

Summer Guide

Camps combine effort, enjoyment

By Mike Latona
Staff writer

Every win is the result of hard work and dedication.

This is the place to start.

With those few words, which appear on the cover of his summer basketball camp brochure, Ed Nietopski gets to the heart of why off-season training is so important — even if it means giving up some time on the beach during summer vacation.

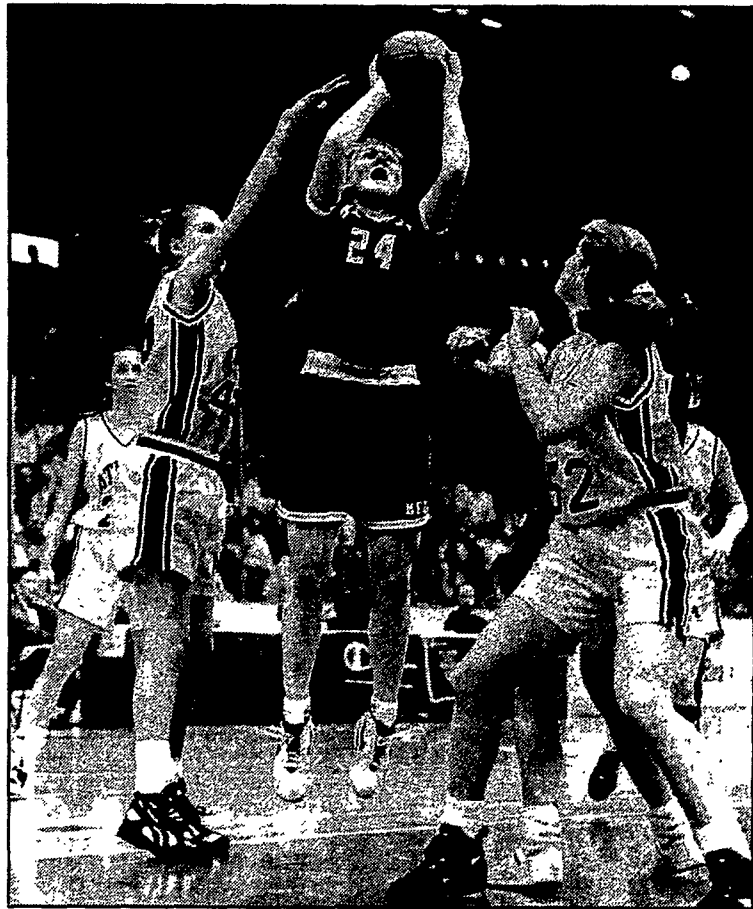
"That reflects my feeling toward coaching," Nietopski stated. "If we can get kids to realize this approach to sports, schoolwork, anything — success is right around the corner."

Nietopski certainly knows a thing or two about the hard work and dedication of which he preaches: This marks the 32nd consecutive year he's conducted a summer camp. He has headed the basketball camp at Bishop Kearney High School since 1990, and also ran basketball and baseball camps at the former Cardinal Mooney High School.

Adam Insalaco plans to attend his fourth Nietopski camp this summer. The BK sophomore, 15, sees the camps as a healthy combination of work and pleasure.

"There should be hard work and there should be fun. It's the best of both worlds. If you work hard, you automatically have fun," said Adam, who played on the Kearney junior varsity this past winter.

Nietopski added that campers' enjoyment is created from the awareness that "little



File photo
Kelly O'Neill (24) drives to the basket during the 1993 Section 5 playoffs at the Rochester Community War Memorial. O'Neill will serve as an assistant at Our Lady of Mercy's Summer Basketball Camp run by Mercy Coach Kathy Boughton.

by little, they've gotten better."

Adam is a good example of this gradual progression. When he attended his first camp, Adam said his basketball skills rated a "4 or 5 on a scale of 1 to 10" — yet he now considers himself "a 7 or 8."

Kelly O'Neill found similar results at a basketball camp six

years ago at Our Lady of Mercy High School.

"It was so much fun," she said. "And I learned a lot."

Since that time, Kelly has risen mightily close to the "10" level. She went on to become a star player at Mercy, competing in the Section 5 Class A finals four consecutive years and win-

ning two championships. She recently completed her freshman year at Duquesne University in Pittsburgh, where she is on a full scholarship for soccer and basketball.

Though she has hit the big time, Kelly is loyal to her roots. She will assist Mercy's varsity coach and camp director, Kathy Boughton, at this summer's camp scheduled for June 24-28.

Through her own camp experience, Kelly said she can empathize with those who may be attending camps for the first time.

"I was nervous because it was Miss Boughton's camp," she recalled. "And people like (ex-Mercy stars) Julie Buntich and Catherine Robinson were there. They were goddesses to me at the time."

However, Kelly advises anybody who's serious about sports to get over any inhibitions and enroll in a summer camp.

"If you want to be a champion, you have to work in the off-season," she said.

Boughton sends a similar forewarning, stressing that her camps are not for grins and giggles.

"A lot of the kids want to go to camp just to play games, but they're probably not going to become good high-school players," Boughton said. "There's just too much competition."

Nietopski noted that summer camps are good vehicles — for both athletes and coaches — for getting back to basics.

"You don't have as much time during the season to work on fundamentals," he remarked. "We spend two-thirds of the (camp) time on skills and one-third on competition."

Boughton agreed, saying that her camps focus heavily on drills. "We don't emphasize game play," she remarked.

Kelly concluded that camps can be beneficial for athletes of all talent levels if they're committed to working hard.

"You work with the talents they've got. But even if you only teach them one thing, you feel good about that," Kelly said.

Openings available at diocesan camps

The following is a listing of summer athletic camps available at diocesan high schools. Some camps are already full, so only those with openings at press time are listed.

Aquinas Institute, 1127 Dewey Ave., Rochester.

Basketball: June 24-July 3. For boys entering grades 5-12. Girls also welcome. Call Mike Dianetti at 716/254-2020.

Bishop Kearney High School, 125 Kings Highway S., Irondequoit.

Basketball: July 8-Aug. 2. For boys ages 9-12 (July 8-19) and ages 13-17 (July 22-Aug. 2), and girls ages 10-17 (July 22-Aug. 2). Call Ed Nietopski at 716/342-4000.

Baseball: July 8-12. For children ages 8-12. Call 342-4000.

DeSales High School, 90 Pulteney St., Geneva.

Basketball: June 24-July 13. For boys entering grades 5-9 (June 24-29 and July 8-13) and girls entering grades 6-10 (July 1-6). Call 315/789-5111.

McQuaid Jesuit High School, 1800 Clinton Ave. S., Brighton.

Basketball: June 24-July 12. For boys and girls ages 8-13. Call Tim Jordan at 716/473-1130.

Basketball: July 8-Aug. 2. For boys ages 8-13 (July 8-19 and July 22-Aug. 2) and ages 13-18 (July 15-26). Call Joe Marchese at 716/473-1130.

Football (conditioning): Aug. 5-9. For boys entering grades 7-12. Call Tom Sprague at 716/473-1130.

Soccer: July 15-19. For boys ages 8-14. Call 716/473-1130.

Nazareth Academy, 1001 Lake Ave., Rochester.

Basketball: June 24-28 and July 8-12. For girls entering grades 4-7 (June 24-28) and grades 8-12 (July 8-12). Call Chris Belmont at 716/647-8721.

Soccer: Aug. 12-17. For girls entering grades 7-12. At English Road Park in Greece. Call Chris Bianchi at 716/392-3025.

1996 Bed & Breakfast Guide



Call one with your travel plans!

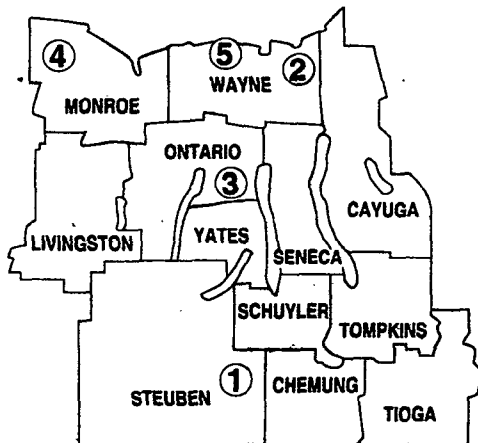
1. 1865 White Birch Bed & Breakfast
Kathy Donahue
69 East First Street • Corning
(607) 962-6355

2. Bonnie Castle Farm Bed & Breakfast
Eric Pendleton
Box 188 • Wolcott
(800) 587-4006

3. Clawson's Bed & Breakfast
Pat Clawson
3615 Lincoln Hill Rd./County Road 18
• Canandaigua
(716) 396-1947

4. Daisy House
Joan Dowdell & Mary Ann Lolacono
3965 North Union Street • North Chili
(716) 889-2497

5. Wood's Edge on the Lake Bed & Breakfast
Mike & Andrea Walker
Sodus • (315) 483-4765



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