2012

HUSKIE

SPORTS

CAMPS

HUSKIE SPORTS CAMPS

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

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 2012.

ONLINE registration begins on April 2 and ends on June 8, 2012. For online registration go to www.oprfhs.org Under QUICK LINKS look for Online Payments, click on it and follow the prompts.

NO MAIL-IN REGISTRATION FOR CAMPS

WALK-IN registration will occur May 29 through June 8, 2012 on a space-available basis from 8:00 AM – 2:00 PM 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 AND ARE UNABLE TO CONTINUE THE CAMP, YOU MUST CONTACT THE CAMP SECRETARY IMMEDIATELY AT 708-434-3600.

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

(PLEASE USE SWIM CAMP FORM)

Contact: Peter Quinn 708-434-3431 pquinn@oprfhs.org

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

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

HUSKIE SWIM CAMP

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

Dates/Times: See Session Descriptions Below

Fee: $95.00 per child - per session.

· Only one swim camp per child, per session is allowed.

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

(Maximum class size 34)

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

Session 2: June 25 – June 28 (Monday – Thursday week 1 & July 2, 3, 5, 6, week 2)

(Maximum class size 34) **NO LESSONS JULY 4**

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

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

(Maximum class size 34)

SC-33 9:15 AM – 9:45 AM
SC-35 9:50 AM – 10:20 AM
SC-37 10:25 AM – 10:55 AM
SC-39 11:00 AM – 11:30 AM

BOYS' BASEBALL

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

BA-01 Boys' Varsity Summer League
Open To: Incoming Juniors and Seniors
Description: 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. The on-line travel waiver must be accepted prior to participating in the camp/league.
Location: Baseball Field and Away Game Fields
Dates: June 11-July 27
Time: 2:00 PM – 6:00 PM (varies)
Fee: $225.00

BA-02 Boys' Sophomore Summer League
Open To: Incoming Sophomores
Description: Baseball skill camp for players who have just completed their freshman year of high school, with 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. The on-line travel waiver must be accepted prior to participating in the camp/league.
Location: Baseball Field and Away Game Fields
Dates: June 11-July 20 (game days vary)
Time: 2:00 PM – 6:00 PM (varies)
Fee: $200.00

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: June18 - June 29
Time: 8:00 AM – 10:00 AM
Fee: $150.00

BOYS' BASKETBALL

Contact: Matt Maloney 708-434-3350 mmaloney@oprfhs.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 12- June 15 (Tuesday-Friday)
June 18-July 5 (Monday-Thursday)
Time: 3:00 PM – 5:00 PM
Location: 1 West Gym
Fee: $145.00

BBK-02 Boys' Sophomore Basketball

Description: Learn advanced basketball skills and prepare for competitive sophomore basketball.
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 12- June 15 (Tuesday-Friday)
June 18-July 5 (Monday-Thursday)
Time: 1:00 PM – 3:00 PM
Location: Fieldhouse
Fee: $145.00

BBK-03 Boys' Junior/Senior Basketball

Description: Learn advanced basketball skills and prepare for competitive varsity basketball
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 12- June 15 (Tuesday-Friday)
June 18-July 5 (Monday-Thursday)
Time: 1:00 PM – 3:00 PM
Location: 1 West Gym
Fee: $145.00

BBC-01 Boys' Grade 5-6 Basketball **(Note: Limited to 100 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 12- June 15 (Tuesday-Friday)
June 18-July 5 (Monday-Thursday)
Time: 10:00 AM – 12:00 PM
Location: Field House / 1 West Gym
Fee: $145.00

BBC-02 Boys' Grade 7-8 Basketball **(Note: Limited to 100 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 12 - June 15 (Tuesday-Friday)
June 18-July 5 (Monday-Thursday)
Time: 8:00 AM – 10:00 AM
Location: Field House / 1 West Gym
Fee: $145.0

BOYS' DISTANCE RUNNING

Contact: Jose' Sosa 630-362-8723 jsosa@oprfhs.org

BDR-01 Boys' Distance Running

Open To: Grades 6-12
Description: Running, weight training, swimming
Dates: June 11- July 20 (Monday & Wednesday & Friday)
Time: 5:30 PM – 8:00 PM
Place: Fieldhouse
Fee: $140.00

BOYS' FOOTBALL

Contact: John Hoerster 708-434-3030 jhoerster@oprfhs.org

BFB-02 Boys' Grades 7-8 Football

Open To: Grades 7-8
Description: Designed to teach students at the youth level proper skills and fundamentals of football.
Location: Stadium, Monogram Room, and Weight Room
Dates: June 12 – June 15 (Tuesday – Friday)
Time: 1:00 PM – 3:00 PM
Fee: $80.00

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 25 – July 20 (Monday-Friday)
Time: 1:00 PM – 3:30 PM
Fee: $120.00

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 18– July 20 (Monday-Friday)
Time: 6:30 AM – 9:30 AM
Fee: $160.00

BOYS' LACROSSE

Contact: John Terretta 708-434-3484 jterretta@oprfhs.org

BL-01 Boys' Soph/Varsity Lacrosse

Open To: Grades 10-12

Description: Intensive program designed to focus on Varsity skills, techniques, and strategies used in Huskies Lacrosse. The camp will include summer league play. Staffed by OPRFHS lacrosse coaches.

Travel Waiver: Lacrosse 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

Dates: June 12 - June 15 (Tuesday – Friday)
June 18 – July 12 (Monday – Thursday)

Time: 11:15 AM – 12:45 PM

Fee: $275.00 includes summer league

BL-02 Huskies Future Stars Boys' Lacrosse

Open To: Grades 7-9 (includes incoming Freshman)

Description: Intensive program designed to focus on the introductory skills, techniques, and strategies needed to excel in the Huskies Lacrosse program. Staffed by OPRFHS coaches and varsity athletes.

Location: Stadium

Dates: June 12-June 15 (Tuesday – Friday)
June 18 – July 2 (Monday – Thursday)

Time: 9:45 AM – 11:15 AM

Fee: $200.00

BOYS' SOCCER

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

BSC-02 Boys' Soccer

Open To: Grades 10-12

Description: A comprehensive program focusing on a variety of soccer skills, techniques, and tactics. Each camp day will have a specific theme. The last two 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.

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 11 - July 18 (Monday & Wednesday – 11 sessions)

Time: 5:30 PM – 7:30 PM

Fee: $200.00

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. 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.

Location: Lake Street Field

Dates: June 11 - July 11 (Monday & Wednesday)

Time: 3:30 PM – 5:30 PM

Fee: $200.00

BOYS' VOLLEYBALL

Contact: Don August 708-434-3015 daugust@oprfhs.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
Dates: June 12– June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thurday)
Time: 6:00 AM – 8:00 AM
Fee: $135.00

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. Free camp T-shirt.
Location: 3rd Floor Dance Studio / 3 East & South Gym
Dates: June 12 – June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thursday)
Time: 9:00 AM – 11:00 AM
Fee: $135.00

BVB-08 Boys' Incoming Freshman Volleyball

Open To: Incoming Freshmen (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
Dates: June 12 – June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thursday)
Time: 6:00 AM – 8:00 AM
Fee: $135.00

BOYS' WRESTLING

Contact: Mike Powell 708-434-3483 mpowell@oprfhs.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: Wrestling Room
Dates: June 12 – 16 (Tuesday – Saturday)
Time: 9:00 AM – 11:30 AM
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 16-20 (Monday – Friday)
Time: 12:00 PM – 2:00 PM (Technique)
3:30 PM – 5:00 PM (Live matches at night) **Friday tournament: 10:00 AM – 3:00 PM**
Fee: $150.00

GIRLS' BASKETBALL

Contact: JP Coughlin 708-434-3221 jcoughlin@oprfhs.org

Note: All campers must attend the appropriate grade level camps. Coach Coughlin 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 12 – June 15 (Tuesday – Friday)
June 18 – July 5 (Monday – Thursday)
Time: 8:00 AM – 10:00 AM
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 12 – June 15 (Tuesday – Friday)
June 18 – July 5 (Monday – Thursday)
Time: 3:00 PM – 5:00 PM
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 12 – June 15 (Tuesday – Friday)
June 18 – July 12 (Monday – Thursday)
Time: 1:00 PM – 3:00 PM
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.
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 / 3 South Gym
Dates: June 12 – June 15 (Tuesday – Friday)
June 18 – July 12 (Monday – Thursday)
Time: 1:00 PM – 3:00 PM
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.
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 12 – June 15 (Tuesday – Friday)
June 18 – July 12 (Monday – Thursday)
Time: 10:15 AM – 12:30 PM
Fee: $145.00

GIRLS' DISTANCE RUNNING

Contact: Tom Tarrant 708-434-3623 ttarrant@oprfhs.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 13 – July 19 (Monday-Thursday)
Time: 6:00 AM – 7:15 AM
Fee: $140.00

GIRLS' FIELD HOCKEY

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

Note: Sessions will focus on individual skill building including stick handling, passing, shooting, and defense. Athletes will also experience games and team competitions. All players must have a stick, ball, shin guards, mouth guard, and goggles. Stick package includes stick and ball only. Players will receive purchased stick package on the first day of camp.

GFH-01/001 Girls' Junior Field Hockey

Open To: Grades 5- 8
Location: Lake Street Field
Dates: June 11 - June 21 (Monday - Thursday)
June 25 – June 29 (Monday – Friday)
July 2 – 3 (Monday – Tuesday)
Time: 10:30 AM – 12:30 PM
Fee: $175.00 (without stick package) GFH-01 $200.00 (with stick package) GFH-001

GFH-03/003 Girls' High School Field Hockey

Open To: Grades 9-12
Location: Lake Street Field
Dates: June 11 - June 21 (Monday - Thursday)
June 25 – June 29 (Monday – Friday)
July 2 – 3 (Monday – Tuesday)
Time: 7:30 AM – 10:00 AM
Fee: $200.00 (without stick package) GFH-03 $225.00 (with stick package) GFH-003

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

Open To: Grades 1-4
Location: Lake Street Field
Dates: June 11 - June 28 (Monday – Thursday)
Time: 10:30 AM – 12:30 PM
Fee: $150.00 (without stick package) GFH-04 $175.00 (with stick package) GFH-004

GIRLS' LACROSSE

Contact: Katie Simok 847-270-5265 katiesimok@yahoo.com www.oprfgirlslacrosse.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. Balls will be provided. No experience is necessary. Sticks and goggles will be available for purchase the first day of camp.

GL-01 Girls' Grades 3-5 Lacrosse

Open To: Grades 3-5
Location: Lake Street Field
Dates: June12 – July 19 (Tuesday & Thursday) NO CAMP WEEK OF JULY 2
Time: 5:00 PM – 6:30 PM
Fee: $125.00

GL-02 Girls' Grades 6-8 Lacrosse

Open To: Grades 6-8
Location: Lake Street Field
Dates: June 12 – July 19 (Tuesday & Thursday) NO CAMP WEEK OF JULY 2
Time: 5:00 PM – 6:30 PM
Fee: $125.00

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. **See equipment note above.**
Travel Waiver: Lacrosse 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 12 – July 19 (Tuesday & Thursday) NO CAMP WEEK OF JULY 2
Time: 6:30 PM – 8:00 PM
Fee: $150.00

GIRLS' SOCCER

Contact: Ignacio Ponce 708-434-3381 iponce@oprfhs.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: 3:00 PM – 5:00 PM
Fee: $180.00

GCS-04 Girls' Grades 7-9 Soccer

Open To: Grades 7-9
Location: Lake Street Field
Dates: June 11 - June 22 (Monday – Friday)
Time: 1:00 PM – 3:00 PM
Fee: $180.00

GIRLS' VOLLEYBALL

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

GVB-01 Girls' Junior/Senior Volleyball

Open To: Incoming Juniors and Seniors (Enrollment 40)
Description: Sessions will focus on skill development, conditioning and game play.
Location: 3 East / 3 South Gyms
Dates: June 12– June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thursday)
Time: 6:00 AM – 8:00 AM
Fee: $135.00

GVB-02 Girls' Sophomore Volleyball

Open To: Incoming Sophomores (Enrollment 40)
Description: Sessions will focus on skill development, conditioning and game play
Location: 1 East Gym
Dates: June 12– June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thursday)
Time: 6:00 AM – 8:00 AM
Fee: $135.00

GVB-03 Girls' Grades 6-7 Volleyball

Open To: Incoming Grades 6-7 (Enrollment 40)
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 12– June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thursday)
Time: 8:00 AM – 9:30 AM
Fee: $135.00

GVB-04 Girls' 8th Grade Volleyball

Open To: Incoming 8th Graders (Enrollment 40)
Description: Sessions will focus on skill development, conditioning, offensive and defensive systems and some game play. Free camp T-shirt.
Location: 3rd Floor Dance Studio, 3 East & 3 South Gyms
Dates: June 12– June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thursday)
Time: 9:00 AM – 11:00 AM
Fee: $135.00

GVB-05 Girls' Incoming Freshman Volleyball

Open To: Incoming freshman (Enrollment 60)
Description: Sessions will focus on skill development, conditioning, offensive and defensive systems and some game play.
Location: 3 East & 3 South Gyms
Dates: June 12– June 15 (Tuesday – Friday)
June 18 – June 28 (Monday – Thursday)
Time: 10:30 AM – 12:30 PM
Fee: $135.00

BADMINTON CO-ED

Contact: Jane Graham 708-434-3017 jgraham@oprfhs.org

Note: Badminton campers are required to bring their own racket. All other equipment will be supplied for them. Each session consists of a maximum of 28 participants or a minimum of 10 per session. See below for pre-purchase option for a racket.

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 12 - 14, June 19 - 21, & June 26 – 28 (Tuesday, Wednesday, & Thursday)
Time: 3:00 PM – 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 12 - 14, June 19 - 21, & June 26 – 28 (Tuesday, Wednesday, & Thursday)
Time: 4:30 PM – 6:00 PM
Fee: $95.00 BAD-03 $115.00 (includes racket) BAD-003

CHEER CO-ED

Contact: Melody Brown mbrown@oprfhs.org

CH-01 Youth Cheer Grades 2-8

Open To: Grades 2-8
Description: Learn the fundamentals of cheerleading in a fun and enthusiastic atmosphere! Participants will be instructed by OPRF cheerleaders and coaching staff on basic cheerleading skills which include jumps, motions, progressive stunting and much more. Each camper will receive a T-shirt and a chance to perform at halftime during a regular season football game (date TBD).
Location: 3 East Gym
Dates: July 9-12 (Monday - Thursday)
Time: 6:00 PM – 8:00 PM
Fee: $95.00

CH-02 Girls and Boys Cheer Freshmen

Open To: Incoming Freshmen
Description: An opportunity for all incoming Freshman to train under the direction of the OPRF cheer team and coaching staff. Cheerleading techniques which include jumps, motions, progressive stunting, and effective crowd leading will be taught. Program is designed to prepare participants for Freshman cheer try-outs. All cheer levels are welcome, no experience necessary.
Location: 3rd Floor Gymnastics Gym
Dates: June 18 - 20 (Monday - Wednesday)
Time: 5:00 PM – 7:00 PM
Fee: $85.00

GOLF CO-ED

GOLF CAMP CANCELLED FOR SUMMER 2012

SOCCER GOALIE CO-ED

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

CS-01 Huskie Soccer Goalie

Open To: Grades 9-12 only

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-South End

Dates: June 27, July 2, July 9, July11

Time: 6:00 PM – 8:00 PM

Fee: $110.00

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, he 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. Since 2003, Coach Gamble is safety certified by the Pole Vault Safety Certification Board.

PV-01 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 12-15 (Tuesday – Friday)
Time: 2:30 PM – 4:30 PM
Fee: $135.00

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 and speed training: videotaping and videotape review and other recreational activities.
Location: Field House
Dates: June 12 – June 15 (Tuesday – Friday)
Times: 4:30 PM – 6:30 PM
Fee: $145.00

GIRLS AND BOYS TENNIS

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

TEN-01 CO-ED Tennis

Open To: Incoming grades 9-12
Description: Learn advanced tennis skills for competitive match play.
Location: Tennis Courts
Dates: July 9 – July 19 (Monday - Thursday)
Time: 1:00 PM – 3:00 PM
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 9 – July 19 (Monday – Thursday)
Time: 3:00 PM – 4:00 PM
Fee: $100.00