

2019 Voorhees Stars- Long Valley Lasers Summer Training Camp



JUNE 28, 2019 THROUGH JUNE 30, 2019

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. Cost is \$230 (the same as the 2012 camp), including all meals, lodging and activities. 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 2019 the Voorhees Stars-Long Valley Lasers training camp theme will be “Pride in Performance.” 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 Camp Supervisor, waves69@comcast.net; Mario.colitti@LibertyMutual.com;
(call or text): (732) 672-0635

Trainers

We recruit talented and dedicated trainers to teach at our camp. This year we have two college trainers who are Stars’ alumna. Colleen Frank is a returning trainer. She graduated from the University of Massachusetts – Lowell in 2018, and was a lead-off “slapper” who wreaked havoc on the opponent’s bases with her speed. Alanna Pearson is the all-time Stars’ leader in ERA, strike-outs and led the Stars’ High School Division teams to three consecutive Mid-State Girls Softball League Championships from 2015-2017. She is *The Trenton Times* All Prep Player of the Year (2017) Hun School MVP 2017 and 2018, All State, and All-MAPL Pitcher (2017). Alanna now pitches for Fairleigh Dickinson University.



#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 graduated in 2018 with a B.S. degree in Business.



ALANNA PEARSON

Trenton Times All Prep Player of the Year 2017
Hun School MVP 2017 and 2018, All State, All
MAPL Pitcher 2017

**PHOTOS FROM STATE CHAMPIONSHIP WIN
HUN VS. BLAIR , MAY 16, 2017**



ATHLETIC PROFILE UPDATE

Led Hun School to first State Championship since 2004.
Softball MVP for 2017 - The Hun School
NJISAA First Team All-State Softball 2017
Mid Atlantic Prep League All League First Team Softball
Strikeout Leader in MAPL League- averaged 1.8 strikeouts per inning.
Lowest ERA in MAPL - .028
Batting average: .529

As freshman and sophomore, was in top 20 in high school strikeouts in the state for 2015 (198) and 2016 (188) - regular season.



2018's.

REV FIRE SPIN RATES

Drop: 22 RPS

Curve: 24 RPS

Drop curve: 24 RPS

Screw: 28 RPS

Rise: 27 RPS

Data measured from National Fastpitch Coaches Association (NFCA) recruiting camps

Varsity Softball:

Starting Varsity Pitcher: The Hun School / Junior year

Starting Varsity Pitcher/Freshman & Sophomore

All Skyland Conference Team 2015 (top 20 in strikeouts HS NJ - 198 regular season)

Player of the Week - April 2016 - Skyland Conference

All Skyland Conference Team 2016 (top 20 state strikeouts)

Varsity Swimming: Freshman & Sophomore

All Conference Raritan Division 200 Girls Medley Relay - Freshman

Travel Softball: (2008-present)

(2012-2017) Voorhees Stars: P, SS

(2017- Meister- Inferno Gold)

(2013-2016) Jersey Outlaws Gold: P, 2B, OF

(2010-2013) Central Jersey Lightning: P, 2B

Softball Nationals:

(2015) ASA 18U Eastern Nationals, MD

(2014) ASA 18U Eastern Nationals, VA

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 28
Saturday, June 29
Sunday, June 30

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

- Electronic games (e.g. Gameboy)
- Music players (e.g. IPODs)
- Valuables (e.g. jewelry)
- Expensive cameras
- Excessive amounts of money
- Your dog, your cat, your hamster or your goldfish

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, boating in the lake, 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 lifeguard 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. There will be at least 2 moms sleeping over in the dorms each night.



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. No iPhones or other electronic devices during the softball instruction please!



Arrival and Departure

All campers should arrive between 8:00 a.m. and 8:30 a.m. on Friday, June 28. **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 12:00 a.m. and 12:30 p.m. on Sunday, June 30th. Please be prompt as well! All campers must be signed _____ by a parent or guardian.

