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



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 break down skills and reinforce technique through drills and scrimmages.

M-Th, 6/3 - 6/6 3:30pm - 5:30pm

JV & Varsity Baseball Fields

Fee: \$60.00



Baseball: (10-12th)

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, 6/3 - 6/18 1:15pm - 3:15pm Th-F, 6/20 - 6/21 1:15pm - 3:15pm

JV & Varsity Baseball Field

Fee: \$135.00



Nick Skala was named head baseball coach in August 2018. He had been a member of the varsity coaching staff for 4-seasons prior to his promotion, serving as lead pitching coach. Prior to joining the SHS staff, Skala coached for 1-year at his college alma mater, Concordia University-Chicago. Skala was named Northern Atlantic Conference Player of the Year in 2011 after leading the Cougars to a 20-2 league record and the regular season championship. During the 2011 season, Skala set the school's single-season record for runs batted in (63) and led the Cougars to a 35-10 overall record. His .416 batting average in 2010 is the seventh-highest in school annals, and his three-year career average of .373 ranks fifth all-time. During his three years, Concordia posted a record of 99-33, and qualified for the NCAA Tournament his senior season. In 2011, Nick was drafted by the Baltimore Orioles in the 37th round of the Major League Baseball draft.





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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.

3:15pm - 5:15pm
3:15pm - 5:15pm
Fee: \$130.00



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.

1.15nm 2.15nm
1:15pm - 3:15pm
Fee: \$195.00



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. This camp is for those who are in grades 11 and 12, as well as returning Varsity players in 10th grade.

1:15pm - 3:15pm
1:15pm - 3:15pm
Fee: \$195.00

Will Benson finished up his first season as the boys' head coach with a regular season record of 20-8 and a conference record of 10-4. Previously, he was the head



boys' basketball coach at Harvard High School, Marengo High School and has spent the last 9 years at Huntley High School. In his lone year at Marengo, he helped the team win 20 games for the first time in 14 years. At Huntley, Benson helped lead the Raiders to 2 regional championships and tied the school record for wins in a season (27) twice in the last 3 seasons.





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Regan Carmichael finished her first year as the head girls' basketball coach with a regular season record of 26-3 and a conference record of 14-0. Prior to Stevenson Carmichael spent four years as an assistant coach on

the girls basketball staff at New Trier H.S. Prior to this, she served as an assistant for Resurrection H.S. She is a graduate of Maine South HS and played basketball collegiately at St. Louis University and St. Norbert College. Regan the Athletic Coordinator and will work closely with our student-athletes in the areas of academic eligibility, leadership, recognition, summer camps, and event supervision.

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-6/3 - 6/18 1:15pm - 3:15pm Th-6/20 1:15pm - 3:15pm M-Tu, 6/24 - 6/25 1:15pm - 3:15pm Fee: \$185.00 **Sports Center & Field House**

Co-Ed 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, 6/3 - 7/12 (except 6/19 & 7/4)

5:30pm - 8pm

Sportscenter/Field House

Fee: \$300.00

Coaches: Kristin Cook and Laura Moschel



Kristin Piekarski-Cook has guided the Patriettes to ten consecutive top-four finishes at the IHSA Class 3A state finals, and won the state championship in 2017, 2020, 2021 & 2024. Her teams have also

won ten sectional titles, including six in a row. Prior to the creation of the IHSA State Finals, Piekarski-Cook led Stevenson to several championships in the Team Dance Illinois state competitions. The Patriettes were named Dance Team Union National Champions in 2021 and 2023.



Laura Moschel has coached the Stevenson Patriettes for 11 years. In that time, she has helped the team win 4 IHSA Class 3A State Championships in 2017, 2020, 2021 & 2024, as well as 3 Dance Team Union Large Varsity Jazz

National Championships in 2020, 2021, and 2023. Laura has also guided the team to numerous Conference and Sectional Championships and is an alumni of the Stevenson Patriettes program.





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**** 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-Th: 6/4-6/6, 6/11-6/13, (M)6/17-(Tu)6/18 6/25-6/27, 7/16-7/18, 7/23 - 7/25, & 7/30-8/1

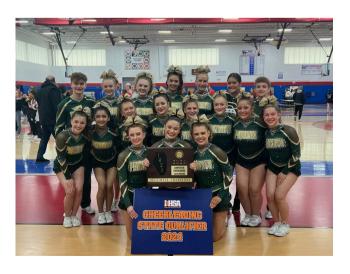
4:30pm - 7:00pm

(6/17) 1:00pm - 5:00pm

(6/18) 1:30pm - 7:00pm

Wood Commons

Fee: \$300.00





Elizabeth Lamb is in her second season as the Patriots Cheerleading Coach. Prior to taking over the program, Lamb worked as the Varsity Cheerleading coach for Crystal Lake Central for 11years as well as the JV Cheerleading coach for one. Before coaching cheerleading at Crystal Lake Central, Elizabeth worked as a tumbling and cheerleading coach for several all-star cheerleading and recreational programs. Lamb has 14 years of personal cheerleading experience, including cheering at Harry D. Jacobs High School in Algonquin and at Eastern Illinois University. Elizabeth Lamb is currently the Coordinator of Program, Services, and Paraprofessionals here at Stevenson. She earned her Bachelor's Degree in Special Education from Eastern Illinois University and Master's Degree from Concordia University Chicago in Reading Instruction and Administration.





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Girls' Cross Country - (9th-12th)

Athletes will expand their knowledge and improve their skills on specific running technique and the difference between running on a track versus running on grass. In addition, participants will learn how to set running goals for themselves, as well as understand proper fitness and training. Finally, athletes will understand racing and what it means to be a part of a team. Athletes should arrive ready to run with proper running shoes, running apparel and water.

<u>Days</u>: 6/21, 6/24, 6/27 (Th), 6/28, 7/1, 7/2, 7/3, 7/5, 7/8, 7/9, 7/11 (Th), 7/12, 7/15, 7/16, 7/18 (Th), 7/19, 7/22, 7/23, 7/25 (Th), 7/26, 7/29, 7/30, 8/1 (Th) & 8/2

Time: 6:00am - 7:15am

<u>Location</u>: Vernon Hills Athletic Complex AND Half Day Forest Preserve on Thurs.

Fee: \$115.00 (includes t-shirt)





Lindsay DePaul was named head girls cross country coach in May 2020. Her coaching background includes serving as marathon coach for the Evanston Running Club, and as a summer training coach for New Trier High School's cross country program. DePaul is a New Trier graduate, and participated in cross country and track. DePaul has taught in Stevenson's Social Studies Division since the beginning of the 2018-19 school year. She earned a BA in economics from the University of Michigan in 2013. She was co-recipient of the Osterweil Prize in Economics, awarded annually to the most outstanding and promising undergraduate in economics who also shows the greatest degree of social awareness. She received an MS in Secondary **Education and Teaching from Northwestern** University in 2018. Prior to pursuing a career in education, DePaul worked in the human resources industry.





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



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. (maximum 50 athletes)

M-Th, 7/15 - 7/18 Field 14 4:00pm - 5:45pm

Fee: \$55.00



Bella Licciardello Allen was named head girls field hockey coach in March 2019. Licciardello Allen played field hockey at the University of Iowa from 2012-15. She was a 3x letterwinner for the Hawkeyes, playing in 57 of the team's 58 games over her last three seasons. The mid-def cracked the starting lineup her senior year, starting 18 of lowa's 19 contests. While in high school, she scored 35 goals and had 16 assists while leading Fredericksburg Academy to a 19-0 record and the Virginia Independent Schools Athletic Association state championship as a freshman. Licciardello Allen then transferred to Riverbend High School, playing three years for the Bears and recording 75 goals and 67 assists. She was a six-time USA Field Hockey Futures Program participant, and a two-time silver-medal winning AAU Junior Olympian. In 2009, she earned the Joel Ferrell Memorial Award for all-around outstanding performance in the AAU Junior Olympic Games.



Sunny began his fencing career at Stevenson as a student-athlete specializing in saber fencing. Since that time, Yun has returned to the sport by coaching for the Patriots. In the past 4 years, he has helped Stevenson earn high marks at the Great Lakes High School Fencing Championships. In 2020, the team placed third overall. In 2022, the boys' team came in second and the girls' received fourth in the saber as well as the team earning another championship. In the most recent season, Yun helped guide the fencing team to another overall championship for both boys' and girls'. Additionally, the boys' placed first in saber and the girls' earned second in saber. Sunny continues to teach his athletes the skills required to improve their skills

Co-Ed Fencing - (9th-12th)

and become avid fencers.

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.

<u>Session 1</u>: M-Th, 6/10 - 6/14, 6/17 - 18, 6/20 - 6/21

<u>Session 2</u>: M-Th, 7/8 - 7/12, 7/15 - 7/18

3:00pm - 5:00pm

Field House Fee: \$115.00/session





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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, 6/3 - 6/6		1:15pm - 3:15pm
M-Th, 6/10 - 6/13		1:15pm - 3:15pm
M-Tu 6/17 - 6/18 & Th-F 6	/20-6/21	1:15pm - 3:15pm
M-Th, 6/24 - 6/27		1:15pm - 3:15pm
Stadium & Game Field 4	Fee: \$170.	00 (includes jersey)

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, 6/3 - 6/5	3:30pm - 5:30pm
M-W, 6/10 - 6/12	3:30pm - 5:30pm
M-Tu 6/17 - 6/18	3:30pm - 5:30pm
M-W, 6/24 - 6/26	3:30pm - 5:30pm
Th/F - 6/6, 6/13, 6/20, 6/	21, 6/27 6:00am - 7:30am
Game Field 3	ee: \$170.00 (includes jersey)

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.

T-F, 5/30-5/31		6:00am - 9:00am
M-W, 6/3 - 6/5		3:30pm - 5:30pm
M-W, 6/10 - 6/12		3:30pm - 5:30pm
M-Tu 6/17 - 6/18		3:30pm - 5:30pm
M-W, 6/24 - 6/26		3:30pm - 5:30pm
Th/F - 6/6, 6/13,	6/20, 6/21, 6/27	6:00am - 7:30am
M-T - 7/1 - 7/2		3:30pm - 5:30pm
Stadium		Fee: \$225.00
	Example 1	

Brent Becker was named head coach in February 2019.

After his fifth season at the helm, he has complied a 22-22 record. Prior to taking over the program, Becker has served as an assistant coach on the Patriots' coaching staff since 2012. Brent has 21 years of high school and college coaching experience, including four as head coach at Lake Forest College. During his time as a Patriot, Stevenson has compiled a 81-42 record, winning the Illinois High School Class 8A state championship in 2014. SHS has reached the IHSA state playoffs in each of his seven seasons as an assistant, and has captured four North Suburban Conference championships.





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Girls' Flag Football - (9th - 12th)

Athletes will improve and develop their flag football skills, such as; passing, catching, punting, running with the ball, and defensive posture. Athletes will understand the rules of the game along with 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.

M-Th, 7/8 - 7/11 Game Field 13

3:30pm - 5:30pm

Fee: \$55.00



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, 6/24 - 6/27 **Stadium**

1:15pm - 3:15pm

Fee: \$60.00



Sarah Gutierrez, a 2007 Stevenson High School graduate, was named co-head coach of the girls' flag football program for its inaugural season. In addition to coaching flag football, Gutierrez also serves as the head girls' lacrosse

coach, where she has taken her teams to an overall record of 152-81. Gutierrez, whose maiden name is Walker, was a twotime all-conference girls' lacrosse player at Stevenson, and was a starter on the varsity all four years. She also was a twotime all-conference performer and co-captain at the University of Missouri, from which she graduated in 2011.

Kelsey Patten, a 2012 Stevenson High School graduate, was named co-head coach of her alma mater in 2023 for the inaugural season. Patten's career record after only one season is 7-2. During this season, the team



had compiled a near perfect record only losing to a conference opponent and in the State Semi-Final. Patten was a Flag Football IM champ all four yrs at SHS. Kelsey was an All-State ice hockey player her junior & senior year for the Lake Forest Scouts, won a state title in high ice hockey. Patten was also a varsity starter for the Girls Lacrosse program for three years.

Tom Hake, a former all-state player and coach at Glenbrook North High School, was named head boys lacrosse coach at Stevenson in January 2019.



He served as an assistant coach at Evanston Township High School in 2018 after four seasons as junior varsity coach at his alma mater. Hake played three years on the varsity team at Glenbrook North, earning secondteam Illinois High School Lacrosse Association (IHSLA) All-State honors in 2009, which was his senior season. He also played in the IHSLA Men's All-Star Game and was a first-team All-Central Suburban League selection in 2009. Hake went on to play at Oberlin College, receiving All-North Coast Atlantic Conference honorable mention in 2010 after scoring 28 of the team's 120 goals in 13 games. Hake currently teaches in the Social Studies Division at Stevenson.





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Girls' Lacrosse - (9th-12th)

Younger athletes will learn the fundamental skills necessary to play and strategize on the field. In addition, sessions will focus on advanced positioning utilizing specific drills and game play. Participants will learn strategy, tactical insight, leadership, and life skills. Includes: Pipe City Lacrosse Festival (Fri. 7/12 - Sat. 7/13)

M-Th, 7/8 - 7/11 1:15pm - 3:15pm Game Field 14 Fee: \$125.00

Capped at 30 participants. Must attend the practice sessions in order to participate in the Tournament.





Sarah Gutierrez, a 2007 SHS graduate, was named head coach of her alma mater in 2013. She served as the JV coach during the 2012 season, and also has coached several age-group teams within the Lakeshore Lacrosse program since 2007. In the past three seasons, her teams have compiled a 48-19 record with one IHSA sectional and two North Suburban Conference championships. Sarah was a two-time allconference player at Stevenson, and was a starter on the varsity for all four years of high school. She also was a two-time allconference performer and co-captain at the University of Missouri, from which she graduated in 2011. Gutierrez currently serves as president of the Illinois Girls' Lacrosse Association.







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Isriz Balase was hired in 2021 to take over the boys' tennis program. Most recently he was also named the head girls' coach. Isriz is currently working at Glenbrook Racquet Club where he leads and assists with lessons and programming. His coaching experience includes serving on the staff at North Central College in Naperville, IL and working at Peter Burwash International in California. He is a graduate of Schaumburg High School and Judson University, where he competed in high school and NCAA college tennis. Balase also received a master's degree in leadership studies with an emphasis in sports leadership in 2019 from North Central College.

Co-Ed 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 overhead will be reviewed. Participants will also learn proper footwork, coordination, and technique. Finally, athletes will learn more about leadership and life skills and how important they play on the court.

M-Th, 6/10-6/13 2:30pm - 4:00pm 2:30pm - 4:00pm M,T, Th 6/17, 18, 20 **Vernon Hills Athletic Complex Cts** Fee: \$50.00







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



Vera Pflugradt was named the head softball coach in January 2024 and is no stranger to the deep traditions of the Stevenson softball program. Pflugradt attended Stevenson from 2013-2017, where she was a 4-year player for the Patriots. Not only did she play softball, but she was a successful volleyball player for 2-years. After Vera's time at SHS, she went on to play collegiately for University of Wisconsin-Whitewater, who is a member of the Wisconsin Intercollegiate Athletic Conference (WIAC), where she excelled in both the classroom and on the field. Vera graduated in 2021 Magna Cum Laude and made the Dean's List all 4-years in attendance. She was named UW-Whitewater Chancellor's Scholar Athlete in 2021 as well as the National Fastpitch Coaches Association (NFCA) All-American Scholar Athlete in 2018, 2019, and 2021. On the field, Pflugradt played the outfield and was named WIAC Position Player of the Year, First Team All-Conference and Second Team NFCA Division III All-Great Lakes Region in 2018. Also in her freshman season, she led the team with a .372 batting average which ranked her 10th overall in the WIAC. In her final season, Vera was selected as a Second Team All-Conference player and earned an overall batting average of .345. Throughout her career she tallied 45 RBI's. As a Warhawk, Vera's teams became the WIAC Champions in 2018, 2019, and 2021.

Fast-Pitch Softball - (9th)



This camp is for both beginner and experienced fast-pitch softball players to improve their overall development. Athletes will learn how to play each position effectively with an instructional focus on fielding, hitting, throwing, and bunting. Athletes will also learn base coverage, base running, and infield/outfield teamwork. Offensive skills will be developed through proper hitting and swing techniques. We will also include situational game play, strategy, and mental toughness. Athletes will be introduced to new drills and fundamentals that they can practice at home! You will be able to experience what being a Stevenson softball player is all about while working with our coaching staff, current, and former athletes.

Side Note: If anyone needs to borrow equipment, we can provide gloves, bats, and helmets. We simply need to know in advance! Athletes be sure to come prepared with a water bottle everyday.

M-Th, 7/8-7/11 Varsity Softball Field 1:30pm - 3:30pm Fee: \$60.00







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



Shane Cook took the reins of Stevenson's wrestling program in the 2006-07 school year. Since then, he has led the Patriots to one IHSA regional championship (2008) and three North Suburban Conference titles (2015, 2016 and 2017). He has guided six state medalists during his tenure, including two-time state champion Danny Sabatello, who won the Class 3A 119-pound title in 2010 and the 125-pound crown in 2011. Cook wrestled for the University of Illinois, earning a letter in 2000. In high school, Cook wrestled for Waukegan. As a senior, he qualified for the Class AA state tournament at 152 pounds, finishing the season with a 35-9 record.



Roys' & Girls' Wrestling - (9th-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, 6/3 - 6/13 Wrestling Room 5:30pm - 7:30pm Fee: \$100.00



Wrestling-Girls' - (9th-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. The core values of the Stevenson Wrestling program will also be cultivated through goal setting and team building activities

M-Th, 7/22 - 7/25 Wrestling Room 5:30pm - 7:30pm Fee: \$55.00





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, 7/15 - 7/25 **Sports Center**

1:15pm - 3:15pm

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, 7/15 - 7/25 **Sports Center**

3:15pm - 5:15pm

Fee: \$115.00





Eric Goolish was named head boys volleyball coach in December 2013. He replaced Tim Crow, for whom he served as a varsity assistant for five seasons from 2008-12. During his nine seasons, Goolish has compiled a record of 214-105, winning 25 or more matches in each of the last three seasons. His 2017 squad captured an IHSA regional championship. Goolish has the secondmost victories in program history behind Crow.







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



Tim Crow was named head girls volleyball coach in 2002. He has the most wins and longest tenure of any volleyball coach in school history, posting a record of 604-216 in 23 seasons. His teams have won 30 or more matches 11 times, and have never won fewer than 22 matches in a season. During his tenure, Stevenson has captured 14 regional championships, four sectional titles, and one super-sectional crown. His 2016 squad finished third at the IHSA Class 4A state finals. The Patriots also have earned six North Suburban Conference titles under Crow.



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, 7/15 - 7/25 **Field House**

1:15pm - 3:15pm Fee: \$115.00

Capped at 70 participants each session.

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, 7/15 - 7/25 3:15pm - 5:15pm **Field House** Fee: \$115.00

Capped at 70 participants each session.

