



2022 SUMMER SPORTS CAMPS

(All grade levels are for 2022-2023 school year)

Summer sport camps at O’Gorman are open to the community.

Registration: Go to www.MySchoolBucks.com (sign-in or create a new account) then click on the “School Store” to register for the camp(s) of your choice.



FOOTBALL

Football Camps

Jul 14 (Th) • Grade 1-6: McEaney Field @ O’Gorman
1:00-3:00 pm • \$25

Jul 11-13 (M-W) • Grade 7-9: McEaney Field @ O’Gorman
1:00-3:00 pm • \$70

Jul 11-14 (M-Th) • Grade 10-12: McEaney Field @ O’Gorman
7:00-11:00 am • \$95



BASKETBALL

Boys & Girls Basketball Camps

May 31-Jun 2 (T-F) O’Gorman High School Gymnasium

Grade 3-4: 11:45 am – 12:45 pm • \$75

Grade 5-6: 9:50 – 11:30 am • \$90

Grade 7-8: 8:00 – 9:40 am • \$90

Grade 9-12: 1:00 – 3:00 pm • \$90

(Open to younger players also with Coach’s permission.)

Boys & Girls Basketball Specialty Camps

All players are encourage to attend both sessions. Advanced skill work incorporated at all age groups. Important to attend both sessions to help yourself develop into a versatile basketball player. A must attend for all basketball players that want to elevate their game!

O’Gorman High School Gymnasium

Jun 6-7 (M-T) Session 1: Ball Handling, Shooting, Passing Skills • *\$55

Jun 8-9 (W-Th) Session 2: Attacking & Finishing in the Lane/Post • *\$55

*Both Sessions: \$85

3rd-5th: 11:15 am – 12:45 pm

6th-8th: 9:00 – 11:00 am

9th-12th: 1:00 – 3:00 pm



GYMNASTICS

Gymnastics Camps

May 24-26 Location: Power & Grace Gymnastics (Sioux Falls)

Beginners - Grade 1-7: 8:30-9:30 am • \$55

Intermediate/Advance - Grade 1-7: 9:45 – 11:30 am • \$70



SOCCKER

Boys Soccer Camps

Jul 18-21 (M-Th) McEaney Field @ O’Gorman

Grade 3-5: 11:15 am – 12:15 pm • \$60

Grade 6-8: 10:00 am – 11:15 pm • \$60

Grade 9-12: 6:00 – 8:00 pm • \$60

Girls Soccer Camps

Jul 18-21 (M-Th) McEaney Field @ O’Gorman

Grade 3-5: 11:15 am – 12:15 pm • \$60

Grade 6-8: 10:00 am – 11:15 pm • \$60

Grade 9-12: 8:00-10:00 am • \$60



VOLLEYBALL

Volleyball All Skill Camps

Jul 11-13 (W-F) O’Gorman High School Gymnasium

Grade 3-4: 8:00 – 9:30 am • \$90

Grade 5-6: 9:30 – 11:00 am • \$90

Grade 7-8: 12:00 – 1:30 pm • \$90

Grade 9-12: 1:30 – 3:30 pm • \$90

Summer League Program on reverse side.

Volleyball Position Camps

O’Gorman High School Gymnasium

Jul 14 (M)

Setting Grade 6-8: 12:30 – 2:30 pm • \$85*

Hitting & Blocking Grade 6-8: 1:30 – 3:30 pm • \$85*

*Both Setting/Hitting & Blocking \$115

Jul 15 (T)

Serve, Pass, Dig Grade 6-8: 1:30 – 4:00 pm • \$85

Jul 14 (M)

Serve, Pass, Dig Grade 9 – 12: 9:00 – 11:30 am • \$85

Jul 15 (T)

Setting Grade 9-12: 9:00 – 11:30 am • \$85*

Hitting & Blocking Grade 9-12: 10:00am – 12:30 pm • \$85*

*Both Setting/Hitting & Blocking \$115

GIRLS BASKETBALL 3-ON-3 LEAGUE

Looking for a great opportunity to play basketball, work on your skills and have some fun? Our 3-on-3 nights are the perfect option for you. 3-on-3 allows players to touch the ball more often and have more space to operate and improve their skills. Players will sign up as “individuals” and be placed on teams that night based on age and skills by the O’G coaching staff. These 3-on-3 nights are open to all kids in and out of Bishop O’Gorman Catholic School system. We are really excited to start up this new summer basketball experience!

Grades: 3-8

Cost: \$20 (one night), \$30 (two nights)

Dates: June 13 & 16 (M,Th)

Time: 6-7:15pm



SUMMER TRAINING PROGRAMS

With the end of the school year fast approaching, Avera Sports eagerly announces summer sports performance training programs for O’Gorman Knight athletes. Focusing on speed, strength, conditioning and agility, these programs will be overseen and delivered by members of the Avera Sports training staff. A key emphasis of these training programs will be on reducing the risk of injury and addressing the specific needs of the junior high and high school athlete.

O’Gorman Knight athletes choosing to participate in these programs will complete training at both O’Gorman High School and Avera Sports. For example, strength training, agility training and much of the conditioning will take place at the school; while one day each week—an emphasis on developing proper sprint mechanics—will occur at Avera Sports.

O’Gorman Knights & Lady Knights Summer Training

Offered to O’Gorman Knight athletes entering **grades 9-12** and take place May 31 – July 28, 2022

Lifting/On-field training will be held Monday, Wednesday and Thursday 10am at O’Gorman.

Acceleration training will be held Tuesdays 11:15am at Avera.

Cost : \$310 - Registration and payment are due prior to the start of training. Participation WILL NOT be allowed until registration/wavier and payment are received.

O’Gorman Knights Varsity Football Summer Training

Offered to O’Gorman Knight athletes entering **grades 10-12** and take place May 31 – July 28, 2022

Lifting/On-field training will be held Monday, Wednesday and Thursday 6:15am or 7am at O’Gorman.

Acceleration training will be held Tuesdays 6:15am, 8: 15am or 9:15am at Avera.

Athletes must sign-up for their designated training time with Coach Poppinga.

Cost : \$310 - Registration and payment are due prior to the start of training. Participation WILL NOT be allowed until registration/wavier and payment are received.

O’Gorman Jr. Summer Training

Offered to O’Gorman Knight athletes entering **grades 7-8** and take place May 31 – July 28, 2022

Lifting/On-field training will be held Monday, Wednesday and Thursday 9am at O’Gorman.

Acceleration training will be held Tuesdays 10:15am at Avera.

Cost : \$310 - Registration and payment are due prior to the start of training. Participation WILL NOT be allowed until registration/wavier and payment are received.



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