



CAMP INSTRUCTOR HIGHLIGHT



Look for our Instructor Highlights each week until Summer Camp begins where we feature one coach or instructor who leads one (or many) of our offerings. We think our camp instructors and coaches are the best and we want you to know them just as well. This week is...

Tiffany Clifton

Girl's Basketball Camp July 11th - 15th



“I enjoy coaching because it allows me to teach life lessons like how to deal with adversity, how to work well with others, and how to be a leader through this awesome sport. I know I’ve made a difference when I hear back from some of the kids I have coached or trained and they are excited to tell me what they have accomplished.”

-Tiffany Clifton

BIO:

Tiffany Clifton, assistant Varsity Boy's Basketball Coach at St. David's, hails from Louisiana. As a physical trainer, she provides help in all aspects of fitness ranging from maintenance in overall health, to sport specific functional training. Tiffany was a 4-year Varsity athlete at both Division I and Division II levels starting at Tulane University and graduating from Kentucky State university. No stranger to the art of sport and physical fitness, her clients include professional, collegiate and elite high school level men and women. Her coaching experience also includes collegiate basketball at St. Augustine's College in Raleigh, NC and women's semi-professional with the RDU Sting. At St. David's she focuses on player development and guard coaching. She is also the Founder and CEO of H.O.O.P.S. Towards Change, a non-profit organization geared towards at-risk and underprivileged youth, as well as the Founder and CEO of Next Level Elite Training, LLC. She enjoys helping people who don't yet know what it means to be physically fit and how to go about finding a healthy lifestyle. By offering a wide range of fitness services from overall strength to power and endurance, not to mention basketball specific training, she is a well-rounded fitness coach who looks forward to her St. David's summer camps each year.

More Girl's Basketball information can be found on our website. Calendars, details and sign-ups are waiting for you there. Be sure to view all our offerings as you will receive an automatic 10% discount when you book four or more camps at once. Early-bird discount prices end May 1st, too, so hurry to snag your spot.

Details and registration: sdsd.org/camps
Questions? kkoslowsky@sdsd.org

