Jr. cdonohuejr@srsd.net	Southern Regional High School & Middle School Football Staff	July 14-16 6:00pm -8:00pm (Rain Date July 17)	Football Fields 6 & 7	Grades 1-8	\$60
FOOTBALL 24th Annual Ram Camp Chuck Donohue Jr. cdonohuejr@srsd.net	Various High School and College Coaches - Football Staff	July 8 & 9 8:00am-2:00pm	Football Fields 6 & 7	Grades 9-12	\$60
BOYS LACROSSE CAMP Southern Boys Lacrosse Camp John Pampalone jpampalone@srsd.net	Mike Jinks	July 7-10 5:30-7pm	Field 11	Grades 3–9	\$100
GIRLS LACROSSE CAMP Southern Girls Lacrosse Camp Lori-Ann Johnson jagslax99@hotmail.com	Former & Current College Lacrosse Players	July 21-July 24 8:30am -9:30am 9:45am–11:45 am Rain Date: July 25th	Fields 18 & 19	Grades K – 2 3 - 8	\$75 \$100

Sport/ Camp Name/ Director & Contact Info.	Assistant Directors	Date(s)/ Time(s)	Site	Age/ Grade Level	Cost
<u>BOYS & GIRLS TENNIS CAMP</u> Southern Racquet Attack Evan Brosniak <u>ebrosniak@srsd.net</u>		July 14-17 All Levels 9am-11am (Rain Date: July 18)	South Tennis Courts	Grades 3-12	\$95
<u>BOYS & GIRLS TRACK CAMP</u> Jump Nation Jason Church <u>churchhawk@yahoo.com</u>		July 9-August 13 Pole Vault Wednesdays 4-8:00 pm	Stadium	Grades 9-12	\$20 Per Session
<u>BOYS & GIRLS TRACK DISTANCE CAMP</u> Scott Baker <u>sbaker@srsd.net</u>	Sign-up: https://bit.ly/2025RunCamp T-Shirts Will Be Supplied If Pre-Registered	June 23 -Aug. 22 Mon., Thu. & Fri. 8-10:00am	Stadium Track	Grades 9-12	\$60
<u>BOYS & GIRLS TRACK RUNNING CAMP</u> Scott Baker <u>sbaker@srsd.net</u>	Sign-up: https://bit.ly/2025RunCamp T-Shirts Will Be Supplied If Pre-Registered	July 14 – Aug. 14 Monday & Thursday 6:30-8:00pm <i>Optional: Fri. 8-10am</i>	Stadium Track	Grades 6-8	\$60
<u>BOYS & GIRLS TRACK YOUTH RUNNING/FITNESS CAMP</u> Scott Baker <u>sbaker@srsd.net</u>	Sign-up: https://bit.ly/2025youthrun T-Shirts Will Be Supplied If Pre-Registered	July 14 – Aug. 11 Mondays 5:30-6:30pm	Stadium Track	Grades 1-6	\$80
<u>VOLLEYBALL-BOYS & GIRLS</u> Eric Maxwell	For Info. Contact: Eric Maxwell <u>emaxwell@srsd.net</u>				
<u>WRESTLING-BOYS & GIRLS</u> Dan Roy	For Info. Contact: Dan Roy <u>droy@srsd.net</u>				

REGISTRATION FORM INFORMATION:



→ 2025 Summer Sports
Camp Registration For

Please double-click on this pdf icon to open the fillable registration form. Please type on the form, then print and send in with payment for the camp(s). (You may also print the form and write the info. in 😊)

List of Summer Sport Camps by Month, 2025

Date	Sport Name	Age/Grade Level	Time	Camp Director	Price	T-Shirt Included ?
June 23-26	Basketball-B & G	Grades PreK-K	10-10:45am	John Pampalone	\$80	Yes
June 23-26	Basketball-B & G	Grades 1&2	11am-12pm	John Pampalone	\$100	Yes
June 23-26	Basketball-B & G	Grades 3 & 4	12:30-4:00pm	John Pampalone	\$180	Yes
June 23-26	Basketball-B & G	Grades 5 & 6	12:30-4:00pm	John Pampalone	\$180	Yes
June 23-26	Basketball-B & G	Grades 7-9	12:30-4:00pm	John Pampalone	\$180	Yes
June 23-Aug. 22	Track-Boys & Girls-Distance	Grades 9-12	8:00-10:00am	Scott Baker	\$60	Please pre-register
July 7-10	Lacrosse-Boys	Grades 3-9	5:30-7:00pm	John Pampalone	\$100	No
July 7-10	Field Hockey	Grades 1-8	8:30-10:00am	Jenna Lombardo-Adams	\$85	Yes
July 8 & 9	Football-High School	Grades 9-12	8:00am-2:00pm	Chuck Donohue Jr.	\$60	No
July 9-August 13	Track-Pole Vault	Grades 9-12	4:00-8:00pm	Jason Church	\$20/ session	No
July 14-16	Football-Youth	Grades 1-8	6:00-8:00pm	Chuck Donohue Jr.	\$60	No
July 14-17	Tennis-Boys & Girls	Grades 3-12	9:00-11:00am	Evan Brosniak	\$95	No
July 14-17	Basketball-Girls	Grades K-3	10:30-11:30am	Sean Sweeney	\$80	Yes-signup by 6/21
July 14-17	Basketball-Girls	Grades 4-8	11:45am-1pm	Sean Sweeney	\$85	Yes-signup by 6/21
July 14-Aug. 11	Track-Boys & Girls-Youth Run/Fitness	Grades 1-6	5:30-6:30pm	Scott Baker	\$80	Please pre-register
July 14-Aug. 14	Track-Boys & Girls-Running	Grades 6-8	6:30-8:00pm	Scott Baker	\$60	Please pre-register
July 21 -24	Lacrosse-Girls	Grades K-2	8:30-9:30am	Lori-Ann Johnson	\$75	No
July 21-24	Lacrosse-Girls	Grades 3-8	9:45-11:45am	Lori-Ann Johnson	\$100	No
July 21-24	Basketball-Boys	Grades PreK-K	10-10:45am	John Pampalone	\$80	Yes
July 21-24	Basketball-Boys	Grades 1&2	11am-12pm	John Pampalone	\$100	Yes
July 21-24	Basketball-Boys	Grades 3 & 4	12:30-4:00pm	John Pampalone	\$180	Yes
July 21-24	Basketball-Boys	Grades 5 & 6	12:30-4:00pm	John Pampalone	\$180	Yes
July 21-24	Basketball-Boys	Grades 7-9	12:30-4:00pm	John Pampalone	\$180	Yes
August 4-6	Baseball	Grades 2-5	3:30-5:30pm	Ed Truitt	\$90	Yes
August 4-6	Baseball	Grades 6-9	5:30-7:30pm	Ed Truitt	\$90	Yes