

2020

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

All grades listed are as of: Fall 2020

NO MAIL-IN REGISTRATION FOR CAMPS

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 8 – June 18 (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 22 – July 2 (Monday thru Thursday both weeks)

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 6 – July 16 (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

All levels start on Wednesday, June 10 and end on Tuesday, June 30.

Description: Learn how to play Baseball the Huskie way. Camp will consist of refining baseball fundamentals through practice and drills. Additionally, there will be team and individual competitions that include full games, rag ball, whiffle ball, knockout, cage competitions, etc. OPRF Baseball medals are awarded to winners and campers of the day.

BA-03 Boys Competitive Baseball Camp

Open to: All incoming 7th, 8th and 9th graders
Location: Baseball Field
Dates: June 10 - June 30 (Monday – Thursday)
Time: 10:30 AM – 12:15 PM
Fee: \$195.00

BA-04 Boys Junior Huskies Baseball Camp

Open to: All incoming 4th, 5th and 6th graders
Location: Baseball Field
Dates: June 10 - June 30 (Monday – Thursday)
Time: 8:00 AM – 9:45 AM
Fee: \$195.00

BA-05 Boys Little Huskies Baseball Camp

Open to: All incoming 2nd and 3rd graders
Location: Baseball Field
Dates: June 10 - June 30 (Monday – Thursday)
Time: 8:00 AM – 9:45 AM
Fee: \$195.00

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 8 - June 25 (Monday – Thursday)
Time: 4:00 PM – 6:00 PM
Location: 1 East Gym
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 2 – June 4 (Tuesday – Thursday)
June 8 – June 18 (Monday – Thursday)

Time: 2:00 PM – 4:00 PM

Location: 1 East Gym

Fee: \$180.00

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.

Open to: Incoming Juniors and Seniors

Dates: June 2 – June 4 (Tuesday – Thursday)
June 8 – June 18 (Monday – Thursday)

Time: 2:00 PM – 4:00 PM

Location: Fieldhouse

Fee: \$200.00

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 8 – June 25 (Monday – Thursday)

Time: 10:00 AM – 12:00 PM

Location: Field House

Fee: \$160.00

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 8 – June 25 (Monday – Thursday)

Time: 8:00 AM – 10:00 AM

Location: 1 East Gym

Fee: \$160.00

BOYS DISTANCE RUNNING

Contact: Chris Baldwin

cbaldwin@oprfs.org

BDR-01 Boys Distance Running

Open to: Grades 6-12

Description: Prepare for the Cross Country season with a summer running program consisting of form development, flexibility exercises, pace skills, and core development. This camp will provide runners with base mileage and the skills necessary to have a successful cross country season while having fun as part of the team. Camp T-shirt included.

Dates: June 22 – July 30 (Monday - Thursday)

Time: 6:00 AM – 7:45 AM

Place: Lake Street Field

Fee: \$190.00

FOOTBALL

Contact: John Hoerster

jhoerster@oprfs.org

Donie Collins (Youth Football)

dcollins@oprfs.org

BFB-01 Youth Football

Open to: Grades 3 - 8

Description: This camp is for both beginners and more experienced youth football players. We will begin to build a base for fundamental football skills and focus on how to play within safe, non-contact / flag instruction. We will provide station-based skill development, small space games, and skill challenges. Campers will be put through a Huskie combine with a 40 yard dash, vertical jump, shuttle run and broad jump. Everyone will get the opportunity and support to build confidence and have fun while learning the fundamentals of football.

Location: Stadium

Dates: July 13 – July 23 (Monday – Thursday)

Time: 10:30 AM – 12:00 PM

Fee: \$110.00

BOYS SOCCER

Contact: Jason Fried

708-434-3422

jfried@oprfh.org

BSC-01 Future Big Dogs Huskie Soccer

Open to: Incoming Grades 5 – 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 shirt and an OPRF soccer ball.

Location: Lake Street Field

Dates: July 6 – July 23 (Monday, Wednesday, & Thursday – 9 sessions)

Time: 2:15 PM – 4:15 PM

Fee: \$200.00

BSC-02 Boys High School Soccer

Open to: Incoming Grades 10-12

Description: The camp will focus on a variety of soccer skills and techniques, tactics, strength and conditioning and soccer IQ that players need to excel in the Huskies soccer program. The camp is broken into different sessions depending on the day. Players will be divided by age and ability for an environment that is beneficial for development of players for the next level of Huskie Soccer.

Monday & Thursday Sessions: These sessions will focus on developing skills and tactics that will assist in a possession style of play.

Wednesday Sessions: These sessions are non-contact days and we will specifically work on positional skills, individual player technique and team choreography.

Friday Sessions: These sessions will consist of inter-squad scrimmages. Players will go through a whole game warm-up and play approximately an 80 minute game with a 10 minute half-time.

The camp is staffed with OPRFHS soccer coaches and alumni OPRFHS players. Every camper will receive an OPRF soccer shirt and an OPRF soccer ball.

Location: Lake Street Field

Dates: June 29 – July 24 (Monday, Wednesday, Thursday, & Friday – 14 sessions)

Time: 4:30 PM – 6:30 PM (Monday, Wednesday, & Thursday sessions)

9:30 AM – 11:30 AM (Friday's July 10 and July 17)

4:00 PM – 7:00 PM (Friday, July 24 – 9v9 Tournament)

NO CAMP July 2 & July 3

Fee: \$240.00

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 East Gym
Dates: June 8 – June 25 (Monday – Thursday)
Time: 6:00 AM – 8:00 AM
Fee: \$160.00

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 South Gym
Dates: June 15 – June 25 (Monday – Thursday)
Time: 8:00 AM – 9:30 AM
Fee: \$130.00

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 East Gym
Dates: June 8 – June 25 (Monday – Thursday)
Time: 6:00 AM – 8:00 AM
Fee: \$160.00

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 East Gym

Dates: June 8 – June 25 (Monday – Thursday)

Time: 10:00 AM – 12:00 PM

Fee: \$150.00

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 8 – June 25 (Monday – Thursday)

Time: 2:00 PM – 4:00 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.

Location: Fieldhouse

Dates: June 2 – June 4 (Tuesday – Thursday)

June 8 – June 25 (Monday – Thursday)

Time: 12:00 PM – 2:00 PM

Fee: \$195.00

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 East Gym

Dates: June 2 – June 4 (Tuesday – Thursday)

June 8 – June 25 (Monday – Thursday)

Time: 12:00 PM – 2:00 PM

Fee: \$195.00

GIRLS DANCE (Drill Team)

Contact: Carley Tarantino - Spoor

ctarantinospoor@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 Thursday, June 11.

Location: 3 East Gym / 3rd Floor Dance Studio

Dates: June 8 – June 11 (Monday – Thursday)

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 Thursday, June 11.

Location: 3 East Gym / 3rd Floor Dance Studio

Dates: June 8 – June 11 (Monday – Thursday)

Time: 1:00 PM – 3:00 PM

Fee: \$125.00

GIRLS DISTANCE RUNNING

Contact: Ashley Raymond

araymond@oprfs.org

GDR-01 Girls Distance Running

Open to: Grades 6-12

Description: Running camp designed to help athletes prepare and reach their potential in the upcoming cross country season. Athletes will build a base for cross country while learning the importance of functional strength, mobility, speed-development and mindset. Camp T-shirt included.

Location: Lake Street Field

Dates: June 8 – July 16 (Monday – Thursday)

Time: 6:00 AM – 7:30 AM

Fee: \$175.00

GIRLS FIELD HOCKEY

Contact: Kristin Wirtz

708-434-3244

kwirtz@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 have the opportunity to participate in Summer League on Monday nights at Glenbard West HS from June 8 - July 20.)

Location: Lake Street Field

Dates: June 8 – July 2 (Monday – Thursday)

Time: 7:30 AM – 10:00 AM

Fee: \$200.00

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 8 – July 2 (Monday – Thursday)

Time: 10:30 AM – 12:00 PM

Fee: \$155.00

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 8 – July 2 (Monday – Thursday)

Time: 10:30 AM – 12:00 PM

Fee: \$155.00

GIRLS LACROSSE

Contact: James Borja

jborja@oprfs.org

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, and goggles. Practice balls will be provided.

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 3-5 Lacrosse

Open to: Grades 3 - 5

Location: Lake Street Field

Dates: July 6 – July 16 (Monday – Thursday)

Time: 10:30 AM – 12:30 PM

Fee: \$175.00

GL-02 Girls Grades 6-8 Lacrosse

Open to: Grades 6 - 8

Location: Lake Street Field

Dates: July 6 – July 16 (Monday – Thursday)

Time: 10:30 AM – 12:30 PM

Fee: \$175.00

GL-03 Girls High School Lacrosse Grades 9-12

Open to: Grades 9 -12

Location: Lake Street Field

Dates: July 6 – July 16 (Monday – Thursday)

Time: 10:30 AM – 12:30 PM

Fee: \$175.00

GIRLS SOCCER

Contact: Christine Johnston

cjohnston@oprfs.org

Note: A comprehensive program teaching a variety of soccer skills, techniques, and tactics. Each day will have a primary focus to prepare you for the next level of play. Every camper will receive a camp T-shirt.

GCS-03 Girls High School Soccer

Open to: Grades 10 - 12

Location: Lake Street Field

Dates: June 8 – June 19 (Monday – Thursday)

Time: 12:30 PM – 2:30 PM

Fee: \$160.00

GCS-04 Girls Grades 5-9 Soccer

Open to: Grades 5 - 9

Location: Lake Street Field

Dates: June 8 – June 19 (Monday – Thursday)

Time: 3:00 PM – 5:00 PM

Fee: \$160.00

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. OPRF coaching staff, OPRF alumni, current college players, and current OPRF Varsity players will lead all camps.

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 have the opportunity to participate in Summer League on the following nights: July 7, 14, 21, and 28.

Location: Fieldhouse

Dates: July 6 – July 23 (Monday – Thursday)

Time: 10:30 AM – 2:00 PM - (July 6 – July 16)

8:00 AM – 11:30 AM - (July 20 – July 23)

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 6 – July 23 (Monday – Thursday)

Time: 10:30 AM – 1:30 PM (July 6 – July 16)

8:00 AM – 11:00 AM (July 20 – July 23)

Fee: \$195.00

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 Gym – Grades 7 - 8

Dates: July 6 – July 16 (Monday – Thursday)

Time: 8:00 AM – 10:00 AM

Fee: \$175.00

GIRLS WATER POLO

Contact: Elizabeth Perez

708-704-9988

elizabeth.j.perez@gmail.com

GWP-02 Girls Jr. - High School Girls Water Polo

Open to: Incoming Grades 6 - 12

Description: No experience necessary. The camp will focus on the skills of water polo – egg beating, passing, shooting, plays (both offensive and defensive positioning), 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 and wear a one-piece bathing suit. Players who are currently on the polo team at OPRF, those who wish to tryout later and those who are new with no experience, feel free to come out. We will differentiate our lessons/time in the pool and have older players and separate coaches help teach the more inexperienced players. Minimum of 12 players for camp to run.

Location: East Pool

Dates: June 9 – July 16 (Tuesday & Thursday)

Time: 3:30 PM – 5:30 PM

Fee: \$190.00

NO CAMP JULY 2

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 9 – 11 / June 16 - 18 / June 23 - 25 (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 9 – 11 / June 16 - 18 / June 23 – 25 (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 9 – 11 / June 16 - 18 / June 23 – 25 (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 Fall tryouts and competitive cheerleading. Athletes will work extensively on flyer stretching, strength training for basing, jump conditioning, pyramids, basket tosses and tumbling. No prior experience is necessary, all levels welcome.

Location: 3 East Gym / 3rd Floor Gymnastics Room

Dates: June 8 – 11 / June 15 - 18 (Monday - Thursday)

Time: 3:00 PM – 4:30 PM

Fee: \$125.00

GOLF CO-ED

Contacts:

Matt McMurray – Girls Varsity Coach
Bill Young – Boys Varsity Coach

708-434-3372
708-434-3878

mmcmurray@oprfs.org
byoung@oprfs.org

BGF-01 Boys & Girls Golf Camp

Open to: Incoming Grades 6 – 12 (Enrollment 50)

Description: Develop golf skills while learning the etiquette and rules required to play competitive high school golf. 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. This includes a collared shirt, shorts, pants, or skorts, and golf or athletic shoes (**denim and cutoffs are not allowed**). Greens, 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. We recommend and can help to facilitate carpooling. The on-line travel waiver must be submitted prior to participating in the camp.

Location: Meadowlark Golf Course & Fresh Meadow Learning Center

Dates: June 16, 17, 18, 23 & 24

Time: June 18 & 24 (Play Days): Boys 1:45 PM – 4:45 PM / Girls 2:30 PM – 5:30 PM

June 16, 17, and 23 (Range Days): Boys & Girls 2:00 PM – 4:30 PM

(Note: The times are approximate and will vary depending on groupings)

Fee: \$225.00

POLE VAULT CO-ED CAMP

Contact: Tim Gamble

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 10, 11, 15, & 16

Time: 1:00 PM – 3:00 PM

Fee: \$175.00

PV-02 Intermediate/Advanced Co-Ed Pole Vault

Open to: Grades 8 - 12 (Must 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 10, 11, 15, & 16

Times: 3:00 PM – 5:30 PM

Fee: \$190.00

TENNIS CO-ED

Contact: Fred Galluzzo

fgalluzzo@oprfs.org

TEN-01 CO-ED Tennis

Open to: Incoming Grades 7 – 12

Description: For intermediate and advanced beginners, we will teach and drill to enhance and solidify skills. For intermediate and advanced players who play on, or hope to play on the high school team, we will work on skills for singles play and advanced tactics for doubles play.

Location: Tennis Courts

Dates: June 8 – June 18

(Monday – Thursday)

Time: 1:00 PM – 2:30 PM / Grades 7 – 9

Enrollment limited to 16

2:45 PM – 4:15 PM / Grades 10 – 12

Enrollment limited to 16

Fee: \$160.00

WRESTLING CO-ED

Contact: Paul Collins

pdcollins@oprfs.org

WR-01 CO-ED Wrestling

Open to: Ages 5 - 8

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

Location: Wrestling Room

Dates: June 8 – June 11

(Monday – Thursday)

Time: 9:00 AM – 10:00 PM

Fee: \$75.00

WR-02 CO-ED Wrestling

Open to: Ages 9 - 14

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

Location: Wrestling Room

Dates: June 8 – June 18

(Monday – Thursday)

Time: 10:30 AM – 1:00 PM

Fee: \$150.00