

2010

HUSKIE

SPORTS

CAMPS

HUSKIE SPORTS CAMPS

(All grades listed are as of Fall 2010)

Camp Director: John Stelzer, 708-434-3000
Camp Secretary: Lori Heidloff, 708-434-3600

REGISTRATION – SPORTS CAMPS

Sports Camp Grade Level (As of Fall 2010)

Boys:

Baseball	6-12
Basketball	5-12
Distance Running	6-12
Football	4-12
LaCrosse	10-12
Soccer	7-12
Volleyball	6-12
Water Polo	10-12
Wrestling	1-12

Girls:

Basketball	3-12
Distance Running	6-12
Field Hockey	1-12
Lacrosse	3-12
Soccer	7-12
Softball	5-8
Tennis	9-12
Volleyball	6-12
Water Polo	10-12

CO-ED:

Badminton	5-12
Cheer	4-9
Diving	6-12
Golf	5-12
Soccer Goalie	9-12
Tennis	6-8
Pole Vault	6-12
Water Polo	6-9

Swim Camps:

Girls and Boys ages 4-10 yrs.

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

ONLINE registration begins on March 29 and ends on June 11, 2010. For online registration go to www.oprfhs. Under **QUICK LINKS** look for **Online Payments**, click on it and follow the directions.

NO MAIL-IN REGISTRATION FOR CAMPS

WALK-IN registration will occur **May 31 through June 11, 2010 on a space-available basis from 8:00 a.m.-2:00 p.m. in the Athletic Office.**

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 2ND DAY OF YOUR CAMP.***

IF YOU ARE INJURED YOU MUST CONTACT THE CAMP SECRETARY IMMEDIATELY AT 708-434-3600 IF YOU ARE UNABLE TO CONTINUE THE 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.

BOYS' BASEBALL

Contact: Chris Ledbetter
708-434-3040
cledbetter@oprfs.org

BA-01 Boys' Varsity Camp/League

Open To: Incoming Juniors and Seniors
Description: Varsity Baseball – Skill development, assessment, and daily game competition, with an end-of-season state tournament.

Travel Waiver: Baseball Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. A Travel Waiver Form must be signed by both students and parents prior to participating in the camp/league. Forms will be distributed on the first day of camp.

Location: Baseball Field and Away Games
Dates: June 14-July 16
Time: 2:00 p.m. – 6:00 p.m. (varies)
Fee: \$195.00

BA-02 Boys' Sophomore Camp/League

Open To: Incoming Sophomores
Description: Baseball skill camp for players who have just completed their freshman year of high school. Camp focus is on skills by the Varsity baseball staff and participation in league play and season ending tournament.

Travel Waiver: Baseball Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. A Travel Waiver Form must be signed by both students and parents prior to participating in the camp/league. Forms will be distributed on the first day of camp.

Location: Baseball Field
Dates: June 14-July 16 (game day vary)
Time: 10:15 a.m. – 12:15 p.m. (varies)
Fee: \$195.00

BA-03 Boys' Youth Baseball Camp

Open To: All incoming 6th, 7th, 8th and 9th graders
Description: Youth Baseball Camp focuses on skill development, strategies, and written evaluation at the completion of the camp.
Location: Baseball Field
Dates: June 14 - June 25
Time: 8 a.m.-10:00 a.m.
Fee: \$150.00

BOYS' BASKETBALL

Contact: Matt Maloney
708-434-3350
mmaloney@oprfs.org

Note: All campers must attend the appropriate age group camp.

BBK-01 Boys' Freshmen Basketball

Description: Learn basic basketball skills and prepare for competitive freshman basketball.
Open To: Incoming Freshmen
Dates: June 15- June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 3:00 p.m. – 5:00 p.m.
Location: 1 West Gym
Fee: \$135.00

BBK-02 Boys' Sophomore Basketball

Description: Learn advanced basketball skills and prepare for competitive sophomore basketball.
Open To: Incoming Sophomores
Dates: June 15- June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 1:00 p.m.– 3:00 p.m.
Location: 1 West Gym
Fee: \$135.00

BBK-03 Boys' Junior/Senior Basketball

Description: Learn advanced basketball skills and prepare for competitive varsity basketball
Open To: Incoming Juniors and Seniors
Dates: June 15- June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 1:00 p.m. – 3:00 p.m.
Location: Field House
Fee: \$135.00

BBC-01 Boys' Grade 5-6 Basketball

Note: Limited to 90 participants
Open To: Incoming 5th and 6th graders
Description: Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.
Dates: June 15- June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 10:00 a.m. – 12:00 p.m.
Location: Field House/1 East Gym
Fee: \$135.00

BBC-02 Boys' Grade 7-8 Basketball

Note: Limited to 90 participants
Open To: Incoming 7th and 8th graders
Description: Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.
Dates: June 15 - June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 8:00 a.m.– 10:00 a.m.
Location: Field House/1 West Gym
Fee: \$135.00

BOYS' DISTANCE RUNNING

Contact: Jose' Sosa
708-434-3048
jsosa@oprfs.org

BDR-01 Boys' Distance Running

Open To: Grades 6-12
Description: Running, weight training, swimming
Dates: June 14- July 23 (M-W-F)
Time: 5:30 p.m.– 8:00 p.m.
Place: Fitness Center
Fee: \$120.00

BOYS' FOOTBALL

Contact: Jim Nudera
708-434-3030
jnudera@oprfs.org

BFB-02 Boys' Youth Football

Open To: Grades 4-8
Description: Youth Football Camp is designed to teach students at the youth level proper skills and fundamentals of football. Staffed by OPRFHS football coaches and upper-class high school players to ensure a quality camp. Each camper will receive a T-shirt.
Location: Stadium
Dates: June 14 - June 18 (Monday-Friday)
Time: 12:00 p.m. – 2:30 p.m.
Fee: \$70.00

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 14 – July 8 (Monday-Thursday)
Time: 1:00 p.m. – 3:30 p.m.
Fee: \$140.00

BFB-04 Boys' Varsity and Sophomore Football

Open To: Sophomores, Juniors, Seniors-**with complete physical on file.**
Description: Teaches offense, defense, and special teams used within the program.
Location: Room 370, 371, Stadium, and Weight Room
Dates: June 14– July 8 (Monday-Thursday)
Time: 5:00 p.m. – 8:30 p.m.
Fee: \$140.00

BOYS' LACROSSE

Contact: Dan Ganschow
708-434-3606
dganschow@oprfs.org

BL-01 Boys' LaCrosse

Open To: Incoming Sophomores, Juniors, and Seniors
Description: Learn advanced skills and prepare for competitive LaCrosse
Location: Stadium
Dates: June 14-July 15 (Monday-Thursday)
Time: 9:00 a.m. - 12:00 p.m.
Fee: \$195.00

BOYS' SOCCER

Contact: Paul Wright
708-434-3352
pwright@oprfs.org

BSC-02 Boys' Soccer

Open To: Grades 10-12
Description: A comprehensive program focusing on a variety of soccer skills, techniques, and tactics in relation to the 7 Principles of Huskie Soccer. Each camp day will have a specific theme. The last four sessions will involve 9v9 games with other local high school teams. 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 History, be prepared to work like a Huskie!
Location: Lake Street Field
Dates: June 14 - July 21
(Monday & Wednesday 12 sessions)
Time: 5:30 p.m. – 7:30 p.m.
Fee: \$195.00
Enrollment: 100

BSC-01 Future Big Dogs Huskie Soccer

Open To: Grades 7-9 (incoming Freshmen)
Description: A comprehensive program focusing on a variety of soccer skills, techniques, and tactics. The 7 Principles of Huskie Soccer will be introduced during this camp. Each camp day will have a specific theme. The camp is staffed with varsity athletes and OPRFHS soccer coaches. Every camper will receive a camp T-shirt. Be prepared to work like a Huskie!
Location: Lake Street Field
Dates: June 14 - July 14
(Monday & Wednesday 10 sessions)
Time: 3:30 p.m.- 5:30 PM
Fee: \$175.00

BOYS' VOLLEYBALL

Contact: Don August
708-434-3015
daugust@oprfs.org

BVB-06 Boys' High School Volleyball

Open To: Incoming Sophomores, Juniors and Seniors
Description: Sessions will focus on conditioning, skill development and game play.
Location: 1 West Gym
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 6:00 a.m. – 8:00 a.m.
Fee: \$125.00
Enrollment: 50

BVB-07 Boys' Junior High Volleyball

Open To: Grades 6-8
Description: Sessions will focus on skill development and basic systems of play. Free camp T-shirt.
Location: 3rd Floor Dance Studio/3 East & South Gym
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 9:00 a.m.– 11:00 a.m.
Fee: \$125.00
Enrollment: 40

BVB-08 Boys' Incoming Freshman Volleyball

Open To: Incoming Freshmen
Description: Sessions will focus on skill development, conditioning, offensive and defensive systems of play. Some game play.
Location: 1 West Gym
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 6:00 a.m.– 8:00 a.m.
Fee: \$125.00
Enrollment: 30

BOYS' WATER POLO

Contact: Tom Nickels
708-218-0044
tnickels@oprfs.org

BWP-01 Boys' Water Polo

Open To: Grades 10-12
Description: A comprehensive program focusing on a variety of water polo skills, techniques, and tactics in relation to Oak Park Varsity Water Polo. Each camp day will have a specific theme. Each camp session will end with an intensive game speed drill or scrimmage. Thursday nights will involve games with other local high school teams. The camp will be staffed with OPRFHS water polo coaches and highly qualified players. The camp will prepare you for the next level of Huskie Water Polo.
Location: East Pool
Dates: June 14-July 8 (Monday-Thursday)
Time: 5:30 p.m.- 7:30 p.m.
Fee: \$210.00
Enrollment: 40

BOYS' WRESTLING

Contact: Mike Powell
708-434-3483
mpowell@oprfs.org

WR-01 Boys' Youth Wrestling

Open To: Grades 1-8
Description: Learn the basics of wrestling. Focus on fun, agility, technique, strength, and fun!
Location: 1 West Gym
Dates: July 12-17 (Monday - Saturday)
Time: 1 p.m.–3 p.m.
Fee: \$100.00

WR-02 Boys' Wrestling

Open To: Grades 9-12
Description: A must for all those who desire winter success! Folkstyle, Freestyle and Greco Roman wrestling will be taught.
Location: 1 West Gym
Dates: July 12-17 (Monday-Saturday)
Time: 8 a.m.-10 a.m (Technique in the morning)
6 p.m.-8 p.m. (Live matches at night)
Sat. @ 9 a.m
Fee: \$115.00

GIRLS' BASKETBALL

Contact: Bob Biggins
708-434-3015
bbiggins@oprfs.org

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

GB-01 Girls' Youth Basketball

Open To: Grades 3-5
Description: Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.
Location: 1 West Gym
Dates: June 15 – June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 8:00 a.m.–10:00 a.m.
Fee: \$145.00

GB-02 Girls' Junior High Basketball

Open To: Grades: 6-8
Description: Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.
Location: Field House
Dates: June 15 – June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 3:00 p.m. – 5:00 p.m.
Fee: \$145.00

GB-03 Girls' Freshmen Basketball

Open To: Incoming Freshmen
Description: Learn basic basketball skills and prepare for competitive freshman basketball.
Location: 3 South Gym
Dates: June 15 – June 18 (Tuesday-Friday)
June 21-July 8 (Monday-Thursday)
Time: 1:00 p.m.– 3:00 p.m.
Fee: \$145.00

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.
Location: 1 East Gym/3 South Gym
Dates: June 15 – June 18 (Tuesday-Friday)
June 21-July 15 (Monday-Thursday)
Time: 1:00 p.m.– 3:00 p.m.
Fee: \$145.00

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.
Location: 1 West Gym
Dates: June 15 – June 18 (Tuesday-Friday)
June 21-July 22 (Monday-Thursday)
Time: 10:15 a.m. – 12:30 p.m.
Fee: \$145.00

GIRLS' DISTANCE RUNNING

Contact: Sarah McCabe
708-434-3015
smccabe@oprfs.org

GDR-01 Girls' Distance Running

Open To: Grades 6-12
Description: Running camp with emphasis on building a base for cross country. Strength, flexibility, speed, and endurance work. Goal setting, motivation, guest speakers featured. Camp T-shirt included.
Location: 1 East Classroom
Dates: June 21– July 22 (Monday-Thursday)
Time: 6:30 p.m. - 7:45 p.m.
Fee: \$140.00

GIRLS' FIELD HOCKEY

Contact: Lauren Przyborowski
708-434-3226
lprzyborowski@oprfs.org

GFH-01/001 Girls' Junior Field Hockey

Note: All players must have a stick, ball, shin guards, and mouth guard. Stick package includes all required items. Items will also be sold individually. Players will receive purchased stick package on the first day of camp.
Open To: Grades 5- 8
Location: Lake Street Field
Dates: June 15 - June 18 (Tuesday-Friday)
June 21 - July 1 (Monday-Thursday)
July 6 - July 8 (Tuesday-Thursday)
Time: 10:30 a.m. – 12:30 p.m.
Fee: \$195.00 (without stick package) GFH-01
\$225.00 (with stick package) GFH-001

GFH-03/003 Girls' High School Field Hockey

Note: All players must have a stick, ball, shin guards, and mouth guard. Stick package includes all required items. Items will also be sold individually.

Open To: Grades 9-12
Location: Lake Street Field
Dates: June 15 - June 18 (Tuesday-Friday)
June 21 - July 1 (Monday-Thursday)
July 6 - 8 (Tuesday- Thursday)
Time: 7:30 a.m.– 10:00 a.m.
Fee: \$195.00 GFH-03
\$225.00 (with stick package) GFH-003

GFH-04/004 Girls' Grades 1-4 Field Hockey

Note: All players must have a stick, ball, shin guards, and mouth guard. Stick package includes all required items. Open To: Grades 1-4

Location: Lake Street Field
Dates: June 15 - June 18 (Tuesday-Friday)
June 21 - July 1 (Monday-Thursday)
Time: 10:30 a.m - 12:30 p.m.
Fee: \$150.00(without stick package) GFH-04
\$180.00 (with stick package) GFH-004

GIRLS' LACROSSE

Contact: Katie Simok
847-270-5265
katiesimok@yahoo.com
www.oprfgirlslacrosse.com

GL-01 Girls' Grades 3-5 Lacrosse

Open To: Grades 3-5
Description: 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. Balls will be provided. No experience is necessary.
Equipment: Please be sure to purchase a girl's lacrosse stick that has a shallow pocket.
Location: Lake Street Field
Dates: June 15– July 22 (Tuesday and Thursday)
Time: 5:00 p.m. – 6:30 p.m.
Fee: \$145.00

GL-02 Girls' Grades 6-8 Lacrosse

Open To: Grades 6-8
Description: 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. Balls will be provided. No experience is necessary.
Equipment: Please be sure to purchase a girl's lacrosse stick that has a shallow pocket.
Location: Lake Street Field
Dates: June 15 – July 22 (Tuesday and Thursday)
Time: 5:00 p.m. – 6:30 p.m.
Fee: \$145.00

GL-03 Girls' Grades 9-12 Lacrosse

Open To: Grades 9-12
Description: The high school camp will have a strong emphasis on mastering advanced stickwork/concepts and applying them in game situations. The mission of the camp is to provide high level competition for high school players to gain experience and confidence performing the latest skills under pressure. All players will be grouped according to age and experience. The camp will also include full-field games. Each player must provide her own stick, mouth guard and goggles. Balls will be provided. No experience is necessary.
Equipment: Please be sure to purchase a girl's lacrosse stick that has a shallow pocket.
Location: Lake Street Field
Dates: June 15 – July 22 (Tuesday and Thursday)
Time: 6:30 p.m. – 8:00 p.m.
Fee: \$145.00

GIRLS' HIGH SCHOOL SOCCER

Contact: Paul Wright
708-434-3352
pwright@oprffhs.org

GCS-03 Girls' Soccer

Open To: Grades 10-12
Description: A comprehensive program focusing on a variety of soccer skills, techniques, and tactics in relation to the 7 Principles of Huskie Soccer. 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 History. Be prepared to work like a Huskie!
Location: Lake Street Field
Dates: June 15- July 15
(Tuesdays and Thursdays 10 sessions)
Time: 3:00 p.m. – 5:00 p.m.
Fee: \$175.00

GCS-04 Girls' Soccer

Open To: Grades 7-9
Description: A comprehensive six-week program focusing on a variety of soccer skills, techniques, and tactics in relation to the 7 Principles of Huskie Soccer. 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 History. Be prepared to work like a Huskie!

Location: Lake Street Field
Dates: June 15 - July 15
(Tuesdays and Thursdays 10 sessions)
Time: 1:00 p.m.– 3:00 p.m.
Fee: \$175.00

GIRLS' SOFTBALL

Contact: Gary Miller
708-434-3319
gmiller@oprfs.org

SB-01 Girls' - Softball

Open To: Grades 5-8
Description: Session will focus on the basic skills of hitting, fielding, throwing, pitching and baserunning. Each camper will receive a T-shirt.
Location: Softball Fields
Dates: June 14-24 (Monday-Thursday)
Time: 8:30 a.m.- 10:30 a.m.
Fee: \$110.00
Enrollment: 50

GIRLS' VOLLEYBALL

Contact: Don August
708-434-3015
daugust@oprfs.org

GVB-01 Girls' Junior/Senior Volleyball

Open To: Incoming Juniors and Seniors
Description: Sessions will focus on skill development, conditioning and game play.
Location: 3 East/3 South Gyms
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 6:00 a.m.– 8:00 a.m.
Fee: \$125.00
Enrollment: 40

GVB-02 Girls' Sophomore Volleyball

Open To: Incoming Sophomores
Description: Sessions will focus on skill development, conditioning and game play
Location: 1 East Gym
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 6:00 – 8:00 a.m.
Fee: \$125.00
Enrollment: 40

GVB-03 Girls' Grades 6-7 Volleyball

Open To: Incoming Grades 6-7
Description: Sessions will focus on skill development and basic volleyball systems of play. Free camp T-shirt.
Location: 3 East /3 South Gyms
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 8:00 a.m.– 9:30 a.m.
Fee: \$125.00
Enrollment: 40

GVB-04 Girls' 8th Grade Volleyball

Open To: Incoming 8th Graders
Description: Sessions will focus on skill development, conditioning, offensive and defensive systems and some game play. Free camp T-shirt.
Location: 3 Floor Dance Studio, 3 East, 3 South Gyms
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 9:00 a.m. – 11:00 a.m.
Fee: \$125.00
Enrollment: 40

GVB-05 Girls' Incoming Freshman Volleyball

Open To: Incoming freshman
Description: Sessions will focus on skill development, conditioning, offensive and defensive systems and some game play.
Location: 3 East, 3 South Gyms
Dates: June 15– June 18 (Tuesday – Friday)
June 21 - July 1 (Monday-Thursday)
Time: 10:30 a.m. – 12:30 p.m.
Fee: \$120.00
Enrollment: 60

GIRLS' WATER POLO

Contact: Beth Nickels
708-434-3015
elizabethnickels@hotmail.com

GWP-01 Girls' Water Polo

Open To: Grades 10-12
Description: A comprehensive program focusing on a variety of water polo skills, techniques, and tactics in relation to Oak Park Varsity Water Polo. Each camp day will have a specific theme. Thursday nights will involve games with other local high school teams. The camp will be staffed with OPRFHS water polo coaches and highly qualified players. The camp will prepare you for the next level of Huskie Water Polo.
Location: East Pool
Dates: June 14- July 8 (Monday-Thursday)
Time: 3:30 p.m.- 5:30 p.m.
Fee: \$210.00
Enrollment: 40

BADMINTON CO-ED

Contact: Jane Graham
708-434-3019
jgraham@oprfs.org

Note: Badminton campers are required to bring their own racket. If they do not have their own, one can be purchased on the first day of camp or pre-purchased. All other equipment will be supplied for them. Campers will also receive a T-shirt for participating in the camp. Each session consists of maximum of 28 participants or minimum of 10 per session.

BAD-01 Girls and Boys Badminton Grades 5-8

Open To: Grades 5-8
Description: Basic skills taught including singles and doubles competitions.
Location: 3 South /3 East Gyms
Dates: June 15-18, 22-25 (Tuesday-Friday)
Time: 3:00 p.m. - 4:30 pm
Fee: \$95.00 BAD-01
\$115.00(includes racket) BAD-001

BAD-03 Girls and Boys Badminton Grades 9-12

Open To: Grades 9-12
Description: Basic skills taught including singles and doubles competitions.
Location: 3 South/3 East Gyms
Dates: June 15-18, 22-25 (Tuesday-Friday)
Time: 4:30 p.m. - 6:00 pm
Fee: \$95.00 BAD-03
\$115.00(includes racket) BAD-003

CHEER CO-ED

Contact: Chrissy Battaglia
cbattaglia@oprfs.org

CH-01 Girls and Boys Cheer Grades 4-8

Open To: Grades 4-8
Description: Teach fundamental cheerleading skills to include jumps, progression stunting and effective crowd-leading. Various skill levels will be accommodated and grouped accordingly. Staffed by OPRF Cheer Coaches and Cheer Team Members. Each camper will receive a T-shirt and will have the opportunity to perform at halftime during a regular season football game (date TBD).
Location: 3 East Gym
Dates: July 12-15 (Monday-Thursday)
Time: 6:00 p.m.- 8:00 p.m.
Fee: \$95.00
Enrollment: 50

CH-02 Girls and Boys Cheer Freshmen

Open To: Incoming Freshmen
Description: Focus on developing skills to include jumps, progressive stunting, effective crowdleading and refining technique. Campers will work with a Big Sister and receive individual instruction and assessment. Conditioning work will be included both days. Staffed by OPRF Cheer Coaches and Upper Level Cheer Team Members.
Location: 3rd Floor Dance Studio/3rd floor gym
Dates: July 12 - 14 (Monday - Wednesday)
Time: 5:30 p.m. - 7:30 p.m.
Fee: \$85.00

DIVING CO-ED

Contact: Mark Pappalardo
708-434-3353
mpappalardo@oprfs.org

DIV-01 Boys and Girls Diving Grades 6-9

Open To: Grades 6-9
Description: The Huskie Junior Diving camp emphasizes the basics of springboard diving. The camp will focus on proper board safety, technique, flexibility, and fun. The camp will conclude with a Diving Showcase. All participants must be able to swim. Camp T-shirt included in fee.
Location: East Pool
Dates: June 14-24 (Monday – Thursday)
Time: 2:00 p.m. – 3:30 p.m.
Fee: \$120.00

DIV-02 Boys and Girls Diving Grades 10-12

Open To: Grades 10-12
Description: The Huskie Diving Camp focuses on the skills needed to be a competitive springboard diver. Strategies and skills taught include flexibility, conditioning, mental preparation, and the 5 categories of diving (forward, back, reverse, inward, and twisting). The camp will conclude with a Diving Showcase. Camp T-shirt included in fee.
Location: East Pool
Dates: June 28-July 8 (Monday – Thursday)
Time: 2:00 p.m. – 3:30 p.m.
Fee: \$120.00

GOLF CO-ED

Contact: Doug Brown
708-434-3853
dbrown@oprfrhs.org
Note: Parents must provide transportation. Students will participate in 10 sessions with a ratio of 10:1 campers to instructor. **MUST HAVE OWN CLUBS.**

Location: Bushwood Driving Range
30 Madison Avenue – Maywood
708-344-2700
Description: Campers will learn about swings, basics for putting, short game, irons, woods, rules, and course management and will participate in skills challenges.

GOLF-01 Girls and Boys Golf Grades 5-12

Open To: Grades 5-12
Limited To: 20 students per session
Location: Bushwood Driving Range
Dates: June 14- 25 (Monday-Friday)
Time: 4 p.m. – 5 p.m.
Fee: \$190.00

GOLF-02 Girls and Boys Golf Grades 5-12

Open To: Grades 5-12
Limited To: 20 students per session
Location: Bushwood Driving Range
Dates: June 14– 25 (Monday-Friday)
Time: 5 p.m. – 6 p.m.
Fee: \$190.00

GOLF-03 Girls and Boys Golf Grades 5-12

Open To: Grades 5-12
Limited To: 20 students per session
Location: Bushwood Driving Range
Dates: June 14-25 (Monday -Friday)
Time: 6 p.m. – 7 p.m.
Fee: \$190.00

SOCCER GOALIE CO-ED

Contact: Paul Wright
708-434-3352
pwright@oprfrhs.org

CS-01 Huskie Soccer Goalie

Open To: Grades 9-12 only
Description: The OPRFHS Goalkeeping Camp will provides 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-South End
Dates: June 14,16,21, July 5, and 7
Time: 6:00 p.m. – 8:00 p.m.
Fee: \$100.00

POLE VAULT CO-ED CAMP

Contact: Tim Gamble
708-386-6818
DadActor@aol.com

In recent seasons, as OPRFHS Boys and Girls Pole Vault Coach, Tim Gamble has qualified more pole vaulters for the State Championship Meet than ever before in the school's rich Track and Field history. Beginners are welcome. New middle school/junior high athletes have formerly learned the techniques quickly enough to qualify for the Illinois Elementary State Championship Meet. Coach Gamble is safety certified by the Pole Vault Safety Certification Board.

TF-02 Novice 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; **videotaping** and other recreational activities.
Location: Field House
Dates: June 15-18
Time: 1:00 p.m. – 3:00 p.m.
Fee: \$130.00

TF-03 Intermediate/Advanced Pole Vault

Open To: Grades 8-12
Description: Customized pole vault instruction, imitative exercises, advanced drills and suggested conditioning including PV gymnastics and speed training: videotaping and videotape review and other recreational activities.
Location: Field House
Dates: June 15-18
Times: 3:00 p.m. - 6:00 pm
Fee: \$155.00

GIRLS AND BOYS TENNIS

Contact: Jay Lind
708-434-3362
jlind@oprfs.org

TEN-01 Girls Tennis

Open To: Incoming grades 9-12
Description: Learn advanced tennis skills for competitive match play.
Location: Tennis Courts
Dates: July 5-15 (Monday - Thursday)
Time: 1:00 p.m. - 3:00 p.m.
Fee: \$175.00

TEN-02 Co-Ed Tennis

Open To: Grades 6-8
Description: Have fun learning basic tennis skills and match play.
Location: Tennis Courts
Dates: July 5-15 (Monday - Thursday)
Time: 3:00 p.m. - 4:00 p.m.
Fee: \$100.00

GIRLS AND BOYS WATER POLO

BWP-02 (Co-Ed) Future Wet Dogs

Open To: Grades 6-9
Description: A comprehensive program focusing on a variety of water polo skills, techniques, and tactics. Basic rules and game strategy will be introduced and expanded on during the camp. Each camp day will have a specific theme. The camp will be staffed with OPRFHS water polo coaches and other highly qualified players. The camp will prepare you for the next level of Huskie Water Polo. Be prepared to work like a Huskie!
Location: East Pool
Dates: June 14- July 8 (Monday - Thursday)
Time: 7:30 a.m - 8:50 a.m.
Fee: \$190.00
Enrollment: 40

HUSKIE SWIM CAMP

PLEASE USE SWIM CAMP FORM

HUSKIE SWIM CAMP – East Pool

Contact: Peter Quinn

708-434-3431 pquinn@oprfs.org

NO PRIVATE LESSONS

Huskie Swim Camp – Age 4 –10 years

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.

Dates/Times: See Session Descriptions Below (8 lessons per swim camp)

Fee: \$90.00 per child per session.

Please note:

- No Session Three due to pool maintenance this summer.
- Only one swim camp per child, per session is allowed.
- ***If your child participates on an organized swim team, these lessons are inappropriate.***

Session 1: June 14 - June 24
Monday – Thursday (both weeks)
(Maximum class size 34)
Camp Code

SC-01 9:15 a.m – 9:45 a.m.
SC-03 9:50 a.m. – 10:20 a.m.
SC-05 10:25 a.m. – 10:55 a.m.
SC-07 11:00 a.m. – 11:30 a.m.
SC-09 11:35 a.m. – 12:05 p.m.
SC-11 12:10 p.m. – 12:40 p.m.
SC-13 12:45 p.m. – 1:15 p.m.
SC-15 1:20 p.m. - 1:50 p.m.

Session 2: June 28 – July 8
Monday – Thursday (both weeks)
(Maximum class size 34)
Camp Code

SC-17 9:15 a.m – 9:45 a.m.
SC-19 9:50 a.m. – 10:20 a.m.
SC-21 10:25 a.m. – 10:55 a.m.
SC-23 11:00 a.m. – 11:30 a.m.
SC-25 11:35 a.m. – 12:05 p.m.
SC-27 12:10 p.m. – 12:40 p.m.
SC-29 12:45 p.m. – 1:15 p.m.
SC-31 1:20 p.m. - 1:50 p.m.