

SUMMER CAMPS

2019

Grades 1-12



GLENBROOK NORTH

Badminton • Baseball • Basketball • Cheerleading • Cross Country
Diving • Football • Golf • Lacrosse • Soccer • Softball • Swimming
Tennis • Tumbling • Volleyball • Weight Training • Wrestling

GLENBROOK SOUTH

Badminton • Baseball • Basketball • Cheerleading • Cross Country
Diving • Field Hockey • Football • Gymnastics • Lacrosse
Poms • Soccer • Softball • Swimming • Tennis
Track & Field • Volleyball • Wrestling



Come Play with Us!



Welcome to
Glenbrook North
&
Glenbrook South



SUMMER CAMPS 2019

– General Information –

Summer Camps will be held at Glenbrook North and Glenbrook South High Schools unless otherwise noted.

Please note: there are minimum and maximum sign-ups for certain camps. See the individual coach for details.

District 225 **does not** pro-rate any camp fees. All payments must be made in full at the time of registration.

Refund Policy: A full refund will be issued for those who cancel their registration prior to the camp start date.

When registration is complete, you will be asked to pay on-line with Discover, Visa, Mastercard, or e-check. You also have the option of to pay by cash at the District Office, locate at 3801 W Lake Ave. in Glenview.

How to Register – New Online Registration Process

- Please visit this site: camps.glenbrook225.org
- Create a new account
- When your new account is created, an email verification link will be sent to the associated email address provided in order to authenticate your account.
- After your account is authenticated, please proceed to login. You will now be able to access your account and begin registering for athletic camps.

For assistance with camp registration, please contact Linda Regal at:

847.562.2268 or lregal@glenbrook225.org

*This site is secured by Credit Connect – Credit Card Safe
A non-refundable convenience charge of 3.75% will
apply to all on-line credit card transactions.*

There are NO convenience charges attached to payments by e-check.

Glenbrook North High School, 2300 Shermer Road, Northbrook
Glenbrook South High School, 4000 West Lake Avenue, Glenview

Weight Training

“Coed Summer Weight Room”

This is your opportunity to continue working out during the summer. Participate in the morning or afternoon. Use the “fitness center” during the summer months. **If you are already enrolled in a GBN Sports Camp, you have the use of the fitness center for free during the summer.** You must be a GBN student.

Code: GBNWT; **Grades:** 9-12; **Date:** Jun 13-Jul 25; **Time:** 8:30 am-3:00 pm (M-Th); **Fee:** \$35

Badminton

“Girls’ Badminton Camp”

Clear, Drop, Smash! Attention all girls who love Badminton. This camp is open to all levels of players. Skills will be taught and players will participate in games to learn strategies to become a better player. this camp is held for 1 week in the GBN Competition Gym.

Coach: Tiffany Kim, 847. 509.2588

Code: NBAD1; **Grades:** 6-12; **Date:** Jun 10-14; **Time:** 3:30-5:00 pm (M-F); **Fee:** \$130

Baseball

“Boys’ Incoming Freshmen Hitting Camp”

This six-day camp is designed to teach each participating player the GBN Baseball Hitting System. Each player will learn the proper mental and physical approach to hit “The Spartan Way.” Players will improve their overall hitting ability through the use of data-driven feedback. Players should be prepared to practice hard, have fun, and improve on a daily basis!

Location: GBN Varsity Baseball Field.

Coach: Dominic Savino, 847.509.2691

Code: NBAS1; **Grade:** 9; **Date:** Jun 17-19 & 24-26; **Time:** 9:00-10:00 am (M-W); **Fee:** \$75

“Boys’ Summer Baseball Team”

Prospective Glenbrook North baseball players have the opportunity to develop their individual skills by participating on the GBN Summer Baseball Team. Each morning will begin with a practice designed to improve individual abilities and team performance levels. Each practice will be followed by games later in the day against another high school. Dates and times are subject to change. Players may participate by invitation only.

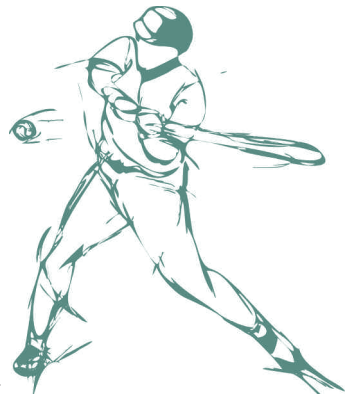
Coach: Dominic Savino, 847.509.2691

Code: NBAS5; **Grades:** 10-12;

Date: Jun 10-Jul 17;

Time: 9:00 am-8:00 pm (M-W);

Fee: \$355



Basketball

“Boys’ Basketball Shooting & Ball Handling Camp”

This camp is designed for players to improve their shooting and ball handling skills. Fundamentals of shooting and ball handling will be stressed in this 3-day, high intensity camp.

Location: Main Gym

Coach: David Weber, 847.509.2464

Code: NBBK1; **Grades:** 3-7; **Date:** Jun 12-14; **Time:** 11:00 am-12:30 pm (W,Th,F); **Fee:** \$50

“Boys’ Youth Basketball Camp – Incoming 3rd through 7th”

The GBN basketball coaching staff will offer this camp to teach the fundamentals of basketball and allow players to participate in games and contests. Specific instructions on shooting and ball handling will be presented.

Location: Main Gym

Coach: David Weber , 847.509.2464

Code: NBBK2; **Grades:** 3-7; **Date:** Jun 17-20; **Time:** 11:00 am-12:30 pm (M-Th); **Fee:** \$85

“Boys’ High School Basketball Camp – Incoming 8th through 12th”

The GBN coaching staff will offer this camp to teach the system used at GBN. This camp is for players interested in playing high school basketball. The camp will divide into three groups: Varsity, sophomore, and freshmen. Practice will be conducted at all levels. Camp does not meet on Fridays.

Location: Main Gym

Coach: David Weber, 847.509.2464

Code: NBBK3; **Grades:** 8-12; **Date:** Jun 12-27; **Time:** 1:00-5:00 pm (M-F); **Fee:** \$250

“Girls’ High School Basketball Camp”

Glenbrook North’s coaching staff will teach players the system used at GBN, which will benefit all players interested in competing at the high school level. Campers will develop their individual skills, team strategies and offensive/defensive fundamentals. The campers will receive a T-shirt and summer league fee will be included.

Location: Competition Gym

Coach: Danielle Fluegge , 847.509.2471

Code: NGBK1; **Grades:** 8-12; **Date:** Jun 10-27; **Time:** 7:30-9:30 am (M-Th); **Fee:** \$250

“Girls’ Grade School & Junior High Basketball Camp”

The GBN basketball coaching staff will offer this camp to teach the fundamentals of basketball and allow players to participate in games and contests. Specific instructions on shooting and ball handling will be presented.

Location: Competition Gym

Coach: Danielle Fluegge , 847.509.2471

Code: NGBK2; **Grades:** 4-7; **Date:** Jun 11-27; **Time:** 8:00-9:30 am; **Fee:** \$200

Cheerleading

“GBN Students Only - Cheerleading Camp”

Glenbrook North Cheerleaders looking to be at the competitive level. This will allow for our athletes to get to a strong start to our season. There will be emphasis on stunting, tumbling, jumps, flexibility and conditioning.

Location: GBN Small gym 108

Coach: Greg Wilhelm, gwillhelm@glenbrook225.org

Code: NGCH1; **Grades:** 9-12; **Fee:** \$220

Date: Jul 15-25; **Time:** 2:00-5:00 pm (M-Th)

Date: Jul 29- Aug 1; **Time:** 9:00-11:30 am & 12:30-3:00 pm (M-Th)

Cross Country

“Coed Junior High School Running Camp”

Get a jump on the fall Cross Country season by getting in shape with the Glenbrook North High School Cross Country Team. Designed by the Glenbrook North cross country staff, this running program will help runners prepare for the fall season by increasing endurance, leg speed, and overall strength and fitness levels. Workouts will be specifically designed for junior high runners of varying abilities, so athletes of all levels of talent and experience are welcome and encouraged to attend. Beginners are welcome!!! The running camp will meet Monday through Thursday mornings in GYM D108. Please come wearing running shoes! We will meet at 6:30 am so all runners can be finished with practice in time to make summer school classes or summer jobs.

Answer to a commonly asked question: Is it ok if an athlete cannot attend each day of the six week camp, can they still sign up for summer running? Yes, we understand many families have plans for certain weeks of the summer, so it is ok if an athlete cannot attend each day of the six week camp.

Girls' Coach: Bob LeBlanc, 847.509.2617 & **Boys' Coach:** Bill Race, 847.509.2492

Code: NCCX1; **Grades:** 6-8; **Date:** Jun 17-Jul 25; **Time:** 6:30-7:45 am (M-Th); **Fee:** \$180

“Coed High School Running Camp”

Get a jump on the fall Cross Country season by getting in shape with the Glenbrook North High School Cross Country Team. Designed by the Glenbrook North cross country staff, this running program will help runners prepare for the fall season by increasing endurance, leg speed, and overall strength and fitness levels. Athletes of all levels of talent and experience are welcome and encouraged to attend. If you are interested in running and being part of a great team at GBN, this is a great way to meet other runners, the coaching staff, and get a leg up on competition! The running camp will meet Monday through Thursday mornings in GYM D108. Please come wearing running shoes! We will meet at 6:30 am so all runners can be finished with practice in time to make summer school classes or summer jobs.

Answer to a commonly asked question: Is it ok if an athlete cannot attend each day of the six week camp, can they still sign up for summer running? Yes, we understand many families have plans for certain weeks of the summer, so it is ok if an athlete cannot attend each day of the six week camp

Girls' Coach: Bob LeBlanc, 847.509.2617 & **Boys' Coach:** Bill Race, 847.509.2492

Code: NCCX2; **Grades:** 9-12; **Date:** Jun 17-Jul 25; **Time:** 6:30-7:45 am (M-Th); **Fee:** \$180

Diving

“Coed Diving – Incoming 6th through 12th”

So you want to try that “diving thing”? Join us for a 5-week camp at GBS where you can learn some new dives or refresh your current list. All levels of talent and experience are welcome: dryland and conditioning included. Open to both Glenview and Northbrook residents; let’s work towards making your 2019-20 season goals a reality. There will be a minimum of 5 participants with a cap of 15...so register early!

Coach: Jessica Roby 847-509-2426 or jroby@glenbrook225.org

Code: NSBGD1; **Grades:** 6-12; **Date:** Jun 17-Jul 18; **Time:** 8:30-10:00 am (M-Th); **Fee:** \$225

Football

“Boys’ Youth Football Camp”

Learn about the GBN football system! The GBN football staff will offer instruction to help players prepare for the upcoming football season. Football safety, fundamentals, skills, and tactics will be taught. Open to all 3rd through 8th tackle and flag football players. This camp will meet at the GBN football fields. Grades 3-8 will be a non-padded camp.

Coach: Matt Purdy, 847.509.2589

Code: NBFBI; **Grades:** 3-8; **Date:** Jul 8-12; **Time:** 10:00-11:30 am (M-F)

Date: Jul 15-19; **Time:** 10:30 am-12:00 pm (M-F); **Fee:** \$180

“Boys’ Jr Spartan Football Camp”

Learn about the GBN football system! The GBN football staff will offer instruction to help players prepare for the upcoming football season. Football safety, fundamentals, skills and tactics will be taught. Open to 5th through 8th grade players who are **currently registered to play Northbrook Junior Spartan Football**. This camp will meet at the GBN football fields. This will be a non-padded camp.

Coach: Matt Purdy, 847.509.2589

Code: NBFBJ; **Grades:** 3-8; **Dates:** Jul 8-12; **Time:** 10:00-11:30 am (M-F) &

Jul 15-19; Time: 10:30 am-12:00 pm (M-F); **Fee:** Free

“Boys’ High School Football Camp”

Learn about the GBN football system! The GBN football staff will offer instruction to help players prepare for the upcoming football season. Football safety, fundamentals, skills, and tactics will be taught. Open to all incoming 9th through 12th grade players. This camp will meet at the GBN football fields. This will be a padded camp. Pads will be provided by GBN.

Coach: Matt Purdy, 847.509.2589

Code: NBFHB; **Grade:** 9

Date: Jun 18, 20, 25, 27; **Time:** 2:00-4:00 pm (T&Th)

Date: Jul 8-26; **Time:** 8:00-10:30 am (M-F) *No Camp Jul 1-7*

Fee: \$240

Code: NBFHB4; **Grades:** 10-11-12

Date: Jun 17-27; **Time:** 1:00-4:00 pm (M-Th)

Date: Jul 1-2, 8, 10-11, 22-25; **Time:** 8:00-11:00 am (M-Th)

No Camp Jul 5-7 e³ 9 – Lift of Champions Jul 25 at 10:00 am

Fee: \$265

Golf

“Girls’ Junior High Golf”

Camp participants will work with Glenbrook North coaches to improve their golf game by receiving instruction and supervised practice on their golf game. This camp will include full swing instruction on the driving range work, short game instruction and on course experience. This camp is meant to introduce young players to the game of golf and spark an interest in the sport by learning the fundamentals.

Coach: Mike Schroeder, 847.480.7263, mschroeder@glenbrook225.org

Code: NGGO1; **Grades:** 5-8; **Dates:** Jun 13; **Time:** 11:00 am-12:30 pm; **Location:** Anetsberger & Jun 14; **Time:** 11:00 am-12:30 pm; **Location:** Sportsman’s; **Fee:** \$40

“Girls’ High School Golf”

Camp participants will work with Glenbrook North coaches to improve their golf game by receiving instruction and supervised practice on their golf game. This camp will include driving range work, short game instruction and on course experience. This camp is meant to improve the skills of players interested in trying out for the fall 2017 golf team, additional practice dates will be announced at camp.

Coach: Mike Schroeder, 847.480.7263, mschroeder@glenbrook225.org

Code: NGGO2; **Grades:** 9-12; **Dates:** Jun 12; **Time:** 1:00-2:30 pm; **Location:** Anetsberger; Jun 13; **Time:** 1:00-2:30 pm; **Location:** Sportsman’s; Jun 14; **Time:** 1:00-3:00 pm; **Location:** Anetsberger; **Fee:** \$60

Lacrosse

“Boys’ Summer Team Lacrosse Camp”

There will be two levels of the GBN summer team, a JV and a Varsity team. There will be practices held on Mondays, Tuesday, Wednesday, Thursday with tournaments on the weekend from 6-8pm. We will also be playing in 2-3 scrimmages with teams from around the area. Those game dates will be set at the end of the spring season. Games will be scheduled both home and away, travel will be on the players. *There will be an informational parent meeting on June 5th at 5:30 pm in the health room to go over the summer schedule and lacrosse policies.*

Tournament Schedule:

Jun 15-16 Lax Geneva - 2 Teams/1 Varsity/1 Junior Varsity;

Jun 22-23 Lax Bash - 1 Team/1 Junior Varsity;

June 22-23 South Bend - Additional \$20-\$30 fee for overnight stay.

Jun 29 - JV Tournament at GBN;

June 30 - Varsity Fundraiser Tournament at Techny (Date TBA)

Location: GBN Turf & Back Field

Coach: Justin Georgacakis, 847.509.2557

Code: NBLX2; **Grades:** 9-12; **Date:** Jun 6-Jul 1; **Time:** 6:00-8:00 pm (M,T,W,Th); **Fee:** \$350

Lacrosse continued next page

“Boys’ Youth Lacrosse Camp – 1st through 8th Grades”

This will be a 3 week camp that will meet 11 times. Our goal is to develop the skills of Northbrook’s younger lax players. We will introduce them to the high school’s template and goals. This camp will be coached by the Glenbrook North coaching staff as well as former GBN and current college lacrosse players. There will be daily inter-squad scrimmages. Open to all District 225 residents.

Players will be broken up by age and ability.

Dates: Jun 7, 10-13, 17-21

Location: GBN Main Field & Back Fields

Coach: Justin Georgacakis, 847.509.2557

Code: NBLX3; **Grades:** 1-8; **Date:** Jun 7-21; **Time:** 6:00-8:00 pm; **Fee:** \$175

“Girls’ Summer Lacrosse Team”

There will be two levels of the GBN summer team, JV & Varsity teams. Teams are open to incoming freshmen to seniors. Practices will be held Monday’s from 6:00-7:30 pm. Games are on Tuesdays and Thursday 6:00 & 7:00 pm (schedule varies.) We will play approximately 4-5 games with teams from around the area. Games will be scheduled both home and away, travel is up to the players. The summer league cost includes a pinney for the player to keep. Games will be one night practice the other.

Coach: Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

Code: NGLX2; **Grades:** 9-12; **Date:** Jun 10-Jul 2; **Time:** 6:00-7:30 pm (M Practice – T,Th Games);

Time: 1 game 6:00 pm & 1 game 7:00 pm (T,Th - Games) **Fee:** \$200

Soccer

“Boys’ Soccer Camp”

This camp is designed for high school age boys’ soccer players and incoming 8th graders who want to develop their skills. Camp emphasis will be on developing skills in passing, dribbling, shooting and receiving in competitive situations. Technical skills and tactics will be taught. Players may be separated by age and/or ability. Campers need to bring a ball and shin guards. Camp is on Monday and Wednesday, games are on Tuesday and Thursday for grades 9-12 only. Games will be at GBN or other CSL schools.

Coach: Paul Vignocchi, 847.509.2469 or pvignocchi@glenbrook225.org

Code: NBSO1; **Grades:** 9-12; **Date:** Jun 17-Jul 17; **Time:** 3:00-5:30 pm (M,W); **Fee:** \$250

Game Time: 6:00 pm (T,Th); (*No camp July 1-4*); Games continue thru Jul 17; (*No games July 2 & 3*)

Code: NBSO2; **Grade:** 8; **Date:** Jun 17-Jul 17; **Time:** 3:00-5:30 pm (M,W); **Fee:** \$200

Games: None (*No camp July 1-4*)

“Girls’ Soccer Camp” Incoming 8th & 9th through 12th

This camp is designed for both 8th graders and high school age girls’ soccer players who want to develop their skills. Camp emphasis will be on developing skills in passing, dribbling, shooting, and receiving. Technical and tactical patterns will be taught. Players may be separated by age and/or ability. Campers need to bring a ball and shin guards. Camp is on Monday, Tuesday and Thursday. Some campers will have the opportunity to participate in games on Wednesday evenings. Games will be at GBN or other neighboring high schools.

Coach: Tony Valsamis, 847.509.2618

Code: NGSO1; **Grades:** 9-12; **Date:** Jun 10-27; **Time:** 5:30-7:30 pm (M,T,Th); **Fee:** \$225

Games: Jun 12-Jul 11; 6:00 pm (W)

Code: NGSO2; **Grade:** 8; **Date:** Jun 10-27; **Time:** 5:30-7:30 pm (M,T,Th); **Fee:** \$175

Softball

“GBN Softball Camp”

This camp will teach the fundamentals necessary to be successful in the GBN softball program. Please wear appropriate clothing (spikes/cleats & softball pants). Campers will need a glove (and a bat is recommended). Please bring plenty of water. For more information contact Bridget Matsunaga at bmatsunaga@glenbrook225.org or 847.509.2599.

Coaches: Chris Conrad, Kerri Newburger, Bridget Matsunaga, Mike Nisi, Barry Ruppert, Kristi Rymer

Code: NGSB1; **Ages:** 7-11; **Dates:** Jun 11-13, 17-19; **Time:** 10:30 am-12:00 pm; **Fee:** \$80

Code: NGSB2; **Ages:** 12-15; **Dates:** Jun 11-13, 17-19; **Time:** 12:00-2:00 pm; **Fee:** \$100

Location: Varsity Softball Field; **Fee:** \$80

Swimming

“Coed Swimming Strength & Conditioning Camp”

Glenbrook North will offer strength and conditioning camp for all current and incoming male and female Spartan Swimmers. The camp will focus on developing muscular strength, muscular endurance, power and agility in all attendees. Workouts will be designed with a swimming specific approach. All workouts will take place on land. All Spartan Swimmers are encouraged to attend.

Coach: Jarod Schroeder, 847.509.2595

Code: NSCCI; **Grades:** 6-12; **Date:** TBA; **Time:** TBA; **Fee:** \$100

Tennis

“Girls’ Tennis Camp”

Have fun playing tennis and improving your tennis skills this summer! This program is conducted by the GBN girls’ tennis staff. Players will develop their fundamentals of the game, doubles strategy, fitness, and match play. Campers will receive a camp T-shirt. The camp is held on the GBN tennis courts.

Coach: Peggy Holecek, 847- 509-2571

Code: NGTN1; **Grades:** 8-12; **Date:** Jun 12-25; **Time:** 10:00 am-12:00 pm; **Fee:** \$250

Tumbling

“Coed Summer Tumbling Camp”

Tumbling camp will be open to athletes of all levels. This camp is designed for cheerleaders and gymnasts that want to get their tumbling skills to the next level. Instruction will range from round offs and cartwheels, to running and standing fulls. All athletes will be trained using appropriate progressions and proper technique. Participants must sign up for one time slot. This is the time slot that participants will be in through the duration of the camp. A maximum of 8 athletes per slot will assure for professional coaching and optimal progress.

Location: Glenbrook North High School Gymnastics Gym

Coach: Greg Wilhelm, gwilhelm@glenbrook225.org

Grades: 9-12; **Date:** Jun 17-27 (M-Th); **Fee:** \$125

Codes: NCTC1, **Time:** 10:00-11:15 am; NCTC2, **Time:** 11:00 am-12:15 pm;

Codes: NCTC3, **Time:** 12:00-1:15 pm; NCTC4, **Time:** 1:00-2:15 pm;

Code: NCTC5; **Time:** 2:00-3:15 pm

Volleyball

Boys' High School Volleyball

All current high school boys should contact Coach Cooper at 847.509.2604 regarding summer league opportunities.

"Boys' Youth & Incoming Freshmen Volleyball Camp"

Bump! Set! Spike! Are those words familiar to you? Both beginners and advanced players are invited to improve and develop their volleyball skills in this camp that emphasizes learning techniques, as well as having fun! Basic skills will be the focus of this camp which will be instructed by the GBN volleyball staff. **Players will be grouped appropriately to maximize their development.**

Location: GBN Main Gym

Coach: Chris Cooper, 847.509.2604

Code: NBVB1; **Grades:** 5-9; **Date:** Jul 15-19; **Time:** 1:00-3:00 pm (M-F); **Fee:** \$125

"Girls' Youth Volleyball Camp"

Bump! Set! Spike! Are those words familiar to you? Both beginners and advanced players are invited to improve and develop their volleyball skills in this camp that emphasizes learning techniques, as well as having fun! Basic skills will be the focus of this camp which will be instructed by the GBN volleyball staff.

Location: GBN Main Gym

Coach: Tiffany Kim, 847.509.2588

Code: NGVB1; **Grades:** 5-8; **Date:** Jul 8-12; **Time:** 1:00-2:30 pm (M-F); **Fee:** \$100

"Girls' High School Volleyball Camp"

Get a jump on your volleyball skills! Join this program that will concentrate on fundamentals, offense, defense, and major strategies and tactics of volleyball. This camp will be conducted by the GBN volleyball staff. It is open to all players with different skill levels. Come ready to work and learn.

Location: GBN Main Gym

Coach: Tiffany Kim, 847.509.2588

Code: NGVB2; **Grades:** 9-12; **Date:** Jul 8-19; **Time:** 3:00-5:00 pm (M-F); **Fee:** \$225

Wrestling

"Boys' Wrestling Camp"

The Wrestling Camp is designed for athletes of all ages and skill levels. Emphasis is placed on fundamental wrestling techniques and the philosophy of wrestling in all three positions. Improving and having fun are main objectives of this camp.

Coach: Jason Erwinski, 847.509.2488 or jerwinski@glenbrook225.org

Code: NBWR1; **Grades:** 4-12;

Date: Jun 12-14;

Time: 9:00 am-12:00 pm (W-F);

Fee: \$85



Glenbrook Aquatics “SwimAmerica” Swim Lesson Program

Glenbrook Aquatics is proudly continuing to offer the highly recommend and outstanding structure of the SwimAmerica swim lesson program this spring and summer seasons. SwimAmerica’s goal is “to teach America to swim for health, safety, fun and fitness.”

SwimAmerica is an international, state of the art, learn to swim program that operates in nine countries.

SwimAmerica believes that a student should not only be taught to swim but should be taught to swim well. The GA SwimAmerica program operates in conjunction with The American Swimming Coaches Association and provides highly trained and certified instructors.



Some highlights of the program include:

- **Instructor to student ratio of 1 to 3 or better:** To ensure the most ideal teaching conditions, your child will be in a group with no more than 2 other children.
- **10 Levels of Advancement:** The program builds off the basics of floating and kicking, but the levels are set up so that a “graduate” of the program will be proficient in all 4 competitive strokes. The program design allows each child to progress at their own rate based upon skill attainment levels.
- **Specific goals in each level:** Children are directed toward specific advancement goals in each level. New enrollees will be given an award certificate on the first day of lessons. The certificate will have places for 10 stickers, and once a swimmer completes the advancement goals for a particular level, he or she will be rewarded with a sticker after the lesson.

Please visit our website at www.glenbrook-aquatics.com and click on the SwimAmerica link at the top of the page for specific details on the program, season sessions, dates & lesson times as well as all registration information.

You may also email Mr. Matt Purdy at mpurdy@glenbrook225.org for any further questions or necessary information.

Glenbrook Swim Club Program

The Glenbrook Swim Club program accommodates the full range of competitive swimming athlete. Come out and join a fun and progressive District 225 team!

Evaluations for the Fall & Winter Seasons 2019-2020:

Evaluation's and group placing for the spring and summer seasons of Glenbrook Swim Club program are already completed and full. Evaluations for the upcoming Fall 2019 & Winter 2020 Seasons will be held in August, those dates and times will officially be available on the website in July 2019. ALL interested new swimmers must attend one evaluation in order to be placed in the correct group if ready. Please visit our website: www.glenbrookswimclub.com for all Swim Club and Fall evaluation detailed information.

Glenbrook Aquatic Dive Program:

The Glenbrook Aquatics Dive program is open to all residents and non-residents of all skill levels. There is limited space, filling on a first-come, first-serve basis. Please email the head diving coach at gadiving@gmail.com for any diving questions or information. Click the GA diving link at the top of the Glenbrook Aquatics website for program & registration specifics.

Glenbrook Aquatic Water Polo Program:

The Glenbrook Aquatics water polo program offers a youth, high school and masters program open to all residents and non-residents of all skill levels. Please check the website for more details on this fabulous program! Click the GA water polo link at the top of the Glenbrook Aquatics website for program and registration specifics. Please email coachamy@glenbrook-aquatics.com for any water polo questions or information.

***ON-LINE REGISTRATION
IS THE ONLY ACCEPTED FORM OF REGISTRATION
FOR ALL GLENBROOK AQUATIC PROGRAMS
SPECIFIED BY SEASON!***

Badminton

“Girls’ Badminton Camp”

Come find out why badminton is more than just a backyard sport. All levels of players are invited to learn the skills, rules and strategies of badminton. This camp is offered for 1-week and will consist of drills and fun games.

Location: GBS Titan Dome

Coach: Kelli Takagi, 224.422.6424 or ktakagi1432@gmail.com

Code: SBAD1; **Grades:** 6-12; **Date:** Jun 17-21; **Time:** 5:30-7:00 pm (M-F); **Fee:** \$130

Baseball

Titan Baseball Coaching Staff

GBS Head Baseball Coach Steve Stanicek will serve as the camp director. The camp staff will also include Travis Myers, Alan Greenberg, Terry Harris, Mark Gallagher, Josh Stanton, Tom Cieplik and current/former players. The coaching staff will place an emphasis on fundamental skill development by using several of the same drills which have continued to elevate the GBS baseball program.

What to Bring: All participants should bring glove, hat, spikes, water & bat. Please label each item.

Facilities: All Titan Baseball Camps are held at Glenbrook South baseball fields.

“Boys’ Varsity Level Summer Baseball League”

All boys who played Spring Baseball in 2019 are eligible to play. Students have an opportunity to participate in summer league game competition. Games will primarily be played Monday, Tuesday DH, and Wednesday practice. Game start times can range from 3:00 pm to 5:00 pm

Contact: Steve Stanicek, 847.486.4590

Code: SBAS1; **Grades:** 11-12; **Date:** Jun 10-Jul 12; **Time:** tba; **Fee:** \$380

“Boys’ Sophomore Level Summer Baseball League”

Spring Baseball in 2019 are eligible to play. Students have an opportunity to participate in summer league game competition. Games will primarily be played Monday, Tuesday DH, and Wednesday practice. Game start times can range from 3:00 pm to 5:00 pm

Contact: Steve Stanicek, 847.486.4590

Code: SBAS3; **Grades:** 10; **Date:** Jun 10-Jul 2; **Time:** tba; **Fee:** \$355

“Boys’ Summer Junior High Complete Skills Baseball Camp 2019”

This camp is for this 2019-2020 incoming 8th and 9th grade baseball players. Instruction will center on advanced skill development in hitting, pitching, fielding, and throwing. Campers will also learn through game situation instruction. Camp will start at 10:00 am on the Varsity Baseball field. If there is rain, we will meet in the fieldhouse.

Contact: Steve Stanicek, 847.486.4590

Code: SBAS2; **Grades:** 8-9; **Date:** Jun 17-20; **Time:** 10:00 am-12:00 pm (M-Th); **Fee:** \$150

Basketball

“Boys’ Basketball Youth Camp”

The GBS basketball coaching staff will offer this camp to teach the fundamentals of basketball and allow players to participate in games and contests. Specific instructions on shooting and ball handling will be presented.

Location: GBS Titandome

Coach: Phil Ralston, 847.486.4521

Code: SBBK1; **Grades:** 6-8; **Date:** Jun 17-20; **Time:** 10:30 am-12:00 pm (M-Th); **Fee:** \$80

“Boys’ Basketball Camp”

Players will participate in a variety of drills, activities and scrimmages which develop and emphasize fundamentals, individual skills and team play. The boys’ basketball coaches at GBS will instruct the athletes and will run camp with the program’s philosophy in mind. Any boy entering grades 9-12 at GBS is eligible. Athletes who cannot attend the entire four weeks are still welcome and encouraged to attend. 15 total sessions - participants should meet in the GBS Titandome. This camp may offer additional opportunities in July for player skill development dependent upon remaining summer contacts days. Camp does not meet on Fridays or on July 4th.

Coach: Phil Ralston, 847.486.4521

Code: SBBK2; **Grades:** 10-12; **Date:** Jun 10-Jul 3; **Time:** 1:00-3:00 pm (M-Th); **Fee:** \$225

Code: SBBK3; **Grade:** 9; **Date:** Jun 10-Jul 3; **Time:** 3:00-5:00 pm (M-Th); **Fee:** \$225

“Boys’ Summer League & Shootouts”

All incoming sophomore through senior boys who are signed up for basketball camp are eligible to play. Students have an opportunity to participate in summer league game competitions. The dates and start time for games are TBA. Games will primarily be played at Loyola Academy and/or Maine East. Shootouts are to be announced.

Coach: Phil Ralston, 847.486.4521

Code: SBBK4; **Grades:** 11-12; **Date:** Jun 9-30; **Time:** TBA; **Fee:** \$355

Code: SBBK5; **Grade:** 10; **Date:** Jun 9-30; **Time:** TBA; **Fee:** \$355

“Girls’ Basketball Camp”

During this session, improvement of individual skills is emphasized. The session coincides with the Maine West Summer League for varsity players. This course is supervised by the varsity basketball coach and assisted by current and former GBS players and coaches. Location: GBS Fieldhouse

Coach: Scott Nemecek, 847.486.4662

Code: SGBK1; **Grade:** 9; **Dates:** Jun 12-13, 17-20, 24-27, Jul 1-2, 8-11 (M-Th);

Time: 1:00-2:30 pm; **Fee:** \$200 (*No Camp July 5 & 4*)

Code: SGBK2; **Grades:** 10-12; **Dates:** Jun 12-13, 17-20, 24-27, Jul 1-2, 8-11 (M-Th);

Time: 2:30-4:30 pm; **Fee:** \$225 (*No Camp July 5 & 4*)

Cheerleading

“Girls’ JV Summer Cheerleading Conditioning”

Invitation only: This camp will teach students basic skills needed for participation on the GBS JV Cheerleading squad. The students learn cheerleading technique, skills, conditioning exercises and strengthening exercises. Includes Carthage College Cheer Camp July 19-21.

Location: GBS Football Field

Coach: Jasmine Phillips, jphillips@glenbrook225.org

Code: SGCH1; **Grades:** 9-12; **Dates:** Jun 12,14,19,21,26,28-Jul 12,17,19,24,26; **Time:** 4:00-6:00 pm;

Fee: \$500

“Girls’ Varsity Summer Cheerleading Conditioning”

Invitation only: This camp will improve existing skills as well as teach new techniques. The students will condition and work on strengthening exercises, stunts, tumbling and a variety of other cheerleading techniques and skills. Includes Carthage College Cheer Camp July 19-21.

Location: GBS Football Field

Coach: Jasmine Phillips, jphillips@glenbrook225.org

Code: SGCH2; **Grades:** 9-12; **Dates:** Jun 12,14,19,21,26,28; Jul 12,17,19,24,26; **Time:** 4:00-6:00 pm;

Fee: \$500

Cross Country

“Boys’ e³ Girls’ Cross Country Camp” – 6th through 12th

This camp is designed for both the advanced and beginner athlete. Students enrolled become acquainted with various training techniques and weight lifting. Cross Country camp is especially important for individuals who are planning to compete in cross-country this coming fall at GBS. Runners going into 6th, 7th or 8th grade may participate in this camp. Athletes may leave camp early to attend a summer school course. No camp July 4th.

Location: GBS Fieldhouse

Boy’s Coach: Kurt Hasenstein, 847.486.4586 or khasenstein@glenbrook225.org

Code: SCCX1; **Grades:** 6-12 (Boys); **Date:** Jun 17-Jul 27; **Time:** 6:30-8:00 am (M-Th); **Fee:** \$180

Girl’s Coach: Meaghan Fastert, 847.486.4595 or mfastert@glenbrook225.org

Code: SCCX2; **Grades:** 6-12 (Girls); **Date:** Jun 17-Jul 27; **Time:** 6:30-8:00 am (M-Th); **Fee:** \$180

Field Hockey

“Girls’ Junior High Field Hockey Clinic”

This camp is open to all Junior High players interested in field hockey. No prior experience is needed. The instruction focuses on introducing the game and its tactics as well as developing some of the fundamental skills associated with the game. Field Hockey shin guards, mouth guard and goggles are required. Sticks are recommended but not required. We meet in the stadium the first day.

Location: GBS Stadium

Coach: Tom Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

Code: SFHO4; **Grades:** 6-8; **Date:** Jun 10-14; **Time:** 3:00-4:30 pm; **Fee:** \$150

Field Hockey continued next page

“Girls’ Incoming Freshman/New Player Field Hockey Clinic”

This course is open to all NEW players interested in playing field hockey. No prior field hockey experience is needed. The instruction focuses on introducing the game and its tactics as well as developing some of the fundamental skills associated with the game. Field Hockey shin guards, mouth guard and goggles are required. Sticks are recommended. We meet in the stadium the first day.

Location: GBS Stadium

Coach: Tom Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

Code: SFHO2; **Grades:** 9-12; **Date:** Jun 10-14; **Time:** 4:30-6:00 pm; **Fee:** \$150

“Girls’ Returning/Experienced Field Hockey Player Clinic”

This camp is open to EXPERIENCED players interested in playing field hockey. The instruction focuses on expanding fundamental skills and applying those skills to game play. Field hockey shin guards, mouth guard, goggles and stick are required. We will meet in the stadium on the first day.

Location: GBS Stadium

Coach: Tom Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

Code: SFHO1; **Grades:** 10-12; **Date:** Jun 10-14 **Time:** 4:30-6:00 pm; **Fee:** \$150

“Girls’ Summer Field Hockey League”

We will have one team this year that will compete with other schools in the area. Games will be played at Stevenson High School’s Turf Stadium. Games will be on Wednesday nights starting June 5th through July 17th. Each team will play one regulation game per week. Players are responsible for transportation to and from games. Online registration must be completed by Thursday, May 23, 2019 to guarantee that jerseys will be ready prior to the first game. If you are unable to make a game you **MUST** contact Coach Rosenbaum. We will meet at Stevenson High School for all games.

Coach: Tom Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

Code: SFHO3; **Grades:** 9-12; **Date:** Jun 5-Jul 17 **Time:** 5:30, 6:30 or 7:30 pm; **Fee:** \$175

Football

“Boys’ Football Camp”

Summer football camp stresses physical conditioning, weightlifting, football fundamentals and drills. Activities are designed for all potential football players. Incoming freshmen are encouraged to participate. No experience is necessary. The GBS football staff supervises this camp.

Location: GBS Turf Field, GBS Weight Room

Coach: Dave Schoenwetter, 847.486.4406

Code: SBFB1; **Grades:** 11-12; **Date:** Jun 17-Jul 27;

Time: 8:00 am-12:00 pm (M,T,W,Th); **Fee:** \$265

Code: SBFB2; **Grade:** 10; **Date:** Jun 17-Jul 27;

Time: 8:00-11:30 am (M,T,W,Th); **Fee:** \$265

Code: SBFB3; **Grade:** 9; **Date:** Jun 17-Jul 26;

Time: 8:00-11:00 am (M,T,W,Th); **Fee:** \$240



Gymnastics

Boy's High School Gymnastics Camp – Incoming 9th through 12th

The Glenbrook South Boys' Gymnastics Program is hosting a summer camp for all levels, including incoming freshman. The camp will teach gymnasts the skills required for each level (freshman, junior varsity, varsity) with a focus on strength and conditioning. No previous experience necessary.

Location: GBS Gymnastics Gym (west side of main gym)

Coach: Brandon Tucker, 847.486.4280

Code: SBGY1; **Grades:** 9-12; **Date:** Jun 18-Jul 11; **Time:** 2:00-4:00 pm (T,W,Th); **Fee:** \$150

Lacrosse

Boy's High School Lacrosse Camp – Incoming 9th through 12th

GBS boys' lacrosse will practice and scrimmage twice per week in the evening and participate in supervised team workouts, plus filmroom/classroom sessions. This program is intended for incoming freshman through rising varsity seniors. Players will be separated by skill and experience.

Schedule: Tuesday & Wednesday Practices: *No Practice July 2 or 3*

Local Games: TBA

Location: GBS Turf Field

Coach: Will Jeffery, 847.494.6882

Code: SBLX3; **Grades:** 9-12; **Date:** Jun 18-19,25-26-Jul 9-10,16-17,23-24; **Time:** 4:45-6:00 pm;

Fee: \$210

“Girls’ Lacrosse Camp”

Highly recommended for all girls who are trying out for girls' lacrosse entering grades 9-12.

Beginners-Advanced players. Camp will consist of individual skill development, drills, small sided team concepts, scrimmaging, as well as weight lifting/conditioning, and potentially film/classroom sessions: There will be a one evening tournament “away” on Thursday, June 27 vs. other local teams.

Coach: Anne Lesch, 847.715.6706 or alesch@glenbrook225.org

Code: SGLX1; **Grades:** 9-12; **Date:** Jun 24-28 **Time:** 9:00-11:30 am (M-F); **Fee:** \$160

Poms

“Girls’ JV Titan Pom Camp”

Invitation only: This camp will teach students basic skills needed for participation on the Titan Poms. The students learn technique, skills and dances.

Location: GBS Fieldhouse Dance Room

Coach: Julie Smith, 847.486.4661

Code: SPOM1; **Grades:** 9-10; **Dates:** Jun 17-28 (M-F), Jul 10-31 (W); **Time:** 1:00-4:00 pm;

Fee: \$200

Poms continued next page

“Girls’ Varsity Titan Pom Camp”

Invitation only: This camp will improve existing skills as well as teach new techniques. The students will learn pom, jazz, hip hop and kick routines.

Location: GBS Fieldhouse Dance Room

Coach: Julie Smith, 847.486.4661

Code: SPOM2; **Grades:** 11-12; **Dates:** Jun 17-28 (M-F), Jul 10-31 (W); **Time:** 1:00-4:00 pm; **Fee:** \$200

Soccer

“Boys’ Soccer Camp”

This camp is open to all levels (including incoming freshmen). Camp emphasizes technical skills and tactical strategies through various activities/scrimmages. Players may be separated by age and/or ability. Campers need to bring a ball and shin guards. Camp is supervised by the GBS coaching staff.

Location: GBS Turf Field, GBS grass fields

Coach: Reggie Lara, 847.486.4645 or rlara@glenbrook225.org

Code: SBSO1; **Grades:** 9-12; **Date:** Jul 15,17,22-25; **Time:** 5:00-7:30 pm; **Fee:** \$210

“Boys’ Summer Soccer League”

There will be one team per grade level. Games will often be played at/against other CSL schools. a master schedule with times, locations and team assignments will be sent out to all participants prior to the start of the league. Maximum 22 participants per grade level.

Coach: Reggie Lara, 847.486.4645 or rlara@glenbrook225.org

Codes: SBSO2 **Grade:** 9; SBSO3 **Grade:** 10; SBSO4 **Grades:** 11 & 12

Dates: Jun 18,20,25,27 & Jul 9,11,16,18; **Time:** 4:00 or 6:00 pm; **Fee:** \$90

“Girls’ Soccer Camp”

This camp is open to all incoming high school freshmen to senior soccer players on all levels who are interested in developing a solid soccer skill-based foundation. Dynamic warm-ups, fundamental skills sessions, small-sided games and scrimmages will be emphasized. This is highly recommended for those planning to play in the GBS girls’ soccer program. Camp is supervised by the GBS girls’ soccer coaching staff. Campers need to bring a ball and shin guards.

Location: GBS grass soccer fields on campus

Coach: Mark Daniels, mdaniels@glenbrook225.org

Code: SGSO1; **Grades:** 9-12; **Date:** Jun 17, 18, 20, 24, 25, 27; **Time:** 5:00-7:30 pm (M,T,Th);

Fee: \$210 *Soccer continued next page*

“Girls’ Summer Soccer League”

This fee covers participation with the 2019 New Trier Girls’ North Shore Summer Soccer League. There will be Varsity (varsity returnees, juniors) and Junior Varsity (sophomore, incoming freshman) teams. Dates played are during mid-June to mid-July and the schedule is made by New Trier High School. Game Times are usually either 6:00 pm (if one game) or 6:00-6:40/7:20 pm (if two games, two of those three game times). Each participant will receive one t-shirt.

Coach: Mark Daniels, mdaniels@glenbrook225.org

Code: SGSO2; **Grades:** 9-12; **Date:** Jun 12, 19, 26, & Jul 1, 10 (*dates are subject to change*);

Time: 6:00, 6:40, 7:20 pm; **Fee:** \$100

Softball

“Girls’ Softball”

This GBS Head Softball Coach Dana Boehmer will serve as the camp director. The camp staff will also include Stephanie Wilson, Missy Pfister, Melissa Pearson and current/former players.

The coaching staff will place an emphasis on fundamental skill development by using several of the same drills which have continued to elevate the GBS softball program.

Facilities: All Titan Softball Camps are held at Glenbrook South Varsity Softball field.

What to Bring? All participants should bring glove, hat, spikes, gym shoes, water and bat. Please label each item.

“Girls’ Summer Junior High & Incoming Freshmen Complete Skills Camp”

This camp is for this 2019-2020 incoming 6th thru 9th grade softball players. Instruction will center on advance skill development in hitting, pitching, fielding and throwing. Campers will also learn through game situation instruction.

Coach: Dana Boehmer, 847.486.4596 or dboehmer@glenbrook225.org

Code: SGSB2; **Grades:** 6-9; **Date:** Jun 17-20; **Time:** 10:00 am-12:00 pm (M-Th); **Fee:** \$75

Tennis

“Coed Summer Tennis Camp”

This camp is for anyone interested in playing tennis and getting ready for tennis tryouts. Players will participate in a variety of drills, activities, and agility training, which will develop fundamentals, individual skills, team play, as well as footwork and speed. Tennis coaches from Glenbrook South will instruct the athletes and run the camp. Any boy or girl entering grades 9-12 at Glenbrook South or Glenbrook North is eligible.

Location: GBS Tennis Courts

Code: SCTN1 **Grades:** 9-12; **Date:** Jun 12-27 & Jul 9-18; **Time:** 8:00-10:00 am (T,W,Th); **Fee:** \$250

Contact Information: Meg Ahlgrim, 847.486.4546 or mahlgrim@glenbrook225.org

Track & Field

“Coed Summer Sprint, Hurdle & Relays Camp”

This camp is designed for both the advanced athlete and the beginner. Students enrolled will have a chance to enhance their skills in a variety of sprinting, hurdling and relay events. Current GBS Track and Field coaches will instruct students in their specific event areas. **Camp will meet each day regardless of the weather!**

Location: GBS Stadium/Track

Coach: Kurt Hasenstein 847.486.4586 or khasenstein@glenbrook225.org

Code: STRK1; **Grades:** 6-12; **Date:** Jun 17-Jul 3; **Time:** 9:00-10:30 am (M,T,W); **Fee:** \$180

Track & Field continued next page

“Coed Jumps Camp”

This camp is designed for both the advanced athlete and the dedicated beginner. Athletes enrolled will learn about and participate in jump focused weight and fitness training and jump technique.

Camp will meet each day regardless of the weather!

Location: GBS Stadium/Track

Coach: D. Zapler, dzapler@glenbrook225.org

Code: SCJC1; **Grades:** 6-12; **Dates:** Jul 8,10,12,15,17,19; **Time:** 9:00-10:30 am; **Fee:** \$180

Volleyball

“Girls’ Incoming Freshman Volleyball Camp”

This camp is open to high school athletes (incoming freshmen) interested in improving their volleyball skills. Instruction is geared toward improving fitness levels and learning the fundamentals necessary to be competitive at the high school level.

Location: GBS West Gym

Coach: Kelly Dorn, 847.486.4592 or kdorn@glenbrook225.org

Code: SGVB1; **Grade:** 9; **Date:** Jul 8-18; **Time:** 8:00-10:00 am (M-Th); **Fee:** \$225

“Girls’ Incoming Sophomore – Senior Volleyball Camp”

This camp is designed to further improve already gained skills as well as learn various systems on both offense and defense. This will be a team oriented camp designed to be a team bonding experience mixed with physical conditioning and team skills.

Location: GBS West Gym

Coach: Kelly Dorn, 847.486.4592 or kdorn@glenbrook225.org

Code: SGVB2; **Grades:** 10-12; **Date:** Jul 8-18; **Time:** 10:30 am-12:30 pm (M-Th); **Fee:** \$225

“Girls’ Volleyball – Incoming 6th through 8th”

This camp will lay a great foundation of all essential skill sets including passing, setting, serve reception, hitting and blocking. There will be game play and competition on a daily basis and many of our own Varsity players will be on hand to assist and provide Titan Spirit!

Location: GBS West Gym

Coach: Kelly Dorn, 847.486.4592 or kdorn@glenbrook225.org

Code: SGVB3; **Grades:** 6-8; **Date:** Jul 8-11; **Time:** 1:00-2:30 pm (M-Th); **Fee:** \$75

Wrestling

“Boys’ Wrestling Camp”

This camp is for all ages and levels including those who have never wrestled. This camp will primarily focus on helping wrestlers develop their technical skills. We will start with the basic building blocks of the sport (stance, position, hand-fighting, etc.) and then progress into more advance techniques. Throughout this camp we will work on live situations and learn how to develop strategies to win matches. Wrestlers will be taught important weight training and nutritional concepts in the sport of wrestling.

Location: GBS Wrestling Room

Coach: Pat Castillo, 847.486.4466 or pcastillo@glenbrook225.org

Code: SBWR1; **Grades:** 1-12; **Fee:** \$125; **Date:** Jun 11,18,25; Jul 2,9,16; **Time:** 3:30-5:30 pm (T)

Date: Jun 19,26; Jul 10,17; **Time:** 10:00 am-12:00 pm (W)

