

2018

HUSKIE

SPORTS

CAMPS

HUSKIE SPORTS CAMPS

Camp Director: John Stelzer 708-434-3000
jstelzer@oprfs.org

Camp Secretary: Lori Foley 708-434-3600
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 2018

ONLINE registration begins at 10 AM Tuesday, April 3 for swim camp and Wednesday, April 4 for all other camps. For online registration go to 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 21 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, Wednesday, 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 1st 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

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 – 2nd entrance north of the Parking Garage on Scoville Ave.

Dates/Times: See Below

Fee: \$90.00 per child/per session (one swim camp per child, per session allowed)

Session 1: June 11 – June 21 (Monday thru Thursday both weeks)

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

Session 2: June 25 – July 3 (only 7 lessons this session)

Week 1: Monday thru Friday / Week 2: Monday and Tuesday

(NO lessons July 4, July 5, or July 6)

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

Session 3: July 9 – July 19 (Monday thru Thursday both weeks)

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

BOYS' BASEBALL

Contact: Joe Parenti

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 11 - June 21 (Monday – Thursday)

Time: 8:00 AM – 9:45 AM

Fee: \$175.00

BA-04 Boys' Little Huskies Baseball Camp

Open to: All incoming 3rd, 4th, and 5th graders

Description: Little Huskies Baseball Camp focuses on basic baseball skills and fundamentals. The camp will be led by OPRFHS Coaches and Players along with Alumni currently playing college baseball.

Location: Baseball Field

Dates: June 11 - June 15 (Monday – Friday)

Time: 10:00 AM – 11:00 AM

Fee: \$95.00

BOYS' BASKETBALL

Contact: Matt Maloney

708-434-3350

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 11 - June 28 (Monday – Thursday)

Time: 3:30 PM – 5:30 PM

Location: 1 West Gym / Fieldhouse

Fee: \$150.00

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 5 – June 8 (Tuesday – Friday)
June 11 – June 21 (Monday – Thursday)

Time: 1:30 PM – 3:30 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 5 – June 8 (Tuesday – Friday)
June 11 – June 21 (Monday – Thursday)

Time: 1:30 PM – 3:30 PM

Location: 1 West Gym

Fee: \$185.00

BBC-01 Boys' Youth Basketball

Open to: Incoming 4th, 5th, and 6th graders

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

Dates: June 11 – June 28 (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 11 – June 28 (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@oprfrhs.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 11 – July 19 (Monday - Thursday)

Time: 6:00 AM – 7:45 AM

NO CAMP JULY 4 and JULY 5

Place: Fieldhouse

Fee: \$180.00

BOYS' FOOTBALL

Contact: John Hoerster

708-434-3030

jhoerster@oprfrhs.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 5 – June 8 (Tuesday – Friday)

NO CAMP JUNE 29 – JULY 8

June 11 – June 28 (Monday – Thursday)

July 9 – July 12 (Monday – Thursday)

Time: 1:15 PM – 3:15 PM

Fee: \$150.00 (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 5 – June 8 (Tuesday – Friday)

NO CAMP JUNE 29 – JULY 6

June 11 – June 28 (Monday – Thursday)

July 9 – July 12 (Monday – Thursday)

NO CAMP JULY 13 – JULY 20

July 23 – July 26 (Monday – Thursday)

Time: 6:30 AM – 10:00 AM

Fee: \$250.00 (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

BL-01 Boys' High School House League Camp

Open to: Incoming Grades 9 - 12

Description: Designed to focus on game play. After some work on essential skills, players will be divided up by OPRFHS coaches into teams and play scrimmage games.

Location: Stadium and Lake St. Field

Dates: June 7 – July 19 (Monday & Thursday) *Camp begins on Thursday, June 7*

Time: 4:00 PM – 7:30 PM

Fee: \$175.00 (includes reversible jersey) *NO CAMP JULY 9 and JULY 16*

BOYS' SOCCER

Contact: Jason Fried

708-434-3422

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, alumni players, and varsity athletes. Every camper will receive an OPRF soccer item.

Location: Lake Street Field

Dates: June 18, 20, 25, 27

July 9, 11, 13, 16, 18, 20 (10 Sessions)

NO CAMP JULY 2, JULY 4, JULY 6

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 and alumni players. 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 18, 20, 25, 27

July 9, 11, 13, 16, 18, 20 (10 Sessions)

NO CAMP JULY 2, JULY 4, JULY 6

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

3:00 PM – 5:00 PM (Friday)

Fee: \$200.00

BOYS' VOLLEYBALL

Contact: Don August

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 / 1 East Gym
Dates: June 11 – June 28 (Monday – Thursday)
Time: 6:00 AM – 8:00 AM
Fee: \$150.00

BVB-07 Boys' Junior High Volleyball

Open to: Grades 6 - 8
Description: Sessions will focus on skill development and basic systems of play.
Includes camp T- shirt.
Location: 3 East / 3 South Gym
Dates: June 11 – June 28 (Monday – Thursday)
Time: 8:00 AM – 9:30 AM
Fee: \$150.00

BVB-08 Boys' Incoming Freshman Volleyball

Open to: Incoming Freshman
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 11 – June 28 (Monday – Thursday)
Time: 6:00 AM – 8:00 AM
Fee: \$150.00

BOYS' WATER POLO

Contact: John Rapp

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 11 – July 18 (Monday & Wednesday) *NO CAMP JULY 4*
Time: 5:00 PM – 7:00 PM
Fee: \$175.00

GIRLS' BASKETBALL

Contact: JP Coughlin

708-434-3358

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 11 – June 22 (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 11 – June 29 (Monday – Friday)

Time: 1:30 PM – 3:30 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 5 – June 29 (Monday – Friday) *Camp begins on Tuesday, June 5*

Time: 1:30 PM – 3:30 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 5 – June 29 (Monday – Friday) *Camp begins on Tuesday, June 5*

Time: 10:15 AM – 12:30 PM

Fee: \$195.00

GIRLS' DANCE (Drill Team)

Contact: Amanda Bryce
Cay Clay
Carly Tarantino

abryce@oprfs.org
cclay@oprfs.org
ctarantino@oprfs.org

DR-01 Youth Dance

Open to: Incoming Grades K – 8

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 15.

Location: 3 East Gym / 3rd Floor Dance Studio

Dates: June 11 – June 15 (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 15.

Location: 3 East Gym / 3rd Floor Dance Studio

Dates: June 11 – June 15 (Monday – Friday)

Time: 1:00 PM – 3:00 PM

Fee: \$125.00

GIRLS' DISTANCE RUNNING

Contact: Tom Tarrant

708-434-3623

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 12 – July 19 (Monday – Thursday)

*NO CAMP JUNE 11 OR
JULY 3, 4 & 5*

Time: 6:00 AM – 7:30 AM

Fee: \$180.00

GIRLS' FIELD HOCKEY

Contact: Kristin Wirtz

708-434-3829

krwartz@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 Kristin Wirtz 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 4 - July 16.)

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 11 – June 29 (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 11 – June 29 (Monday – Friday)

Time: 10:30 AM – 12:00 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 11 – June 29 (Monday – Friday)

Time: 10:30 AM – 12:00 PM

Fee: \$150.00

GIRLS' LACROSSE

Contact: Nicole Cordero

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 9 – July 20 (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 9 – July 20 (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 9 – July 20 (Monday – Friday)

Time: 8:00 AM – 10:00 AM

Fee: \$150.00

GIRLS' SOCCER

Contact: Ignacio Ponce

708-434-3381

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 11 – June 22 (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 11 – June 22 (Monday – Friday)

Time: 3:15 PM – 5:15 PM

Fee: \$175.00

GIRLS' VOLLEYBALL

Contact: Kelly Collins

708-434-3017

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. No experience necessary.

GVB-01 Girls' Varsity Volleyball

Open to: Incoming Juniors and Seniors

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.

Athletes will also participate in Summer League at Great Lakes Center on the following nights: July 10, 17, 20, and 24.

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

Location: 1 West Gym / Fieldhouse

Dates: July 9 – July 26 (Monday – Thursday)

Time: 10:30 AM – 2:00 PM (July 9 – July 19)

8:00 AM – 11:30 AM (July 23 – July 26)

Fee: \$195.00

GVB-02 Girls' Freshman - Sophomore Volleyball

Open to: Incoming Freshman and Sophomores

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

Dates: July 9 – July 26 (Monday – Thursday)

Time: 10:30 AM – 2:00 PM (July 9 – July 19)
8:00 AM – 11:30 AM (July 23 – July 26)

Fee: \$175.00

GVB-03 Girls' Grades 5 – 8 Volleyball

Open to: Incoming Grades 5 - 8

Description: A comprehensive camp designed to teach athletes specific volleyball movements, skills, techniques and strategies. This camp will provide campers with training to develop individual skills, such as passing, serving, hitting, setting and defense. Campers will also participate in team drills and game play.

Location: 3 South Gym – Grades 5 – 6
1 East / 1 West Gym – Grades 7 - 8

Dates: July 9 – July 19 (Monday – Thursday)

Time: 8:00 AM – 10:00 AM

Fee: \$150.00

GIRLS' WATER POLO

Contact: Elizabeth Perez

708-704-9988

elizabeth.j.perez@gmail.com

GWP-01 Jr. High Girls' Water Polo

Open to: Incoming Grades 6 - 8

Description: No experience necessary. The camp will focus on the skills of water polo – egg beating, 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 11 – June 28 (Monday, Tuesday, & Thursday)

Time: 2:00 PM – 4:00 PM

Fee: \$175.00

GWP-02 High School Girls' Water Polo

Open to: Incoming Grades 9 - 12

Description: No experience necessary. The camp will focus on the skills of water polo – egg beatering, 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. Players who are currently on the polo team at OPRF and who wish to tryout next year are encouraged to play. There will be an overlap with the younger girls, so that you can help with technique and show details of the game to the younger players as well as scrimmage each day.

Location: East Pool

Dates: June 11 – June 28 (Monday, Tuesday, & Thursday)

Time: 3:00 PM – 5:00 PM

Fee: \$175.00

BADMINTON CO-ED

Contact: Paul Wright

708-434-3352

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 12 – 14 / June 19 - 21 / June 26 - 28 (Tuesday, Wednesday, Thursday)

Time: 3:00 PM – 4:30 PM

Fee: \$150.00 (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 12 – 14 / June 19 - 21 / June 26 – 28 (Tuesday, Wednesday, Thursday)

Time: 4:30 PM – 6:00 PM

Fee: \$150.00

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 12 – 14 / June 19 - 21 / June 26 – 28 (Tuesday, Wednesday, Thursday)

Time: 6:00 PM – 7:30 PM

Fee: \$150.00

CHEER CO-ED

Contact: Melody Brown

mbrown@oprfs.org

CH-01 CO-ED High School Cheer Camp

Open to: Incoming Grades 9 - 12

Description: This camp will focus on the fundamental skills of both cheerleading and overall athleticism. Camp instruction includes execution and technical skill of beginning stunts to advanced elite entries and dismounts in preparation of competitive cheerleading. Athletes will work extensively on flyer stretching, strength training for basing, jump conditioning, pyramids, basket tosses and tumbling. The camp will be instructed by IHSA qualified coaches.

Location: 3 East Gym / 3 South Gym

Dates: June 25 - 28 & July 9 - July 19 (12 sessions) (Monday - Thursday)

Time: 4:00 PM – 6:00 PM NO camp – July 2 - 6

Fee: \$120.00

GOLF CO-ED

Contact: Matt McMurray
Bill Young

mmcmurray@oprfs.org
byoung@oprfs.org

BGF-01 Boys' & Girls' Competitive Golf Camp

Open to: Incoming Grades 6 – 12 (Enrollment 40)

Description: Practice golf skills in a competitive environment while learning the etiquette and rules, and basic skills 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. Each participant is responsible for having his or her own golf equipment, and appropriate golf attire. **Denim or cutoffs are not allowed.** Greens and range fees, snacks, and a memorabilia item are included in the fee.

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

Location: Meadowlark Golf Course, Fresh Meadow Learning Center

Dates: June 12, 14, 19, 21, & 26

Time: Boys – 1:45 PM to 4:45 PM (Note that these are approximate times and will vary depending on groupings)
Girls – 2:15 PM to 5:15 PM

Fee: \$195.00

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 State Championship Meets than ever before in the school's rich Track and Field history, together with more Indoor and Outdoor WSC Championship Meet Pole Vault medalists than any other conference school. In 2003, Coach Gamble was 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 7, 8, 11, & 12

Time: 1:00 PM – 3:00 PM

Fee: \$165.00

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 7, 8, 11, & 12

Times: 3:00 PM – 5:30 PM

Fee: \$180.00

SOCCER GOALIE CO-ED

Contact: Jason Fried

708-434-3422

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 18, June 20, June 25, & June 27 (Monday & Wednesday / 4 sessions)

Time: 6:00 PM – 7:30 PM

Fee: \$120.00

TENNIS CO-ED

Contact: Fred Galluzzo

fgalluzzo@oprfs.org

TEN-01 CO-ED Tennis

Open to: Incoming Grades 8 - 12

Description: Learn advanced beginner and intermediate skills, and advanced tactics for doubles match play.

Location: Tennis Courts

Dates: June 5 – June 8 (Tuesday – Friday)
June 11 – June 14 (Monday – Thursday)

Time: 1:15 PM – 3:15 PM

Fee: \$175.00

WRESTLING CO-ED

Contact: Mike Powell

opwrestling@gmail.com

WR-01 CO-ED Wrestling

Open to: Ages 8 - 14

Description: This camp is for learning the fundamentals of wrestling. Campers will be grouped by experience level. Emphasis on hard work, fun, and how hard work is FUN!

Location: Wrestling Room

Dates: June 11 – June 21 (Monday – Thursday)

Time: 9:00 AM – 12:00 PM

Fee: \$115.00