

**2017**

**HUSKIE**

**SPORTS**

**CAMPS**

# HUSKIE SPORTS CAMPS

Camp Director: John Stelzer 708-434-3000  
[jstelzer@oprfs.org](mailto:jstelzer@oprfs.org)

Camp Secretary: Lori Foley 708-434-3600  
[lfoley@oprfs.org](mailto:lfoley@oprfs.org)

## **REGISTRATION FOR SPORTS CAMPS**

Please contact individual coaches for specific information and questions regarding camps. Each Head Coach is listed under the individual sport camp heading.

All grades listed are as of: Fall 2017

**ONLINE registration begins Tuesday, April 4 for swim camp and Wednesday, April 5 for all other camps.** For online registration go to [www.oprfhs.org](http://www.oprfhs.org) On the right side of the screen under "Quick Links", click the "webstore" button. Next, click the "Summer Sports Camp" button and follow the prompts.

## **NO MAIL-IN REGISTRATION FOR CAMPS**

**WALK-IN registration (check or money order payment only – NO CASH) will be available starting on Monday, May 22 and continue through the summer on a space-available basis from 8:00 AM – 2:00 PM in the Athletic Office. The building will be CLOSED and camps will not be in session, Monday, July 3 and Tuesday, July 4.**

**Refunds:** If you choose to drop a camp for any reason prior to the start date of your camp, a refund, less a \$25.00 service fee, will be issued.

***NO REFUNDS WILL BE ISSUED AFTER THE 1<sup>st</sup> Day OF CAMP.***

**Any student dismissed from Summer School for disciplinary reasons may also be suspended or removed without refund from any camps or summer activities in which he/she may be participating.**

### **Travel Waiver for High School Summer Leagues:**

**Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.**

## HUSKIE SWIM CAMP

**Contact:** Peter Quinn

[pquinn@oprfs.org](mailto:pquinn@oprfs.org)

**Note:** If your child participates on an organized swim team, these lessons are inappropriate.

**\*\*\*NO PRIVATE LESSONS\*\*\***

**Open to:** Ages 4 – 10 years

**Description:** Huskie Swim Camp is a learn-to-swim program for children 4-10 years of age. The program is designed to teach the basics of swimming and water safety with a progression through the four strokes, depending on ability. Our goal is to get your child comfortable in the water and to teach him or her that the world of aquatics is full of fun and adventure. This is NOT a conditioning program.

**Location:** EAST POOL – 2<sup>nd</sup> entrance north of the Parking Garage on Scoville Ave.

**Dates/Times:** See Below (Maximum class size for all sessions is 34)

**Fee:** \$95.00 per child/per session (one swim camp per child, per session allowed)

### Session 1: June 12 – June 22 (Monday thru Thursday both weeks)

<b>SC-01</b>	8:40 AM – 9:10 AM
<b>SC-03</b>	9:15 AM – 9:45 AM
<b>SC-05</b>	9:50 AM – 10:20 AM
<b>SC-07</b>	10:25 AM – 10:55 AM
<b>SC-09</b>	11:00 AM – 11:30 AM

### Session 2: June 26 – July 7

**Week 1: Monday thru Friday / Week 2: Wednesday thru Friday**

**(NO lessons on Monday, July 3 and Tuesday, July 4)**

<b>SC-11</b>	8:40 AM – 9:10 AM
<b>SC-13</b>	9:15 AM – 9:45 AM
<b>SC-15</b>	9:50 AM – 10:20 AM
<b>SC-17</b>	10:25 AM – 10:55 AM
<b>SC-19</b>	11:00 AM – 11:30 AM

### Session 3: July 10 – July 20 (Monday thru Thursday both weeks)

<b>SC-21</b>	8:40 AM – 9:10 AM
<b>SC-23</b>	9:15 AM – 9:45 AM
<b>SC-25</b>	9:50 AM – 10:20 AM
<b>SC-27</b>	10:25 AM – 10:55 AM
<b>SC-29</b>	11:00 AM – 11:30 AM

## **BOYS' BASEBALL**

**Contact:** Joe Parenti

708-434-3722

[jparenti@oprfs.org](mailto:jparenti@oprfs.org)

### **BA-03 Boys' Youth Baseball Camp**

**Open to:** All incoming 6th, 7th, 8th and 9th graders

**Description:** Youth Baseball Camp focuses on skill development and strategies in a competitive baseball environment. The camp will be led by OPRFHS Coaches and Players along with Alumni currently playing college baseball.

**Location:** Baseball Field

**Dates:** June 12 - June 22 (Monday – Thursday)

**Time:** 8:00 AM – 9:45 AM

**Fee:** \$175.00

## **BOYS' BASKETBALL**

**Contact:** Matt Maloney

708-434-3350

[mmaloney@oprfs.org](mailto:mmaloney@oprfs.org)

**All campers must attend the appropriate grade level camps. Coach Maloney must approve exceptions. Each camper will receive a custom OPRF Basketball or camp T-Shirt.**

### **BBK-01 Boys' Freshmen Basketball**

**Description:** Learn basic basketball skills and prepare for competitive freshman basketball.

**Open to:** Incoming Freshmen

**Dates:** June 12 - June 29 (Monday – Thursday)

**Time:** 4:00 PM – 6:00 PM

**Location:** 1 West Gym / Fieldhouse

**Fee:** \$160.00

### **BBK-02 Boys' Sophomore Basketball**

**Description:** Learn advanced basketball skills and prepare for competitive sophomore basketball. Camp registration does not guarantee participation in summer league play.

**Travel Waiver:** Basketball Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Open to:** Incoming Sophomores

**Dates:** June 6 – June 8 (Tuesday – Thursday)

June 12 – June 22 (Monday – Thursday)

June 26 – June 28 (Monday – Wednesday)

**Time:** 1:00 PM – 3:00 PM

**Location:** Fieldhouse

**Fee:** \$175.00

### **BBK-03 Boys' Varsity Basketball**

**Description:** Learn advanced basketball skills and prepare for competitive varsity basketball. Camp registration does not guarantee participation in summer league play.

**Travel Waiver:** Basketball Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Open to:** Incoming Juniors and Seniors  
**Dates:** June 6 – June 8 (Tuesday – Thursday)  
June 12 – June 22 (Monday – Thursday)  
June 26 – June 28 (Monday – Wednesday)  
**Time:** 1:00 PM – 3:00 PM  
**Location:** 1 West Gym  
**Fee:** \$185.00

### **BBC-01 Boys' Youth Basketball**

**Open to:** Incoming 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders

**Description:** Have fun learning the basic basketball skills of dribbling, ball handling, shooting and game competition.

**Dates:** June 12 – June 29 (Monday – Thursday)  
**Time:** 10:00 AM – 12:00 PM  
**Location:** Field House / 1 East Gym  
**Fee:** \$150.00

### **BBC-02 Boys' Junior High Basketball**

**Open to:** Incoming 7th and 8th graders

**Description:** Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.

**Dates:** June 12 – June 29 (Monday – Thursday)  
**Time:** 8:00 AM – 10:00 AM  
**Location:** Field House / 1 East Gym  
**Fee:** \$150.00

## **BOYS' DISTANCE RUNNING**

**Contact:** Chris Baldwin

[cbaldwin@oprfs.org](mailto:cbaldwin@oprfs.org)

### **BDR-01 Boys' Distance Running**

**Open to:** Grades 6-12

**Description:** Running camp with a focus on building a base for Cross Country. T-shirt included.

**Dates:** June 19 – July 27 (Monday - Thursday)

**Time:** 6:00 AM – 7:45 AM

*NO CAMP JULY 3 and JULY 4*

**Place:** Lake St. Field

**Fee:** \$180.00

## **BOYS' FOOTBALL**

**Contact:** John Hoerster

708-434-3030

[jhoerster@oprfs.org](mailto:jhoerster@oprfs.org)

### **BFB-03 Boys' Freshman Football**

**Open to:** Incoming Freshmen

**Description:** Fundamentals: Beginning offense, defense, and special teams used within the program.

**Location:** Stadium, Monogram Room, and Weight Room

**Dates:** June 12 – June 29 (Monday – Thursday) *NO CAMP JULY 3,4,5, & 6*  
July 10 – July 20 (Monday – Thursday)

**Time:** 1:00 PM – 3:00 PM

**Fee:** \$175.00 (Cost includes T-shirt and shorts)

### **BFB-04 Boys' Varsity and Sophomore Football**

**Open to:** Sophomores, Juniors, and Seniors

**Description:** Teaches offense, defense, and special teams used within the program.

**Travel Waiver:** Football Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Location:** Stadium, Monogram Room, and Weight Room

**Dates:** June 12 – June 29 (Monday – Thursday) *NO CAMP JULY 3,4,5, & 6*  
July 10 – July 20 (Monday – Thursday)

**Time:** 6:30 AM – 10:00 AM

**Fee:** \$225.00 (Cost includes T-shirt, shorts, and practice jersey. Athletes are required to have a 7 pad girdle for camp. Girdles will be available for \$30.00)

## **BOYS' LACROSSE**

**Contact:** Rocco Chierici

312-515-3069

[rchierici@oprfs.org](mailto:rchierici@oprfs.org)

### **BL-01 Boys' High School House League Camp**

**Open to:** Incoming Grades 9 - 12

**Description:** Designed to focus on game play. Players will be divided up by OPRF High School coaches into teams and play games. Games will be 50 minutes in duration, with teams competing in an end of camp tournament.

**Location:** Stadium

**Dates:** June 8 – July 20 (Monday & Thursday) *Camp begins on Thursday, June 8*

**Time:** 4:00 PM – 7:00 PM

**Fee:** \$175.00 (includes reversible jersey)

*NO CAMP JULY 3*

## **BOYS' SOCCER**

**Contact:** Jason Fried

708-434-3422

[jfried@oprfs.org](mailto:jfried@oprfs.org)

### **BSC-01 Future Big Dogs Huskie Soccer**

**Open to:** Incoming Grades 7 – 9

**Description:** A comprehensive program focusing on a variety of soccer skills, techniques, and tactics that players need to excel in the Huskies soccer program. Each camp session will have a theme where players will work on developing specific areas of their play, followed by game situation play. The game situation play will be integrated into a series of tournaments that spans the length of the camp. The camp is staffed with OPRFHS soccer coaches and varsity athletes. Every camper will receive an OPRF soccer item.

**Location:** Lake Street Field

**Dates:** June 19, 21, 26, 28  
July 10, 12, 14, 17, 19, 21 (10 Sessions)

**Time:** 3:15 PM – 5:15 PM (Monday & Wednesday)

12:45 PM – 2:45 PM (Friday)

**Fee:** \$200.00

### **BSC-02 Boys' High School Soccer**

**Open to:** Incoming Grades 10-12

**Description:** A comprehensive program focusing on a variety of soccer skills, techniques, and tactics that players need to excel in the Huskies soccer program. Each camp session will have a theme where players will work on developing specific areas of their play, followed by game situation play. The game situation play will be integrated into a series of tournaments that spans the length of the camp. The camp is staffed with OPRFHS soccer coaches. Every camper will receive an OPRF soccer item. This camp will prepare you for the next level of Huskie Soccer.

*If you are a Goalie and register for this camp, you may attend the Co-Ed Goalie camp for free.*

**Travel Waiver:** Soccer Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Location:** Lake Street Field

**Dates:** June 19, 21, 26, 28  
July 10, 12, 14, 17, 19, 21 (10 Sessions)

**Time:** 5:30 PM – 7:30 PM (Monday & Wednesday)

3:00 PM – 5:00 PM (Friday)

**Fee:** \$200.00

## **BOYS' VOLLEYBALL**

**Contact:** Don August

708-434-3015

[daugust@oprfs.org](mailto:daugust@oprfs.org)

### **BVB-06 Boys' High School Volleyball**

**Open to:** Incoming Sophomores, Juniors, and Seniors (Enrollment limit of 50)

**Description:** Sessions will focus on conditioning, skill development and game play.

**Location:** 1 West Gym / 1 East Gym

**Dates:** June 12 – June 29 (Monday – Thursday)

**Time:** 6:00 AM – 8:00 AM

**Fee:** \$150.00

### **BVB-07 Boys' Junior High Volleyball**

**Open to:** Grades 6-8 (Enrollment limit of 40)

**Description:** Sessions will focus on skill development and basic systems of play.  
Includes camp T- shirt.

**Location:** 3 East / 3 South Gym

**Dates:** June 12 – June 29 (Monday – Thursday)

**Time:** 8:00 AM – 9:30 AM

**Fee:** \$150.00

### **BVB-08 Boys' Incoming Freshman Volleyball**

**Open to:** Incoming Freshman (Enrollment limit of 30)

**Description:** Sessions will focus on skill development, conditioning, offensive and defensive systems of play. Some game play.

**Location:** 1 West Gym / 1 East Gym

**Dates:** June 12 – June 29 (Monday – Thursday)

**Time:** 6:00 AM – 8:00 AM

**Fee:** \$150.00

## **BOYS' WATER POLO**

**Contact:** John Rapp

[jrapp@oprfs.org](mailto:jrapp@oprfs.org)

### **BWP-01 Jr. High / High School Boys' Water Polo**

**Open to:** Grades 6 - 12

**Description:** No experience necessary. The camp will focus on the fundamentals of water polo – body positioning, passing, shooting, etc. while also scrimmaging each night. We will work on offensive, defensive, and counter attack strategy during the summer.

**Location:** East Pool

**Dates:** June 12 – July 12 (Monday & Wednesday) *NO CAMP JULY 3*

**Time:** 5:00 PM – 7:00 PM

**Fee:** \$175.00



## GIRLS' BASKETBALL

**Contact:** JP Coughlin

708-434-3358

[jcoughlin@oprfs.org](mailto:jcoughlin@oprfs.org)

**Note: All campers must attend the appropriate grade level camps. Coach Coughlin must approve exceptions. Each camper will receive a T-shirt.**

### GB-02 Girls' Junior High Basketball

**Open to:** Grades: 5 - 8

**Description:** Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.

**Location:** 1 West Gym

**Dates:** June 12 – June 23 (Monday – Friday)

**Time:** 8:00 AM – 10:00 AM

**Fee:** \$125.00

### GB-03 Girls' Freshmen Basketball

**Open to:** Grade 9

**Description:** Learn basic basketball skills and prepare for competitive freshman basketball.

**Location:** 3 South Gym

**Dates:** June 12 – June 30 (Monday – Friday)

**Time:** 1:00 PM – 3:00 PM

**Fee:** \$150.00

### GB-04 Girls' Sophomore Basketball

**Open to:** Grade 10

**Description:** Learn advanced basketball skills and prepare for competitive sophomore basketball and participate in summer league games.

**Travel Waiver:** Basketball Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Location:** 1 East Gym

**Dates:** June 6 – June 30 (Monday – Friday) *Camp begins on Tuesday, June 6*

**Time:** 1:00 PM – 3:00 PM

**Fee:** \$175.00

### GB-05 Girls' Junior/Seniors Basketball

**Open to:** Grade 11-12

**Description:** Learn advanced basketball skills and prepare for competitive varsity basketball and participate in summer league games and tournaments.

**Travel Waiver:** Basketball Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Location:** 1 West Gym

**Dates:** June 6 – June 30 (Monday – Friday) *Camp begins on Tuesday, June 6*

**Time:** 10:15 AM – 12:30 PM

**Fee:** \$195.00

## **GIRLS' CHEER**

**Contact:** Deanna Paloian  
Natalie Walsh

deannamariepaloian@gmail.com  
newalsh00@gmail.com

### **CH-01 Girls' High School Cheer Camp**

**Open to:** Incoming Grades 9 -12

**Description:** Camp includes skill progression from basic skills of stunts, jumps, motions, cheers, tumbling and stunts to intermediate and advanced skills. No experience is necessary. Please wear appropriate athletic apparel and cheer shoes or sneakers.

**Location:** 3 East Gym / 3 South Gym

**Dates:** June 12 – 29

(Monday, Tuesday, & Thursday)

July 10 – 27

**Time:** 5:00 PM – 7:00 PM

**Fee:** \$100.00

## **GIRLS' DANCE (Drill Team)**

**Contact:** Katie Prendergast  
Lindy Novotny

[kprendergast@oprfs.org](mailto:kprendergast@oprfs.org)  
[mnovotny@oprfs.org](mailto:mnovotny@oprfs.org)

### **DR-01 Youth Dance**

**Open to:** Grades K – 8 (as of Fall 2017)

**Description:** Learn the techniques of dance and drill team in an educational and supportive atmosphere! Participants will be instructed by OPRF Drill Team members and coaching staff on basic pom, kick, jazz, hip-hop, and dance skills. Dancers will be grouped by age level and dance skill appropriately. Each camper will receive a T-shirt.

There will be a performance at 11:30 AM – 12:00 PM on Friday, June 16.

**Location:** 3 East Gym / 3<sup>rd</sup> Floor Dance Studio

**Dates:** June 12 – June 16 (Monday – Friday)

**Time:** 10:30 AM – 12:00 PM

**Fee:** \$125.00

### **DR-02 Girls' High School Drill Team**

**Open to:** Incoming Grades 9 -12

**Description:** Drill team and dance technique which includes stylized dance routines (pom, jazz, high-kick, hip-hop, and lyrical) with intricate choreography and formation changes. Instruction will focus on proper dance technique, flexibility training, stretching and strengthening, and improved memorization skills. Program is designed to prepare participants for Drill Team try-outs in the fall. All dance levels welcome, no experience necessary. Please wear appropriate form fitting clothing and supportive dance shoes or sneakers. There will be a performance at 2:30 PM – 3:00 PM on Friday, June 16.

**Location:** 3 East Gym / 3<sup>rd</sup> Floor Dance Studio

**Dates:** June 12 – June 16 (Monday – Friday)

**Time:** 1:00 PM – 3:00 PM

**Fee:** \$125.00

## GIRLS' DISTANCE RUNNING

**Contact:** Tom Tarrant

708-434-3623

[ttarrant@oprfs.org](mailto:ttarrant@oprfs.org)

### GDR-01 Girls' Distance Running

**Open to:** Grades 6-12

**Description:** Running camp with emphasis on building a base for cross country with strength training, flexibility, speed, endurance work, and goal setting. Camp T-shirt included.

**Location:** Lake Street Field

**Dates:** June 13 – July 20 (Monday – Thursday) *NO CAMP JUNE 12 OR*

**Time:** 6:00 AM – 7:30 AM

*JULY 3 & 4*

**Fee:** \$180.00

## GIRLS' FIELD HOCKEY

**Contact:** Jane Graham

708-434-3048

[jgraham@oprfs.org](mailto:jgraham@oprfs.org)

**Note: All players must have a stick, ball, shin guards and mouth guard. We have an equipment package offer from Longstreth. Please email Jane Graham directly for details and instructions for ordering.**

### GFH-01 High School Field Hockey

**Open to:** Grades 9 – 12

**Description:** Sessions will focus on individual skill building including stick handling, passing, shooting, and defense. Athletes will experience games and team competitions.

**(Student athletes will also participate in Summer League on Monday nights at Glenbard West HS from June 5 - July 14.)**

**Travel Waiver:** Summer League participants, and/or their parents, will be required to provide their own transportation to Glenbard West. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Location:** Lake Street Field

**Dates:** June 12 – June 30 (Monday – Friday)

**Time:** 7:30 AM – 10:00 AM

**Fee:** \$195.00

### GFH-03 Girls' Junior High Field Hockey

**Open to:** Grades 5 – 8

**Description:** Sessions will focus on individual skill building including stick handling, passing, shooting, and defense. Athletes will also experience games and team competitions.

**Location:** Lake Street Field

**Dates:** June 12 – June 30 (Monday – Friday)

**Time:** 10:30 AM – 12:30 PM

**Fee:** \$150.00

### **GFH-04 Girls' Grades 1-4 Field Hockey**

**Open to:** Grades 1 – 4

**Description:** Sessions will focus on individual skill building including stick handling, passing, shooting, and defense. Athletes will also experience games and team competitions.

**Location:** Lake Street Field

**Dates:** June 12 – June 30 (Monday – Friday)

**Time:** 10:30 AM – 12:30 PM

**Fee:** \$150.00

## **GIRLS' LACROSSE**

**Contact:** Nicole Cordero

[oprfgirlslax@gmail.com](mailto:oprfgirlslax@gmail.com)

**Note:** Sessions will focus on individual stick development, dodging, scoring, cutting, defensive skills, organized offenses and defensive communication. The camp will also include full-field games. Each player must provide her own stick, mouth guard and goggles. Practice balls will be provided. We have an equipment package offer from Longstreth. Please email Nicole Cordero directly for details and instructions for ordering. Campers must provide their own mouth guard and failure to do so will prevent the camper from participation. Fees also include a camp T-Shirt. No experience is necessary.

### **GL-01 Girls' Grades 2-4 Lacrosse**

**Open to:** Grades 2 - 4

**Location:** Lake Street Field

**Dates:** July 10 – July 21 (Monday – Friday)

**Time:** 10:30 AM – 12:30 PM

**Fee:** \$150.00

### **GL-02 Girls' Grades 5-8 Lacrosse**

**Open to:** Grades 5 - 8

**Location:** Lake Street Field

**Dates:** July 10 – July 21 (Monday – Friday)

**Time:** 10:30 AM – 12:30 PM

**Fee:** \$150.00

### **GL-03 Girls' High School Lacrosse Grades 9-12**

**Open to:** Grades 9 -12

**Location:** Lake Street Field

**Dates:** July 10 – July 21 (Monday – Friday)

**Time:** 8:00 AM – 10:00 AM

**Fee:** \$150.00

## **GIRLS' SOCCER**

**Contact:** Ignacio Ponce

708-434-3381

[iponce@oprfs.org](mailto:iponce@oprfs.org)

**Note: A comprehensive program focusing on a variety of soccer skills, techniques, and tactics. Each camp day will have a specific theme. The camp is staffed with OPRFHS soccer coaches. Every camper will receive a camp T-shirt. This camp will prepare you for the next level of Huskie Soccer.**

### **GCS-03 Girls' High School Soccer**

**Open to:** Grades 10 - 12

**Location:** Lake Street Field

**Dates:** June 12 – June 23 (Monday – Friday)

**Time:** 1:00 PM – 3:00 PM

**Fee:** \$175.00

### **GCS-04 Girls' Grades 5-9 Soccer**

**Open to:** Grades 5 - 9

**Location:** Lake Street Field

**Dates:** June 12 – June 23 (Monday – Friday)

**Time:** 3:15 PM – 5:15 PM

**Fee:** \$175.00

## **GIRLS' VOLLEYBALL**

**Contact:** Kelly Collins

708-434-3017

[kcollins@oprfs.org](mailto:kcollins@oprfs.org)

**Note: All campers must attend the appropriate grade level camp. Each camper will receive a T-shirt. Please bring a water bottle, kneepads, and a good attitude!**

### **GVB-01 Girls' High School Volleyball**

**Open to:** Grades 9 – 12 (Enrollment limit 100)

**Description:** A comprehensive camp designed to teach athletes specific volleyball movements, skills, techniques and strategies. This camp will provide campers with training to develop high-level volleyball individual skills, technical instruction and feedback, team drills, game play, and conditioning.

**Location:** 3 South Gym / 1 East Gym / 1 West Gym / Fieldhouse

**Dates:** July 10 – July 27 (Monday – Thursday)

**Time:** 10:30 AM – 2:00 PM (July 10 – July 20)

8:00 AM – 11:30 AM (week of July 24 – July 27)

**Fee:** \$175.00

### **GVB-02 Girls' Grades 5 – 8 Volleyball**

**Open to:** Incoming Grades 5 - 8 (Enrollment limit 100)

**Description:** A comprehensive camp designed to teach athletes specific volleyball movements, skills, techniques and strategies. Campers will be provided with training to develop individual volleyball skills, with a focus on passing, setting, serving, attacking, and defense. This camp will develop young players through drills, repetition, and game play.

**Location:** 3 South Gym / 1 East Gym / 1 West Gym / Fieldhouse

**Dates:** July 10 – July 20 (Monday – Thursday)

**Time:** 8:00 AM – 10:00 AM

**Fee:** \$145.00

## **GIRLS' WATER POLO**

**Contact:** Elizabeth Perez

708-704-9988

elizabeth.j.perez@gmail.com

### **GWP-01 Jr. High / High School Girls' Water Polo**

**Open to:** Grades 6 - 12

**Description:** No experience necessary. The camp will focus on the skills of water polo – egg beater, passing, shooting, plays, etc. while also scrimmaging each night. We will work on offensive and defensive strategy during the summer. Swimming time will be minimal, but players should still bring goggles and a swim cap.

**Location:** East Pool

**Dates:** June 12 – June 28

(Monday & Wednesday)

**Time:** 3:00 PM – 5:00 PM

**Fee:** \$150.00

## **BADMINTON CO-ED**

**Contact:** Paul Wright

708-434-3352

[pwright@oprfs.org](mailto:pwright@oprfs.org)

### **BAD-01 Girls' and Boys' Beginner Badminton Grades 4 - 6**

**Open to:** Grades 4 - 6

**Description:** Basic skills taught including singles and doubles competitions.

**Location:** Fieldhouse

**Dates:** June 27 – 29 / July 5 – 7 / July 11 - 13

**Time:** 3:00 PM – 4:30 PM

**Fee:** \$140.00 (Includes racquet)

### **BAD-02 Girls' and Boys' Intermediate Badminton Grades 7 - 9**

**Open to:** Grades 7 - 9

**Description:** Intermediate skills taught including singles and doubles competitions.

**Location:** Fieldhouse

**Dates:** June 27 – 29 / July 5 – 7 / July 11 - 13

**Time:** 4:30 PM – 6:00 PM

**Fee:** \$140.00

### **BAD-03 Girls' and Boys' Advanced Badminton Grades 10 - 12**

**Open to:** Grades 10 - 12

**Description:** Advanced skills taught including singles and doubles competitions.

**Location:** Fieldhouse

**Dates:** June 27 – 29 / July 5 – 7 / July 11 - 13

**Time:** 6:00 PM – 7:30 PM

**Fee:** \$140.00

## **POLE VAULT CO-ED CAMP**

**Contact:** Tim Gamble 708-386-6818

DadActor@aol.com

**Note:** Coach Gamble has instructed veteran, collegiate, prep, and youth vaulters from across the country. In recent seasons, as OPRFHS Boys and Girls Pole Vault Coach, he has qualified more pole vaulters for Indoor and Outdoor State Championship Meets than ever before in the school's rich Track and Field history. Since 2003, Coach Gamble has been safety certified by the Pole Vault Safety Certification Board. Beginners are welcome to the Novice Camp.

### **PV-01 Novice Co-Ed Pole Vault**

**Open to:** Grades 6 - 10

**Description:** Introductory instruction and drills: customized pole vault coaching; imitative exercises; introduction to PV conditioning, gymnastics and speed training; digital recording with review and other recreational activities.

**Location:** Fieldhouse

**Dates:** June 15, 16, 19, & 20

**Time:** 1:00 PM – 3:00 PM

**Fee:** \$160.00

### **PV-02 Intermediate/Advanced Pole Vault**

**Open to:** Grades 8 - 12 (who have completed at least 1 season of vaulting)

**Description:** Customized pole vault instruction, imitative exercises, advanced drills and suggested conditioning including PV gymnastics, speed training, and other recreational activities.

**Location:** Fieldhouse

**Dates:** June 15, 16, 19, & 20

**Times:** 3:00 PM – 5:30 PM

**Fee:** \$175.00

## **GOLF CO-ED**

**Contact:** Joe Parenti

[jparenti@oprfs.org](mailto:jparenti@oprfs.org)

### **BGF-01 Boys' & Girls' Competitive Golf League/Camp**

**Open to:** Incoming Grades 7 – 12 (Enrollment 40)

**Description:** Practice golf skills in a competitive environment while learning the etiquette and rules required to play competitive high school golf and to prepare for the upcoming IHSA golf season. Camp registration does not guarantee participation in the high school golf program. Golfers should be scoring in the low 60's on nine holes to participate in the camp. Each student is responsible for having his own golf equipment, including a collared shirt and golf shoes. **Denim pants / jeans and cutoffs are not allowed.** Greens fees and camp tee shirt are included in League/Camp fees.

**Travel Waiver:** Competitive Golf League/Camp participants and/or their parents will be required to provide their own transportation to Away games. The on-line travel waiver must be submitted prior to participating in the league/camp.

**Location:** Meadowlark Golf Course

**Dates:** June 13, 15, 20, 22, & 28

**Time:** Boys - 2:00 PM to 4:15 PM (Note that these are approximate times)

Girls - 3:00 PM to 5:15 PM

**Fee:** \$195.00

## **SOCCER GOALIE CO-ED**

**Contact:** Jason Fried

708-434-3422

[jfried@oprfs.org](mailto:jfried@oprfs.org)

### **CS-01 CO-ED Huskie Soccer Goalie**

**Open to:** Incoming Grades 9 - 12

**Description:** The OPRFHS Goalkeeping Camp will provide goalkeepers the opportunity to advance their abilities through a wide range of technical sessions. These sessions will be available to all ability levels, from elementary through advanced. The camp will take goalkeepers through a series of exercises designed to increase strength, reflexes, handling, footwork, and other goalkeeping specialties.

**Location:** Lake Street Field – North – East Corner

**Dates:** June 19, June 21, June 26, & June 28 (Monday & Wednesday / 4 sessions)

**Time:** 6:00 PM – 7:30 PM

**Fee:** \$120.00

## **TENNIS CO-ED**

**Contact:** Fred Galluzzo

[fgalluzzo@oprfs.org](mailto:fgalluzzo@oprfs.org)

### **TEN-01 CO-ED Tennis**

**Open to:** Incoming Grades 8 - 12

**Description:** Learn advanced tennis skills for competitive match play.

**Location:** Tennis Courts

**Dates:** June 13 – June 16 (Tuesday – Friday)

June 19 – June 22 (Monday – Thursday)

**Time:** 12:45 PM – 2:45 PM

**Fee:** \$175.00