

**2021**

**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 INFORMATION:**

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 2021

**Please note that due to significant construction on the District's Facilities Master Plan Project 1, the entire school building will be closed for the duration of the summer. Therefore, we will only be able to offer a very limited schedule of indoor sports camps for the summer of 2021.**

**ONLINE registration begins Tuesday, May 11.** For online registration go to [www.oprfhs.org](http://www.oprfhs.org)

**WALK-IN registration (check or money order payment only – NO CASH) will start on Tuesday, June 1 and will continue through the summer on a space-available basis from 8:00 AM – 3:00 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 1<sup>st</sup> Day OF CAMP.  
NO MAIL-IN REGISTRATION FOR CAMPS.***

**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.**

**COVID PROTOCOLS: All participants MUST wear a mask at all summer camp activities and MUST bring their own water bottle.**

## **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.**

## **BOYS BASEBALL**

**Contact:** Joe Parenti

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

### **BA-03 Boys Freshmen Baseball Camp**

**Description:** Learn how to play Baseball the Huskie way. Camp will begin with a showcase format to measure velocity, speed, and other skills for the player. From there we plan to refine baseball fundamentals through practice and drills. Additionally, there will be team and individual competitions that could include full games, rag ball, whiffle ball, knockout, cage competitions, etc.

**Open to:** Incoming Freshmen

**Dates:** June 21 – June 30 (Monday – Wednesday; 6 sessions)

**Time:** 8:00 AM – 10:15 AM

**Location:** Baseball Field

Maximum Enrollment - 40

**Fee:** \$95.00

## **BOYS BASKETBALL**

**Contact:** Phil Gary

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

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

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

**Open to:** Incoming Freshmen

**Dates:** June 14 - June 17 (Monday – Thursday)

**Time:** 4:00 PM – 6:00 PM

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

Maximum Enrollment - 40

**Fee:** \$90.00

### **BBK-03 Boys Sophomore and Varsity Basketball**

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

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

**Dates:** June 7 – June 17 (Monday – Thursday)

**Time:** 3:30 PM – 6:00 PM

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

Maximum Enrollment - 75

**Fee:** \$175.00

## **BOYS DISTANCE RUNNING**

**Contact:** Chris Baldwin

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

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

**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.

**Open to:** Grades 9-12

**Dates:** June 21 – July 22 (Monday - Thursday)

**NO CAMP JULY 5**

**Time:** 6:00 AM – 7:30 AM

**Location:** Lake Street Field

**Fee:** \$175.00

## **FOOTBALL**

**Contact:** John Hoerster

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

### **BFB-03 Freshmen Football**

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

**Open to:** Incoming Freshmen

**Dates:** June 21 – July 22 (Monday – Thursday)

**NO CAMP JULY 5**

**Time:** 1:00 PM – 3:00 PM

**Location:** Stadium

**Fee:** \$175.00

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

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

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

**Dates:** June 21 – July 22 (Monday – Thursday)

**NO CAMP JULY 5**

**Time:** 6:30 AM – 10:00 AM

**Location:** Stadium

**Fee:** \$250.00 (Athletes are required to have a 7 pad girdle for camp. Girdles will be available for \$30.00)

## **BOYS LACROSSE**

**Contact:** Rocco Chierici

312-515-3069

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

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

**Description:** Camp will focus on essential skills and game play. All activity will be on the OPRF Stadium field. Game play will be incidental contact only.

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

**Dates:** July 19 – July 29 (Monday - Thursday)

**Time:** 4:30 PM – 6:30 PM

**Location:** Stadium

**Fee:** \$175.00

## **BOYS SOCCER**

**Contact:** Jason Fried

708-434-3422

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

### **BSC-01 Incoming Freshmen Huskie Soccer**

**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 small-sided game situational play. One day a week camp will consist of an inter-squad scrimmage. Players will go through a whole game warm-up and play approximately an 80 minute game with a 10 minute half-time. The game situation play will be integrated into a series of tournaments that spans the length of the camp. The camp is staffed with OPRFHS soccer coaches. Every camper will receive an OPRF soccer shirt, OPRF soccer ball and OPRF soccer training vest.

**Open to:** Grade 9

**Dates:** June 22 – July 15 (Tuesday – Thursday; 12 – 2 hour sessions)

**Time:** 1:00 PM – 3:00 PM

**Location:** Lake Street Field

Maximum Enrollment - 70

**Fee:** \$200.00

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

**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. Players will be divided by age and/or ability for an environment that is beneficial for development of players for the next level of Huskie Soccer. One day a week camp will consist of an 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.

Additional scrimmages against other schools will also look to be added for no extra charge. These will be scheduled in addition to the camp dates below. These are TBD due to school schedules, levels available, Covid restrictions and space availability. Team selection for these scrimmages will be based on player availability, level of scrimmage and performance at camp.

*Travel Waiver:* All participants, and/or parents are required to provide their own transportation to camp or any scrimmages if needed. The online travel waiver must be accepted prior to participating in the camp. The camp is staffed with OPRFHS soccer coaches. Every camper will receive an OPRF soccer ball and OPRF soccer training vest.

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

**Dates:** June 22 – July 15 (Tuesday – Thursday) (12 - 2 hour sessions)

**Time:** 3:30 PM – 5:30 PM

**Location:** Lake Street Field

Maximum Enrollment - 125

**Fee:** \$230.00

## **GIRLS BASKETBALL**

**Contact:** TBD

### **GB-03 Girls Freshmen Basketball**

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

**Open to:** Grade 9

**Dates:** June 14 – June 17 (Monday – Thursday)

**Time:** 1:00 PM – 3:00 PM

**Location:** 3 South Gym Maximum Enrollment - 40

**Fee:** \$90.00

### **GB-05 Girls Sophomore and Varsity Basketball**

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

**Open to:** Grade 10-12

**Dates:** June 7 – June 17 (Monday – Thursday)

**Time:** 1:00 PM – 3:00 PM

**Location:** 1 East Gym / Fieldhouse Maximum Enrollment - 60

**Fee:** \$175.00

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

**Contact:** Carley Tarantino - Spoor

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

### **DR-01 Freshmen Dance**

**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. Please wear appropriate form fitting clothing and supportive dance shoes or sneakers.

**Open to:** Grade 9

**Dates:** June 14 – June 17 (Monday – Thursday)

**Time:** 12:00 PM – 1:30 PM

**Location:** 3<sup>rd</sup> Floor Dance Studio Maximum Enrollment - 25

**Fee:** \$90.00

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

**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. Please wear appropriate form fitting clothing and supportive dance shoes or sneakers.

**Open to:** Grades 10 -12

**Dates:** June 7 – June 17 (Monday – Thursday)

**Time:** 9:30 AM – 11:30 AM

**Location:** 3 South Gym / 3<sup>rd</sup> Floor Dance Studio Maximum Enrollment - 45

**Fee:** \$150.00

## GIRLS DISTANCE RUNNING

**Contact:** Ashley Raymond

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

### GDR-01 Girls Distance Running

**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.

**Open to:** Grades 9-12

**Dates:** June 21 – July 22 (Monday – Thursday)

**NO CAMP JULY 5**

**Time:** 6:00 AM – 7:30 AM

**Location:** Lake Street Field

**Fee:** \$175.00

## GIRLS FIELD HOCKEY

**Contact:** Kristin Wirtz

708-434-3226

[kwirtz@oprfs.org](mailto: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

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

**Open to:** Grades 9 – 12

**Dates:** June 21 – July 15 (Monday – Thursday)

**NO CAMP JULY 5**

**Time:** 8:00 AM – 10:30 AM

**Location:** Lake Street Field

**Fee:** \$200.00

## GIRLS LACROSSE

**Contact:** James Borja

[jborja@oprfs.org](mailto: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-03 Girls High School Lacrosse Grades 9-12

**Open to:** Grades 9 -12

**Dates:** July 19 – July 29 (Monday – Thursday)

**Time:** 10:30 AM – 12:30 PM

**Location:** Lake Street Field

**Fee:** \$150.00

## **GIRLS SOCCER**

**Contact:** Christine Johnston

[cjohnston@oprfs.org](mailto: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 9 - 12  
**Dates:** July 19 – July 29 (Monday – Thursday)  
**Time:** 1:00 PM – 3:00 PM  
**Location:** Lake Street Field  
**Fee:** \$150.00

## **GIRLS VOLLEYBALL**

**Contact:** Kelly Collins

708-434-3017

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

### **GVB-01 Girls Varsity Volleyball**

**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.

**Open to:** Grades 11 -12  
**Dates:** June 7 – June 17 (Monday – Thursday)  
**Time:** 8:00 AM – 10:00 AM  
**Location:** Fieldhouse Maximum Enrollment - 40  
**Fee:** \$175.00

### **GVB-02 Girls Sophomore Volleyball**

**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.

**Open to:** Grade 10  
**Dates:** June 7 – June 17 (Monday – Thursday)  
**Time:** 10:30 AM – 12:30 PM  
**Location:** Fieldhouse / 1 East Gym Maximum Enrollment - 30  
**Fee:** \$175.00

### **GVB-03 Girls Freshmen Volleyball**

**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.

**Open to:** Incoming Freshmen  
**Dates:** June 14 – June 17 (Monday – Thursday)  
**Time:** 10:30 AM – 12:30 PM  
**Location:** 1 East Gym / Fieldhouse Maximum Enrollment - 35  
**Fee:** \$90.00



## CHEER CO-ED

**Contact:** Melody Brown

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

### CH-01 CO-ED High School Cheer Camp

**Description:** This camp will focus on 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.

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

**Dates:** June 7 – June 17 (Monday - Thursday)

**Time:** 7:00 AM –9:00 AM

**Location:** 3 South Gym / 3<sup>rd</sup> Floor Gymnastics Room Maximum Enrollment - 45

**Fee:** \$150.00

### CH-02 CO-ED Freshmen Cheer Camp

**Description:** This camp will focus on the fundamental basics of cheerleading. Instruction includes learning proper technique for jumps, motions, stunting, flyer stretching and strength training for stunting. Athletes will learn sideline chants and cheers in preparation of Fall tryouts and competitive cheerleading. There is no prior cheerleading experience needed!

**Open to:** Incoming Grade 9

**Dates:** June 14 – June 17 (Monday - Thursday)

**Time:** 7:00 AM –9:00 AM

**Location:** 3<sup>rd</sup> Floor Gymnastics Room Maximum Enrollment - 25

**Fee:** \$90.00

## GOLF CO-ED

### **Contacts:**

Matt McMurray – Girls Varsity Coach

708-434-3372

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

Bill Young – Boys Varsity Coach

708-434-3878

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

### BGF-01 Boys & Girls Golf Camp

**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. All students are required to follow social distancing guidelines and arrive at the facility with a mask on.

**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.

**Open to:** Incoming Grades 9 – 12

**Dates:** June 21 - 24 Maximum Enrollment - 40

**Time:** June 21 at 1:15 PM meet at Fresh Meadow Learning Center

June 22 – 24 at 1:00 meet at Indian Boundary Golf Course

**Location:** Fresh Meadow Learning Center & Indian Boundary Golf Course

**Fee:** \$200.00

