



Black River Sports Camps 2010

General Information

- ▶ Camps are open to any student from any school. We welcome all athletes who want to have fun, improve skills, and enjoy a week of sports instruction. Invite your friends!
 - ▶ Individual coaches run sports camps. Please contact them if you have any questions.
 - ▶ All checks should be made out to "Black River Public School: Sports Camps."
 - ▶ Each camp has a minimum participation level of 10 students.
 - ▶ All payments and forms are due by May 15, 2010 (early bird price) or June 1, 2010 (regular price).
 - ▶ No refunds will be provided after June 1. Before June 1, a maximum of \$25 can be refunded for a cancellation.
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High School Camps

High School Girls Volleyball

- ▶ July 19-23 9:00 - 11:00a.m., \$40 / \$50
- ▶ Coach Sarah Schallhorn
- ▶ sarahtim@sbcglobal.net

The high school girls' volleyball camp is for girls entering grades 9-12. Come for a week of skills, conditioning, and fun! Whether you have played for years or are just starting out, this camp will help you hone your volleyball skills. Throughout the week, we will be working on passing, hitting, blocking, setting, serving, and defense. The week will end with a tournament in which each participant can put her new skills to work. All participants must have proper athletic gear, including gym shoes and kneepads.

High School Boys Basketball

- ▶ June 7-10, 6:00-8:00p.m., \$35 / \$45
- ▶ Coach Kyle Lawton
- ▶ lawtonk@brpsk12.org, 355-0055x122

During this 4-day camp, players will do a plyometrics workout, learn the fundamentals of the game, and play in competitive games each day. Plyometrics are designed to build the explosiveness and strength in muscle necessary to improve an athlete's vertical leap, quickness, and core strength. The basketball fundamentals portion of the program will involve breaking down the fundamentals of shooting, defense, rebounding, passing, and team play.

High School Girls and Boys Soccer

- ▶ July 19-22, 6:00 - 8:00p.m., \$35 / \$45
- ▶ Coach Kyle Lawton
- ▶ lawtonk@brpsk12.org, 355-0055x122

All students entering grades 9-12 who are interested in improving their soccer skills should attend this camp. We will be working to improve our passing, dribbling, shooting, and teamwork, while also working to improve our speed and quickness. The best way to improve your soccer skills is to play, and there will be plenty of time for short-sided and full-field games.

Grades 7-12 Girls Basketball

- ▶ July 12-16, 9:00a.m- 12:00p.m., \$55/ \$70
- ▶ Coach Tim Witvoet
- ▶ witvoett@brpsk12.org, 355-0055x133

This camp is for all girls entering grades 7-12. We will focus on playing and on improving individual and team skills for the week. The goal of the week will be for the athlete to improve her abilities and be ready to play for the school team next year. Each day we will have time for 5-on-5 games. Look forward to having fun while improving your skills!



High School Camps (continued)

High School Conditioning

- ▶ July 26-29 and August 2-5 , 9:00-10:30, \$45 / \$55
- ▶ Coach Necia Ornee
- ▶ orneen@brpsk12.org, 355-0055x125

This camp is for students interested in getting into shape for fall sports or for fun. We will run, do circuit, core and strength training activities, and play games like ultimate frisbee, soccer, and tag, to help build endurance. The camp will take place outdoors unless weather requires us to be inside.

This is separate from Cross Country Camp, which will take place at the end of the summer and is for high school students planning to join the team in the fall. Stay tuned for information about CC Camp, or contact Mrs. Ornée.

Small Group Coaching

- 1 to 4 students
- \$20 cost for 1 hour of Coaching
- Get together with your friends and split the cost of the hour
- Basketball, Soccer, Volleyball or Cross Country
- Call the Coach for your Sport for Details

Middle School Camps

Middle School Girls Volleyball

- ▶ July 19-23, 12:00-2:00 p.m., \$40 / \$50
- ▶ Coach Sarah Schallhorn
- ▶ sarahtim@sbcglobal.net

This camp has been created to help improve basic volleyball skills and interest in the game. Players will learn the rules of the game, work on improving their passing, hitting, and serving skills, and participate in friendly competitions. Participants are expected to have kneepads and appropriate gym shoes. No previous experience is necessary!

Middle School Boys Basketball

- ▶ July 13-17, 1:00 a.m.-4:00 p.m., \$55 / \$70
- ▶ Coach Brent Rowe
- ▶ roweb@brpsk12.org, 355-0055x139

This camp is for all boys entering grades 6-8. We will focus on playing and on improving individual and team skills for the week. The goal of the week will be for the athlete to improve their abilities and overall knowledge of the game. Each day we will have time for 5-on-5 games. Look forward to having fun while improving your skills!

Middle School Camps (continued)

Middle School Boys and Girls Soccer

- ▶ July 19-22, 9:00 a.m. - 11:00 a.m., \$40 / \$50
- ▶ Coach Jim Hile
- ▶ HileJ@brpsk12.org, 355-0055x127

Boys and girls entering grades 6-8 are eligible for this camp. During the four days together, players will learn the fundamentals of the game by participating in many skill-building drills. They will play in competitive short-sided games each day, and depending on the number of participants, some full-sided games as well. If you want to improve your knowledge of the game, as well as your dribbling, shooting, passing and defensive skills, sign up for this camp!

Grades 7-12 Girls Basketball

(Please see "Grades 7-12 Girls Basketball" under "High School Camps." This camp is open to some middle school girls as well.)

Middle School Conditioning

- ▶ July 26-29 and August 2-5, 9:00-10:30, \$45 / \$55
- ▶ Coach Necia Ornee
- ▶ Orneen@brpsk12.org, 355-0055x125

Please see "High School Conditioning" under "High School Camps." This camp is open to all middle school students as well.)

Elementary Camps

Elementary Sports Camp #1

- ▶ June 14-18, 9:00 a.m.-12:00 p.m., \$30 / 35
- ▶ Coach Jeff Hamberg
- ▶ Hambergj@brpsk12.org, 355-0055x158

This elementary sports camp is designed to give kids an opportunity to play a wide range of sports and games though a fun-filled week. The camp is for students entering grades 1-5. Kids will be taught how to play numerous sports and the concept of teamwork. Several student-athletes will be volunteering as camp counselors.

Grades 5-7 Basketball

- ▶ July 13-16, 5:00 - 7:00p.m., \$25 / \$35
- ▶ Coach Brent Rowe
- ▶ Roweb@brpsk12.org, 355-0055x139

This 4-day basketball camp is intended to give youngsters the opportunity to explore the game of basketball through team and individual fundamental training. This camp provides a great way to have fun and improve skills.

Elementary Sports Camp #2

- ▶ June 14-18, 1:00 a.m.- 4:00 p.m., \$30 / 35
- ▶ Coach Jeff Hamberg
- ▶ Hambergj@brpsk12.org 355-0055x158

This elementary sports camp is designed to give kids an opportunity to play a wide range of sports and games though a fun-filled week. The camp is for students entering grades 1-5. Kids will be taught how to play numerous sports and the concept of teamwork. Several student-athletes will be volunteering as camp counselors.

**Black River Sports Camps - 2010
Registration Form**

Student's Name: _____

Please:

1. Check boxes of all camps attending, and
2. Circle the appropriate price, based on the date of application.

	submitted by:	May 15	June 1
<input type="checkbox"/> High School Girls Indoor Volleyball		\$40	\$50
<input type="checkbox"/> High School Boys and Girls Soccer		\$35	\$45
<input type="checkbox"/> High School Boys Basketball		\$35	\$45
<input type="checkbox"/> Grades 7-12 Girls Basketball		\$55	\$70
<input type="checkbox"/> High School Conditioning		\$45	\$55
<input type="checkbox"/> Middle School Girls Volleyball		\$40	\$50
<input type="checkbox"/> Middle School Basketball		\$55	\$70
<input type="checkbox"/> Middle Boys and Girls School Soccer		\$40	\$50
<input type="checkbox"/> Grades 7-12 Girls Basketball		\$55	\$70
<input type="checkbox"/> Middle School Conditioning		\$45	\$55
<input type="checkbox"/> Elementary Sports Camp #1		\$30	\$35
<input type="checkbox"/> Elementary Sports Camp #2		\$30	\$35
<input type="checkbox"/> Grades 5-7 Basketball		\$25	\$35

Want a camp tee-shirt? Cost \$12 Please circle: \$12

Tee-shirt size? Please circle: YM YL S M L XL

Total Cost: _____

Student Information:

Age: _____
School: _____
Grade Entering: _____
Parent's Name: _____
Home Address: _____
Home Phone: _____
Work Phone: _____
Emergency Contact (name/phone): _____/_____
Medical Conditions: _____

I hereby authorize my son/daughter to participate in the BRPS Sports Camps. I waive and release the clinic, instructors, and Black River Public School of all liability while at the camp.

Signature of Parent/Guardian: _____ Date: _____