

Yoga Instructor: Sherri Spina



Sherri Spina is a Certified Yoga Instructor and Mindfulness Consultant. Practicing yoga can help improve flexibility, strength and endurance, while improving agility and concentration. Overuse and abuse often lead to sports related injuries.

Yoga connects the mind and body, helping to prevent injuries by recognizing imbalances in the body before an injury occurs. Sherri is an elementary school teacher who utilizes Yoga and Mindfulness strategies in her classroom each day. Working with youth and collegiate athletes, Sherri tailors sport specific training sessions to improve both physical and mental performance.

Speed and Agility Coach: Durell Cull



Durell is an NJCAA All American in the 100 M dash, Regional Champion in 100 meter dash and the 60 meter dash. Durell is the Region 60 meter dash record holder. Coach Cull is an NCAA Oneonta State

All American in the 55 meter dash and SUNYAC champ in the 55 meter dash Durell is 2008 Empire State games winner in the 100 meter dash.

In addition to his accolades Durell is the 181 lb. IPA world record holder in the dead lift and total lift, 198 lb. IPA WORLD record in the dead lift, and the 220 lb. drug tested all time American record holder.



Speed & Agility, Strength, & Yoga Camp

This Camp is designed for student athletes ages 13 and up with varying athletic backgrounds who are looking to take their athletic ability to the next level, learn skills and techniques to improve their performance and to gain an edge on the competition. Improving your mental fitness and your physical fitness begins here!

**July 23rd - July 27th
9:00 a.m. - 12:30 p.m.
Boys & Girls * Ages 13 and up**

Camp Director: Jim Vitale



Jim Vitale, Head Coach of the MVCC Women's Soccer Program. Jim has over 6 years experience as a collegiate soccer coach. The MVCC Women's Soccer team won the Mountain Valley Conference and Region III in 2012 and 2013. In 2012 the team was crowned the NJCAA DIII champions.

In 2012 the Hawks finished the season with an overall record of 21-1-1. In 2013 the team was the NJCAA DIII runner-up. The 2013 team went undefeated in both the Mountain Valley Conference and in Region III. The Hawks have made the Regional tournament in each of his 6 years with the team.

Coach Vitale holds a NSCAA Advance National Diploma, NSCAA Player Development Curriculum Diploma and is an IYCA Youth Speed and Agility Specialist.

Coach Vitale is a member of the Coliseum Soccer Club where he coaches and trains female athletes from u10 through u19. Jim is the Head Coach of the Coliseum 00 Premier Girls team.

Strength Coach: Peyton LaReaux



Peyton LaReaux is the Assistant Coach for the MVCC Women's Soccer team. Peyton has a distinguished career as a collegiate soccer player. Peyton is a Proctor graduate who played for the Coliseum

SC and the USSF Empire Academy.

Peyton holds a Level 1 CrossFit Certification. Coach Peyton is a member of the Coliseum SC where he trains the Premier girls u17/18 team.

