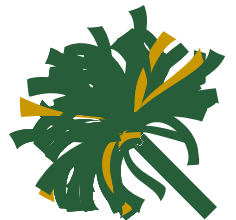
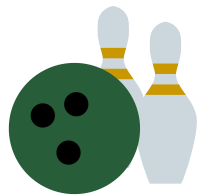
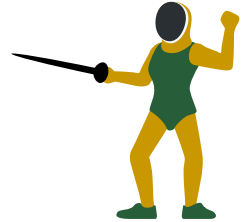
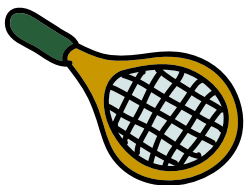




WELCOME TO STEVENSON HIGH SCHOOL SUMMER CAMPS



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.

Boys' Baseball - (9th)

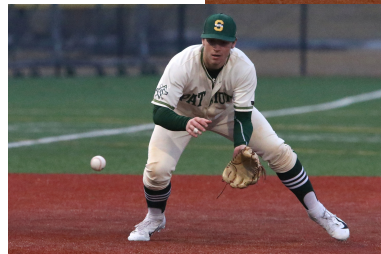
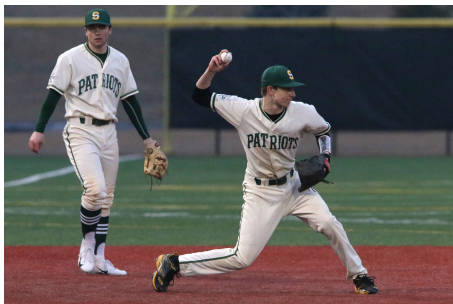
Baseball coaches will teach you the fundamentals of baseball in order to improve individual skills. This camp is designed to emphasize the skills needed to be successful in the following areas: fielding, throwing, hitting and base running. The camp will breakdown skills and reinforce technique through drills and scrimmages

M-Th, 6/6 - 6/9

Varsity Baseball Field

1:15pm - 3:15pm

Fee: \$60.00



**Register using the QR Code
or click on the link below.**

Boys' Baseball - (10th - 12th)

This camp will consist of all interested Stevenson baseball players, Grades 10-12. The focus of this camp will be player development, which will include an emphasis on hitting, pitching, fielding, base running, learning how to be a teammate, the mental side of baseball, etc. Two days a week will be practices and two days a week will be inter-squad games.

M-Th, 6/6 - 6/9

3:15pm - 5:15pm

M-Th, 6/13 - 6/30

1:15pm - 3:15pm

(no camp on June 20th)

Varsity Baseball Field

Fee: \$180.00



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.

Boys' Basketball - (9th)

This program will enhance the fundamentals of basketball. Athletes will develop skills such as ball handling, shooting, passing, and defense. Younger players will also become familiar with the different strategies and tactics associated with game play to improve their basketball IQ.

M-Th, 6/13 - 6/16

3:15pm - 5:15pm

Tu-Th, 6/21 - 6/23

3:15pm - 5:15pm

(no camp on June 20th)

Field House

Fee: \$115.00



Boys' Basketball - (11th-12th)

Athletes will continue to develop skills such as ball handling, shooting, passing, rebounding and defense. Athletes will learn how to compete and what it means to work as a team on the court. Participants will be immersed in game play to learn additional footwork and balance. Finally, athletes will further understand basketball strategies and tactics that will improve their overall basketball IQ.

M-Th, 6/6 - 6/9

1:15pm - 3:15pm

M-Th, 6/13 - 6/16

1:15pm - 3:15pm

Tu-Th, 6/21 - 6/23

1:15pm - 3:15pm

(no camp on June 20th)

Sports Center

Fee: \$175.00

Boys' Basketball - (10th)

At the sophomore level, athletes will continue to develop their skills, however, these athletes will learn how to compete and what it means to work as a team on the court. Participants will be immersed in game play to learn footwork, balance, and overall skill development.

M-Th, 6/6 - 6/9

3:15pm - 5:15pm

M-Th, 6/13 - 6/16

3:15pm - 5:15pm

Field House.

Fee: \$115.00

Girls' Basketball - (9th-12th)

Based on the athlete's level, each player will continue to develop skills such as ball handling, shooting, passing, rebounding, and defense. Athletes will learn how to compete and what it means to work as a team on the court. Participants will be immersed in game play to learn additional footwork and balance. Finally, athletes will further understand basketball strategies and tactics that will improve their overall basketball IQ.

M-Th, 6/13 - 6/16

3:15pm - 5:15pm

Tu-Th, 6/21 - 6/23

3:15pm - 5:15pm

(no camp on June 20th)

Sports Center

Fee: \$115.00



Register at
<https://aestevenson-ar.schooltoday.com>



Register using the QR
Code or click on the link.

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.



Cheer - (9th-12th)

Athletes will expand their cheer knowledge and improve their skills in crowd interaction, stunting, routines, and tumbling. Participants will understand the foundation of cheer technique and learn new transitions and structures. Camp will focus on both individual skills as well as team and leadership skills to enhance one's overall experience and cheer comprehension.

Tu, W, & Th: 6/7, 6/8, 6/9, 6/14, 6/15, 6/16, 6/21, 6/22, 6/23, 6/29 & 6/30

5:00pm - 7:30pm

Tu & Th: 7/5, 7/7, 7/12, 7/14, 7/19, 7/21, 7/26, & 7/28

Wood Commons

Fee: \$300.00



Cheer NCA Camp - (9th-12th)

NCA offers a camp that provides more interaction and detail so teams can get those fans in the stands on their feet! NCA will also focus on stunt training and the importance of stunt progression. The final component that NCA includes is a Team Time experience to teach athletes to positively affirm, motivate, and collaborate with each other. (Invite Only)

Sun, 6/26

10:00am - 6:00pm

Mon, 6/27

2:00pm - 9:00pm

Tues, 6/28

2:00pm - 8:00pm

Sports Center

Fee: \$250.00



**Register using the QR Code or
click on the link below.**



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.



Boys' Gymnastics - (9th - 12th) - Session #1

Athletes will learn the basic techniques of specific gymnastics skills and how to perform on each apparatus. Sessions will further the athlete's development as a gymnast and allow help them to improve their self-esteem and confidence as they become more comfortable with each event. In addition to working on skills, athletes will also be working toward improving their strength and conditioning.

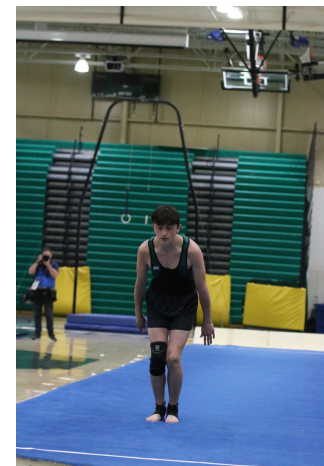
M, W, F: 6/8 - 6/29

6/8, 6/10, 6/13, 6/15, 6/17, 6/22, 6/25, 6/27, & 6/29

US Gymnastics Training Center - Lake Zurich

1:30pm - 4:00pm

Fee: \$175.00



Boys' Gymnastics - (9th-12th) - Session #2

Athletes will learn the basic techniques of specific gymnastics skills and how to perform on each apparatus. Sessions will further the athlete's development as a gymnast and allow help them to improve their self-esteem and confidence as they become more comfortable with each event. In addition to working on skills, athletes will also be working toward improving their strength and conditioning.

M, W, F: 7/6 - 7/27

7/6, 7/8, 7/11, 7/13, 7/15, 7/18, 7/20, 7/22, 7/25, & 7/27

US Gymnastics Training Center - Lake Zurich

1:30pm - 4:00pm

Fee: \$175.00



**Register using the QR Code or
click on the link below.**



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.

Girls' Field Hockey - (9th-12th)

Join us for a 3-day, 2-2 & 1/2 hour sessions/day.

Session 1 = 1:30-4pm a break to refuel and Session 2 = 5-7:30pm, **Mon, 7/18 - Wed, 7/20**. We will be performing low intensity workouts as we simultaneously develop fundamentals, such as, stick work, offense, and defense. We will also emphasize teamwork, positive competition, and healthy competition that will benefit those who attend. College athletes and coaches will be present to help run the camp. **To register**, please contact Coach Isabella Licciardello-Allen at: ilicciardello@d125.org **Fee: \$215.00**



Co-Ed Fencing - (8th-12th)

Master the craft of swordsmanship as one learns the skills and strategy associated with foil, epee, and saber fencing. Beginners will learn footwork, balance, movement, and blade training. While those athletes who are more advanced will increase their mastery through competition and tactics.

M-Th, 7/18 - 7/21

1:15pm - 4:00pm

M-Th, 7/25 - 7/28

1:15pm - 4:00pm

Field House

Fee: \$170.00



Patriettes - (9th - 12th)



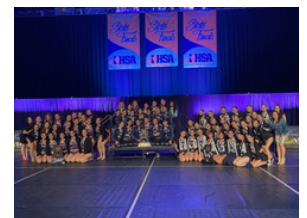
Athletes will work on expanding their dance technique, including leaps, turns, jumps, and acrobatics. Additionally, participants will condition and learn choreography in a variety of dance styles.

M-Th, 6/6 - 7/14 (no camp on Monday, 6/20 and Tuesday, 7/5)

5:30pm - 8:00pm

Field House - Courts #4, #5, & #6

Fee: \$300.00



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.



Football - (9th)

Younger athletes will obtain the basic skills of football, including passing, catching, running with the ball, and defensive posture.

Participants will also learn the various positions and terminology needed to further advance their game. Finally, athletes will work on speed and coordination in game play and scrimmage situations. Camp includes jersey.

M-Th, 6/13 - 6/30

1:15pm - 3:15pm

(no camp on June 20th)

Field 14

Fee: \$175.00



**Register using the QR Code or
click on the link below.**

Football - (10th)



Intermediate athletes will continue to learn the core competencies of each football skill. This will include passing, catching, defensive positioning, speed, and coordination. Along with skills, participants will learn the flow of the game through competitive play as the camp will address both individual positions as well as team play and scrimmage situations.

M-W, 6/6 - 6/30

Time: 3:15pm - 5:15pm

(no camp on June 20th)

Th-F, 6/6 - 7/1

Time: 6:00am - 7:15am

Field 3

Fee: \$200.00



Football - (11th-12th)

Not only will athletes continue to improve and develop their football skills, such as; passing, catching, punting, running with the ball, and defensive posture, but they will also be introduced to full contact and scrimmage play. Athletes will understand proper technique in order to be efficient in their movement on the field. Camp will address both individual positions as well as game play. Finally, athletes will further comprehend the teamwork needed to be highly competitive. This camp includes the 7-on-7 league.

M-Th, 6/6 - 7/1 (no camp on 6/20)

3:15pm - 5:15pm

Stadium

Fee: \$250.00

Friday

6:00am - 7:15am



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.



Boys' Lacrosse - (9th - 12th)

Athletes will learn and improve upon their fundamental skills, such as stick handling, cradling, scooping, throwing and catching. Participants will also learn and become familiar with the different positions using both drills and scrimmages to further game understanding.

M-Th, 6/27 - 6/30

1:15pm - 3:15pm

Stadium

Fee: \$60.00



Co-Ed Soccer - (9th)

Athletes will improve upon fundamental skills such as, attacking, defense, dribbling, kicking, and shooting. In addition, sessions will also focus on advancing one's skills through individual positioning and game play. Participants will learn necessary strategy and tactical insight on the field through drills, games, and competitive play.

M-Th, 6/21- 6/30

1:15pm - 3:15pm

(no camp on 6/20)

Field 13

Fee: \$115.00



Girls' Lacrosse - (9th-12th)

Younger athletes will learn the fundamental skills necessary to play and strategize on the field. More experienced athletes will continue to improve their fundamental skills such as, stick handling, cradling, scooping, throwing and catching. In addition, sessions will focus on advanced positioning utilizing specific drills and game play. Participants will learn strategy, tactical insight, leadership, and life skills.

Tu-Th, 6/21 - 6/23

1:15pm - 3:15pm

Stadium

Fee: \$60.00



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.



Register using the QR
Code or click on the link
below.



Boys' Tennis – (9th–12th)

Athletes will be able to fine tune their skills through practice and match play. Various skills, such as serving, forehand, backhand, volleys, and the overhand stroke will be reviewed. Participants will also learn proper footwork, coordination, and technique. Finally, athletes will learn more about leadership and life skills and the importance they play on the court.

M-Th, 6/13 - 6/23
(no camp on June 20th)
VHAC

1:30pm - 3:30pm
Fee: \$115.00



Wrestling – (9th)

Camp will focus on fundamental wrestling skills and techniques. Participants will engage in drilling, sparring, live wrestling sessions, and strength/conditioning. No experience required to participate. Along with developing the necessary skills to compete at a high level in the sport of wrestling, the core values of the Stevenson Wrestling program will also be cultivated through goal setting and team building activities.

M-Th, 6/13 - 6/23
(no camp on June 20th)
Wrestling Room

3:15pm - 5:15pm
Fee: \$115.00



Wrestling – (10th–12th)

Camp will focus on fundamental wrestling skills and techniques. Participants will engage in drilling, sparring, live wrestling sessions, and strength/conditioning. No experience required to participate. Along with developing the necessary skills to compete at a high level in the sport of wrestling, the core values of the Stevenson Wrestling program will also be cultivated through goal setting and team building activities.

M-Th, 6/13 - 6/23
(no camp on June 20th)
Wrestling Room

5:30pm - 7:30pm
Fee: \$115.00



Register at <https://aestevenson-ar.schooltoday.com>

AESHS SPORTS CAMP

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.

Boys' Volleyball – (9th)

This program will enhance the fundamentals of volleyball. Athletes will develop skills such as serving, setting, hitting, and passing. Freshman will also become familiar with the different rotations and positions. Participants will further understand game play and improve their court sense. The main focus will be to learn the game and refine volleyball skills.

M-Th, 7/18 - 7/21 **1:15pm - 3:15pm**
M-Th, 7/25 - 7/28 **1:15pm - 3:15pm**
Sports Center **Fee: \$115.00**



Girls' Volleyball – (9th)

This program will enhance the fundamentals of volleyball. Athletes will develop skills such as serving, setting, hitting, and passing. Freshman will also become familiar with the different rotations and positions. Participants will further understand game play and improve their court sense. The main focus will be to learn the game and refine volleyball skills.

M-Th, 7/18 - 7/21 **1:15pm - 3:15pm**
M-Th, 7/25 - 7/28 **1:15pm - 3:15pm**
Field House **Fee: \$115.00**

Boys' Volleyball – (10th-12th)

The upper levels will continue to develop their skills, however, these athletes will learn how to compete and what it means to work as a team on the court. During camp, athletes will be immersed in volleyball play designed to fit their skill level and engage in a combination of contests and games.

M-Th, 7/18 - 7/21 **3:15pm - 5:15pm**
M-Th, 7/25 - 7/28 **3:15pm - 5:15pm**
Sports Center **Fee: \$115.00**

Girls' Volleyball – (10th-12th)

The upper levels will continue to develop their skills, however, these athletes will learn how to compete and what it means to work as a team on the court. During camp, athletes will be immersed in volleyball play designed to fit their skill level and engage in a combination of contests and games.

M-Th, 7/18 - 7/21 **3:15pm - 5:15pm**
M-Th, 7/25 - 7/28 **3:15pm - 5:15pm**
Field House **Fee: \$115.00**



Register at
<https://aestevenson-ar.schooltoday.com>



Register using the QR
Code or click on the link.

AESHS LEAGUES

HIGH SCHOOL ATHLETICS

There will be NO full or prorated refunds issued for camps.



Register using the QR Code or
click on the link below.



Register at <https://aestevenson-ar.schooltoday.com>