

## NEWS FROM: The Township of Lower



**Press Release – For Immediate Release – June 10, 2014**

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### **Lower Township Recreation Department Readies for Fun-Filled Summer**

Summer vacation is on its way and soon parents may be hearing the cries of “I’m bored,” before June is even over.

Luckily, the cure for boredom can be found at the Lower Township Recreation Department with a full schedule of fun activities and camps.

“Keeping kids active in the summer is important,” said Mitchell Plenn, superintendent of the Department of Parks and Recreation. “You want to keep the kids engaged mentally and physically throughout the summer. We’re here to give them a summer camp experience where they can have a safe place to learn from their coaches, grow with their friends and gain confidence in themselves.” Plenn said that the camps run the gamut from basketball to cooking and noted that there is something for everyone. Additional camps have been added, such as lacrosse, to keep the roster packed with new activities and top-level coaches.

The fun doesn’t stop with a schedule full of summer camps.

The summer concert series at the Cape May-Lewes Ferry terminal will continue this year with four concerts with a lineup of bands that will get the crowds moving to the music of Motown, Bruce Springsteen, the Eagles and Billy Joel.

This year’s concert series opens July 16 with the Sensational Soul Cruisers, bringing the best of Motown and the disco era. The B- Street Band, a Bruce Springsteen tribute band takes the stage July 30, Eagle Mania, with music from the Eagles’ greatest hits with perform on Aug. 6 and Danny V’2 52<sup>nd</sup> Street will have concert goers singing along to the best of Billy Joel on Aug. 13.

Lower Township and the Delaware River and Bay Authority are also planning movie nights and two Family Fun Nights at the Cape May ferry terminal this summer.

#### **SJ Excel Football Camp**

This camp will focus on detailed and specific coaching from members of the Rowan University football coaching staff and select universities from around the country. The coaches instructing each player will teach them proper techniques and skills to increase their understanding and ability in the game of football in a fun and high energy setting.

Football camp begins on June 25 and runs to June 28 from 9 a.m. to 1 p.m. at Lower Cape May Regional High School.

The youth camp is for children going into first grade through eighth grade. The program will be dedicated to improving all players, especially beginning, and help them gain future success in the sport.

The high school camp is for children grades ninth to twelfth.

The fee for registration by June 16 is \$135. Late registration is \$150.

Campers are asked to bring cleats, shorts and t-shirt, sun block and lunch. Drinks will be provided. All campers will receive a SJ Excel dri-fit t-shirt.

For more information contact Pat Lancetta at 856-256-5468 or Cedric Dawkins at 856-256-4640 or 856-691-2934. You can also email at [sjexcelfootballcamp@comcast.net](mailto:sjexcelfootballcamp@comcast.net).

### **Lacrosse Camp**

New for this year is lacrosse camps for boys and girls who can improve their skills with college lacrosse coaches and players.

The HEADstrong Lacrosse Club is a national lacrosse organization that provides an unmatched standard of excellence athletically, academically and in the community. HEADstrong's personalized approach to lacrosse instruction focuses on both individual and team development. The staff and coaches believe heavily in values and character development and worked diligently to engrain this into their players. The hope of HEADstrong Lacrosse is to leave an everlasting impression, which helps to give a broader perspective on life not just the game of lacrosse.

Lacrosse camp runs July 21- 24 from 9 a.m. to 1 p.m. for boys and girls age seven to 17. The camp is held at Freeman Douglass Jr. Memorial Park and has a fee of \$150 per child.

Campers are asked to bring full lacrosse gear, cleats or sneakers, water and snacks.

For more information visit [headstronglaxpa.org](http://headstronglaxpa.org).

### **Caper Tiger Basketball Camp**

The Caper Tiger Basketball Camp is entering its 23<sup>rd</sup> year. Pat Holden, who has been involved in basketball for over 40 years as both a player and a coach, and his staff say the goal of the camp is to provide a great experience and deliver quality instruction at an affordable price.

The camp features individual development, enhanced skills, techniques to use when practicing, self-confidence and what Holden calls a motivating attitude toward basketball.

The camp's first session begins June 25 with individualized instruction and runs until June 27 during the times of 8:30 a.m. to 11:30 a.m. This session is open to boys and girls ages 11 through 16. The fee is \$110 per child.

The second session begins on June 30 and runs until July 4 during the times of 8:30 a.m. to 12:30 p.m. and will focus on advanced and specialized skills. This session is open to boys and girls ages nine to 16 and the fee is \$135 per child.

The third session begins on July 7 and runs until July 11. It is a regular session for boys and girls ages five to 13 that is held 8:30 a.m. to 12:30 p.m. The fee is \$135 per child.

Camp discounts include paying for one full week of camps at \$135 and one \$110 each additional week.

Parents who are interested in signing up boys and girls for any one of the three programs is encouraged to act quickly because there are a limited amount of spaces and last year's camp sold out.

The camp is sponsored by Sturdy Savings Bank, Steel Pier and the Lower Township Recreation Center.

Contributing sponsors include Casiello construction Anchor Advertising and Awards by Betz.

For additional information contact Pat Holden at 609-898-8381.

### **Fun Food Cooking Camp and Fun Food Baking Camp**

Young chefs in the cooking camp will create a wide variety of fun and flavorful culinary masterpieces including nutritious meals, delicious deserts, cake decorating, ice cream creations and other novelties. Kids will also be taught the art of etiquette, napkin folding and table setting.

Cooking camp will be held July 7-11 from 2 p.m. to 5:30 p.m. for boys and girls in first through sixth grades and August 4-8 from 9 a.m. to 12:30 p.m. for boys and girls first through sixth grades.

Baking camp chefs will spend the afternoon preparing brownies, cinnamon buns, cheesecakes, breads, cakes, bagels, pies and cookies.

Baking camp begins June 30 and runs to July 3 from 1 p.m. to 5:30 p.m. for boys and girls in fourth to eighth grade and August 4-8 from 2 p.m. to 5:30 p.m. for boys and girls in fourth to eighth grade.

All supplies and equipment are provided such as aprons, chef hats, personalized recipe books, snacks and lots of wonderful treats to share at home.

Cooking and baking camp takes place at Lower Cape May Regional High School and costs \$185 per child. For more information visit [funfoodcookingcamp.com](http://funfoodcookingcamp.com) or [funfoodbakingcamp.com](http://funfoodbakingcamp.com) or call 609-898-1988.

### **Football and Cheerleading Registration**

The Recreation Department is currently accepting registration for football camp. Participants can join the taxi, peewee, junior varsity or varsity depending on their age. Registration is open to children going into first through eighth grade. The cost for football camp for residents is \$20 for one child, two children are \$30 and three or more is \$35. For non-residents the cost is \$30 for one child, two children for \$40 and three or more \$45.

Cheerleading registrations begins June 21 and goes until July 6 and registration is open to children in first through eighth grade. Cheerleading is also broken down into various age divisions with the taxi division for first and second grades, peewee for third and fourth grades, junior varsity for fifth and sixth grades and varsity for seventh and eighth grades.

Cheerleading costs for residents is \$15 for one child, \$25 for two children and \$30 for three or more kids. Costs for non-residents are \$20 for one child, \$30 for two children and \$35 for three or more children.

### **Additional Registration Information**

Registration applications and more information can be obtained at the Recreation Department's administrative office, which is located in the Recreation Center, behind Township Hall, in the Township of Lower's Municipal Complex at 2600 Bayshore Road. The office is open Monday 9:30 a.m. to 9:30 p.m., Tuesday through Friday 9:30 a.m. to 8:30 p.m., Saturday from 9 a.m. to 7 p.m. and Sunday noon to 4 p.m.

For more information on the Lower Township Recreation Department visit [townshipoflower.org](http://townshipoflower.org) or call 609-886-7880