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The Best SPORTS CAMPS

national team. The USA Gymnastics National Team trains at their camp, which is now in its 26th year. Karolyi's Camp offers specialized instruction to girls ages seven and up at seven, six-day sessions throughout the summer. Campers attend two, three-hour workouts each day, one in the morning and one in the afternoon.

PRICE: \$415 per session including housing; \$370 per session without housing

CONTACT INFO:

(936) 291-0007;
www.karolyiscamps.com

APPLICATION DEADLINE: First come, first served. Summer sessions start filling up in December.

■ **International Gymnastics Camp**

Stroudsburg, Pennsylvania

There are ten, one-week sessions available with some of the best coaches and gymnasts around, including 2004 Olympic silver medalist Blaine Wilson. **Price:** \$760. For more info: (570) 629-0244; www.internationalgymnastics.com

HOCKEY

★ **Hockey Development Center**

Houghton, Michigan

Kids ranging in age from 7-8 through 15-17 can participate in one of seven, five-and-a-half day sessions throughout the summer. Each day, campers spend three hours and 45 minutes on the ice learning power skating, shooting, passing, neutral-zone techniques, offensive-zone alignments, checking systems, positional skills, and team play.

Campers also spend time in the classroom and get off-ice training from a staff that includes former NHL players such as 15-year veteran Randy McKay. The 2007 summer schedule begins on June 24.

PRICE: Starting at \$350. Costs vary according to player position, age, and housing accommodations.

CONTACT INFO: (888) 829-9688;
www.mtuhokeydev.com

APPLICATION DEADLINE: June 1

■ **Rick Heinz Hockey Camps**

Multiple Locations

On their way to the pros, longtime NHL stars Marc Savard and Doug Gilmour attended this camp, headed by Heinz, a former NHL goalie. There are locations in 31 states. Costs are \$325-\$525, depending on location. For more info: (877) 434-6977; www.rickheinz.com

LACROSSE

★ **No Limit Lacrosse**

No Limit has a five-day overnight camp in Massachusetts and day camps in three other states. Campers are taught the newest and most effective lax techniques and strategies. Sixty percent of the day is spent on fundamentals and instruction, but campers also get to play three games a day. Many pro and college players teach at No Limit, which was founded by a pair of former college All-Americans, John Gagliardi and Paul Carcaterra.

PRICE: Overnight camp sessions are \$575; day camps are \$315-\$375.



CONTACT INFO:

(877) 652-2677;
www.nolimitlacrosse.com

APPLICATION DEADLINE: June 15

■ **GameBreaker Lacrosse Camps**

Multiple Locations

GameBreaker has camps in 32 states. Sessions last four days and three nights. Each day includes 15 minutes of private instruction as well as individual skill work, game instruction, and scrimmages. Sessions cost \$400-\$500 for overnight camps, \$250-\$350 for day camps. For more info: www.laxcamps.com

SWIMMING

★ **Peak Performance Swim Camps**

Multiple Locations

This is not a camp for beginners. Peak Performance is for serious swimmers ages eight to 18. Hosted by former Olympic coach Nick Baker and his staff, each seven-day session gives campers plenty of personal instruction. Each session is made up of about 22 hours of training in the pool, six dry-land training sessions, six classroom sessions, and two swimming yoga sessions. Campers also get three meals a day, hotel

rooms, and entertainment activities. Peak Performance has camps in Orlando, Florida (five sessions, June 9-15 to July 7-13); Park City, Utah (August 11-17), and Lake Tahoe, California (July 22-26).

PRICE: \$899-\$1,599, depending on location

CONTACT INFO:

(407) 468-5165; www.swimcamp.com
APPLICATION DEADLINE: First come, first served, limited to 40 campers per session. Sessions usually fill up by the end of April.

■ **Total Immersion Four-Stroke Camp**

New Paltz, New York

Total Immersion holds four, two-day camps that teach basics to competitive age-group swimmers ages 10 and up. Each session costs \$495. For more info: (845) 255-4242; www.totalimmersion.net



HOCKEY DEVELOPMENT CENTER



PEAK PERFORMANCE SWIM CAMPS