

**2023**

**HUSKIE**

**SPORTS**

**CAMPS**

# HUSKIE SPORTS CAMPS

Camp Director: Nicole Ebsen 708-434-3000  
nebsen@oprfs.org

Camp Secretary: Lori Foley 708-434-3600  
lfoley@oprfs.org

## **REGISTRATION FOR SPORTS CAMPS**

Please contact individual coaches for specific information and questions regarding camps. Each Head Coach is listed under the individual sport camp heading.

All grades listed are as of: Fall 2023

**ONLINE registration begins on March 1.**

[www.oprfs.org/athletics](http://www.oprfs.org/athletics)

## **NO MAIL-IN REGISTRATION or WALK-IN REGISTRATION FOR CAMPS**

**The building will be CLOSED and camps are not in session on  
Friday's during the summer, unless otherwise noted.  
No camps in session on June 19.**

**Refunds:** If you choose to drop a camp for any reason prior to the start date of your camp, a refund, less a \$25.00 service fee, will be issued.

***NO REFUNDS WILL BE ISSUED AFTER THE 1<sup>st</sup> Day OF CAMP.***

**Any student dismissed from Summer School for disciplinary reasons may also be suspended or removed without refund from any camps or summer activities in which he/she may be participating.**

### **Travel Waiver for High School Summer Leagues:**

**Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.**

## **BASEBALL**

**Contact:** Kevin Campbell

[kcampbell@oprfs.org](mailto:kcampbell@oprfs.org)

**Description:** Learn how to play baseball the Huskie way! We offer a series of baseball camps based on grade level (*example: if you are going to be a freshmen at OPRF this fall you would pick the freshmen ID camp*). Each camp will cover; throwing, hitting, defense, base running and game play. Players will receive a camp shirt at the end of the camp. Players should have a baseball hat, glove, bat and athletic clothing and bring their own water bottle each day – we will have water jugs and cups if needed. Clothing: For Little Huskies and Junior Huskies Baseball pants are NOT required. Baseball pants are highly recommended for the competitive Baseball Camp and Freshmen ID Camp. If you need help with equipment please reach out to Coach Campbell.

### **BA-02 Freshman ID Camp**

**Open to:** All incoming 9th graders

**Location:** Concordia

**Dates:** June 20 – 23 / June 26 - 29

**Time:** 12:15 PM – 2:00 PM

**Fee:** \$200.00

### **BA-03 Competitive Baseball Camp**

**Open to:** All incoming 7<sup>th</sup> and 8<sup>th</sup> graders

**Location:** Concordia

**Dates:** June 20 – 23 / June 26 - 29

**Time:** 10:15 AM – 12:00 PM

**Fee:** \$200.00

### **BA-04 Junior Huskies Baseball Camp**

**Open to:** All incoming 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders

**Location:** Concordia

**Dates:** June 20 – 23 / June 26 - 29

**Time:** 8:00 AM – 9:45 AM

**Fee:** \$200.00

### **BA-05 Little Huskies Baseball Camp**

**Open to:** All incoming 2<sup>nd</sup> and 3<sup>rd</sup> graders

**Location:** Concordia

**Dates:** June 20 – 23 / June 26 - 29

**Time:** 8:00 AM – 9:45 AM

**Fee:** \$200.00

## **BOYS BASKETBALL**

**Contact:** Phil Gary

[pgary@oprfs.org](mailto:pgary@oprfs.org)

**All campers must attend the appropriate grade level camps. Coach Gary must approve exceptions.**

### **BBK-01 Boys Freshmen Basketball**

**Description:** Learn basic basketball skills and prepare for competitive freshman basketball.

**Open to:** Incoming Freshmen

**Dates:** June 12 - June 29 (Monday – Thursday)

*\*No camp on June 19 but  
will meet on June 23.*

**Time:** 4:00 PM – 6:00 PM

**Location:** 1 West Gym

**Fee:** \$150.00

### **BBK-02 Boys Sophomore Basketball**

**Description:** Learn advanced basketball skills and prepare for competitive sophomore basketball. Camp registration does not guarantee participation in summer league play.

**Travel Waiver:** Basketball Summer League participants, and/or their parents, will be required to provide their own transportation to Away games. The on-line travel waiver must be accepted prior to participating in the camp/league.

**Open to:** Incoming Sophomores

**Dates:** June 12 – June 29 (Monday – Thursday)

*\*No camp on June 19 but  
will meet on June 23.*

**Time:** 4:00 PM – 6:00 PM

**Location:** 1 East Gym

**Fee:** \$175.00

### **BBK-03 Boys Varsity Basketball**

**Description:** Learn advanced basketball skills and prepare for competitive varsity basketball. Camp registration does not guarantee participation in summer league play.

**Open to:** Incoming Juniors and Senior's

**Dates:** June 12 – June 29 (Monday – Thursday)

*\*No camp on June 19 but  
will meet on June 23.*

**Time:** 4:00 PM – 6:00 PM

**Location:** Fieldhouse

**Fee:** \$175.00

### **BBC-01 Boys Youth Basketball**

**Open to:** Incoming 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders

**Description:** Have fun learning the basic basketball skills of dribbling, ball handling, shooting and game competition. **Each camper will receive a custom OPRF Basketball and camp T-Shirt.**

**Dates:** June 12 – June 29 (Monday – Thursday)

*\*No camp on June 19 but  
will meet on June 23.*

**Time:** 8:00 AM – 10:00 AM

**Location:** Field House / 1 West Gym

**Fee:** \$150.00

### **BBC-02 Boys Junior High Basketball**

**Open to:** Incoming 7<sup>th</sup> and 8<sup>th</sup> graders

**Description:** Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition. **Each camper will receive a custom OPRF Basketball and camp T-Shirt.**

**Dates:** June 12 – June 29 (Monday – Thursday)

*\*No camp on June 19 but  
will meet on June 23.*

**Time:** 10:00 AM – 12:00 PM

**Location:** 1 West Gym / Fieldhouse

**Fee:** \$150.00

## **BOYS DISTANCE RUNNING**

**Contact:** Chris Baldwin

[cbaldwin@oprfs.org](mailto:cbaldwin@oprfs.org)

### **BDR-01 Boys Distance Running**

**Open to:** Grades 6-12

**Description:** Prepare for the Cross Country season with a summer running program consisting of form development, flexibility exercises, pace skills, and core development. This camp will provide runners with base mileage and the skills necessary to have a successful cross country season while having fun as part of the team. Camp T-shirt included.

**Dates:** June 20 – July 27 (Monday - Thursday) **No camp July 4 and 5.**

**Time:** 6:00 AM – 7:45 AM

**Place:** Ridgeland Commons Field

**Fee:** \$190.00

## **FOOTBALL**

**Contact:** John Hoerster (Varsity and Sophomore)  
Joe Conway (Freshmen)

[jhoerster@oprfs.org](mailto:jhoerster@oprfs.org)  
[jmconway@oprfs.org](mailto:jmconway@oprfs.org)

### **BFB-01 Youth Flag Football**

**Open to:** Incoming Grades 4 - 5

**Description:** A fun and energetic introduction to football. Flag football games organized, supervised, and coached by OPRF coaches and players. 4 days of competition in the Stadium.

**Location:** Stadium

**Dates:** June 26 – June 29 (Monday – Thursday)

**Time:** 5:45 PM – 6:45 PM

**Fee:** \$50.00 (Includes an OPRF Football T-Shirt)

### **BFB-02 Youth Flag Football**

**Open to:** Incoming Grades 6 - 8

**Description:** A fun and energetic introduction to football. Flag football games organized, supervised, and coached by OPRF coaches and players. 4 days of competition in the Stadium.

**Location:** Stadium

**Dates:** June 26 – June 29 (Monday – Thursday)

**Time:** 7:00 PM – 8:00 PM

**Fee:** \$50.00 (Includes an OPRF Football T-Shirt)

### **BFB-03 Freshmen Football**

**Open to:** Incoming Freshmen - No previous experience necessary!

**Description:** Freshmen Football camp is a great way to learn the sport in a fun and supportive environment. We emphasize safety, fundamentals, position specific drills, strength, conditioning and film study. During our camp we will also install the offense, defense, and special teams that will be used during the season. While not mandatory, freshmen football camp will be the best way to prepare for the upcoming football season, and a great way to meet new people. Players will also have the opportunity to compete in several 7 v 7 competitions against other high school programs throughout the summer.

**Location:** Stadium

**Dates:** June 13 – June 29 - (Tuesday, Wednesday, Thursday)

July 10 – July 14 - (Monday, Tuesday, Wednesday, Thursday)

**\*\* July 17 – July 20 - On these dates only, camp will meet from 6:30 AM – 10:00 AM\*\***

**Time:** 3:30 PM – 5:30 PM

**Fee:** \$325.00

\* Cost includes T-shirt, shorts, sweatpants, sweatshirt, practice jersey, and mouthpiece.

### **BFB-04 Varsity and Sophomore Football**

**Open to:** Grades 10 - 12 No previous experience necessary!

**Description:** Sophomore and Varsity Football not only teaches the fundamentals of the sport, but takes those basics and builds on them for a more advanced experience. We emphasize safety, fundamentals, position specific drills, strength, conditioning and film study. During our camp we will also install the offense, defense, and special teams that will be used during the season. While not mandatory, this football camp will be the best way to prepare for the upcoming football season and be evaluated by the coaches. Players will also have the opportunity to compete in several 7 v 7 competitions against other high school programs throughout the summer.

**Location:** Stadium

**Dates:** June 6 – June 29 (Tuesday, Wednesday, Thursday)

July 10 – July 20 (Monday – Thursday)

**Time:** 6:30 AM – 10:00 AM

**Fee:** \$350.00

\* Cost includes T-shirt, shorts, sweatpants, sweatshirt, 2 practice jerseys, and mouthpiece.

## **BOYS LACROSSE**

**Contact:** Justin Porter

[jporter@oprfs.org](mailto:jporter@oprfs.org)

### **BL-01 Boys Lacrosse Skills and Drills Clinic**

**Open to:** Incoming Grades 8 - 12

**Description:** Players will be put through a series of skills and drills focusing on the fundamentals and essentials of playing lacrosse.

**Location:** Stadium

**Dates:** July 12 (1 day clinic - Wednesday)

**Time:** 6:00 PM – 8:00 PM

**Fee:** \$25.00 - cost includes one day clinic and t-shirt

\*\* More opportunities for future clinics will become available once numbers are established.

## **BOYS SOCCER**

**Contact:** Jason Fried

[jfried@oprfs.org](mailto:jfried@oprfs.org)

### **BSC-01 Middle School Huskie Soccer Camp**

**Open to:** Incoming Grades 6 – 8

**Description:** A comprehensive program focusing on a variety of soccer skills, techniques, and tactics that players need to excel in the Huskies soccer program. Players will be placed into groups by age and ability for an environment that is beneficial for development. Each camp session will have a theme where players will work on developing specific areas of their play, followed by game situational play. The camp is staffed with OPRFHS soccer coaches and is a great way to get to know the coaches and what is expected at the high school level.

**Every camper will receive an OPRF soccer shirt and an OPRF soccer ball.**

**Location:** Stadium

**Dates:** June 12 – June 15

**Time:** 9:00 AM – 11:30 AM

**Fee:** \$150.00

### **BSC-02 Boys High School Soccer**

**Open to:** Incoming Grades 9-12

**Description:** A comprehensive program focusing on a variety of soccer skills and technique, tactics, strength/conditioning and soccer IQ that players need to excel in the Huskies soccer program. Players will be placed into groups by age and ability for an environment that is beneficial for development and preparing players for the next level of Huskie Soccer. Any player who is enrolled in this camp will be eligible to participate, if selected, in additional scrimmages over the summer at no extra charge. Players enrolled will also be eligible to attend any supplemental workouts that are scheduled at no extra charge.

The camp is staffed with OPRFHS soccer coaches.

**Every camper will receive an OPRF soccer shirt and an OPRF soccer ball.**

**Location:** Stadium / Fieldhouse / Weight Room

**Dates:** July 17 – July 27 (Monday – Thursday)

**Time:** 5:00 PM – 9:00 PM

**Fee:** \$220.00

## **BOYS VOLLEYBALL**

**Contact:** Justin Cousin  
**Each camper will receive a T-shirt.**

[jccousin@oprfs.org](mailto:jccousin@oprfs.org)

### **BVB-06 Boys High School Volleyball**

**Open to:** Incoming Grades 9 - 12  
**Description:** Sessions will focus on conditioning, skill development and game play.  
**Location:** Fieldhouse  
**Dates:** July 10 – July 27 (Monday – Thursday)  
**Time:** 1:00 PM – 2:30 PM  
**Fee:** \$300.00

### **BVB-07 Boys Junior High Volleyball**

**Open to:** Incoming Grades 7 - 8  
**Description:** Sessions will focus on skill development and basic systems of play.  
**Location:** Fieldhouse  
**Dates:** July 10 – July 27 (Monday – Thursday)  
**Time:** 2:30 PM – 4:00 PM  
**Fee:** \$300.00

## **GIRLS BASKETBALL**

**Contact:** Carlton Rosemond

[crosemond@oprfs.org](mailto:crosemond@oprfs.org)

**Note: All campers must attend the appropriate grade level camps. Coach Rosemond must approve exceptions. Each camper will receive a T-shirt.**

### **GB-01 Girls Youth Basketball**

**Open to:** Grades: 4 - 6  
**Description:** Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.  
**Location:** 1 East Gym  
**Dates:** June 12 – June 29 (Monday – Thursday) *\*No camp on June 19 but will meet on June 23.*  
**Time:** 12:00 PM – 2:00 PM  
**Fee:** \$150.00

### **GB-02 Girls Junior High Basketball**

**Open to:** Grades: 7 - 8  
**Description:** Have fun learning basic basketball skills of dribbling, ball handling, shooting and game competition.  
**Location:** 1 West Gym  
**Dates:** June 12 – June 29 (Monday – Thursday) *\*No camp on June 19 but will meet on June 23.*  
**Time:** 12:00 PM – 2:00 PM  
**Fee:** \$150.00

### **GB-03 Girls Freshmen Basketball**

**Open to:** Grade 9

**Description:** Learn basic basketball skills and prepare for competitive freshman basketball.

**Location:** 1 West Gym

**Dates:** June 12 – June 29 (Monday – Thursday) \*No camp on June 19 but

**Time:** 2:00 PM – 4:00 PM

*will meet on June 23.*

**Fee:** \$150.00

### **GB-04 Girls Sophomore Basketball**

**Open to:** Grade 10

**Description:** Learn advanced basketball skills and prepare for competitive JV basketball and participate in summer league games.

**Location:** 1 East Gym

**Dates:** June 12 – June 29 (Monday – Thursday) \*No camp on June 19 but

**Time:** 2:00 PM – 4:00 PM

*will meet on June 23.*

**Fee:** \$175.00

### **GB-05 Girls Varsity Basketball**

**Open to:** Grade 11-12

**Description:** Learn advanced basketball skills and prepare for competitive varsity basketball and participate in summer league games and tournaments.

**Location:** Fieldhouse

**Dates:** June 12 – June 29 (Monday – Thursday) \*No camp on June 19 but

**Time:** 2:00 PM – 4:00 PM

*will meet on June 23.*

**Fee:** \$175.00

## **YOUTH DRILL TEAM**

**Contact:** Carley Tarantino - Spoor

[ctarantinospoor@oprfs.org](mailto:ctarantinospoor@oprfs.org)

### **DR-01 Youth Drill Team**

**Open to:** Incoming Grades K – 8

**Description:** Join the OPRF Drill team members for a fun week of dancing! Participants will learn pom, hip hop, and jazz routines, practice technique, and play games. Camp will conclude on Thursday with a performance of all learned routines for parents and loved ones. Payment is \$125, which includes a t-shirt.

**Location:** 3<sup>rd</sup> Floor Dance Studio

**Dates:** June 26 – June 29 (Monday – Thursday)

**Time:** 9:00 AM – 11:00 AM

**Fee:** \$125.00

## **GIRLS DISTANCE RUNNING**

**Contact:** Ashley Raymond

[araymond@oprfs.org](mailto:araymond@oprfs.org)

### **GDR-01 Girls Distance Running**

**Open to:** Grades 6-12

**Description:** Running camp designed to help athletes prepare and reach their potential in the upcoming cross country season. Athletes will build a base for cross country while learning the importance of functional strength, mobility, speed-development and mindset. Camp T-shirt included.

**Location:** Ridgeland Commons Field

**Dates:** June 20 – July 27 (Monday – Thursday) **NO CAMP JULY 4 and 5.**

**Time:** 6:00 AM – 7:30 AM

**Fee:** \$190.00

## **GIRLS FIELD HOCKEY**

**Contact:** Kristin Wirtz

[kwirtz@oprfs.org](mailto:kwirtz@oprfs.org)

**Note: All players must have a stick, ball, shin guards and mouth guard. Please email Kristin Wirtz directly for questions about ordering gear.**

### **GFH-01 High School Field Hockey**

**Open to:** Grades 9 – 12

**Description:** Sessions will focus on individual skill building including stick handling, passing, shooting, and defense. Athletes will experience games and team competitions. Players enrolled will also be eligible to attend any supplemental workouts that are scheduled at no extra charge.

**Student athletes will also participate in Summer League at Glenbard West HS on July 10, 17, and 24.**

**Location:** Stadium

**Dates:** July 17 – July 28 (Monday – Friday)

**Time:** 8:45 AM – 10:45 AM

**Fee:** \$180.00

### **GFH-03 Girls Grade School Field Hockey**

**Open to:** Grades 1 – 8

**Description:** Sessions will focus on individual skill building including stick handling, passing, shooting, and defense. Athletes will also experience games and team competitions.

**Location:** Stadium

**Dates:** July 17 – July 28 (Monday – Friday)

**Time:** 11:00 AM – 12:30 PM

**Fee:** \$150.00

## **GIRLS LACROSSE**

**Contact:** James Borja

[jborja@oprfs.org](mailto:jborja@oprfs.org)

**Note: Sessions will focus on individual stick development, dodging, scoring, cutting, defensive skills, organized offenses and defensive communication. The camp will also include full-field games. Each player must provide her own stick, and goggles. Practice balls will be provided.**

**Campers must provide their own mouth guard and failure to do so will prevent the camper from participation. Fees also include a camp reversible pinnie. No experience is necessary.**

### **GL-02 Girls Grades 6-8 Lacrosse**

**Open to:** Grades 6 - 8

**Location:** Stadium

**Dates:** June 26 – June 29 (Monday – Thursday)

**Time:** 10:30 AM – 12:30 PM

**Fee:** \$175.00

### **GL-03 Girls Grades 9-12 Lacrosse**

**Open to:** Grades 9 - 12

**Location:** Stadium

**Dates:** June 26 – June 29 (Monday – Thursday)

**Time:** 10:30 AM – 12:30 PM

**Fee:** \$175.00

## **GIRLS SOCCER**

**Contact:** Christine Johnston

[cjohnston@oprfs.org](mailto:cjohnston@oprfs.org)

### **GCS-03 Girls Grades 8 – 12 Soccer**

**Open to:** Grades 8 – 12

**Description:** Training sessions will focus on teaching individual skill development including a variety of soccer skills, techniques, and tactical awareness. Each day will have a primary focus to prepare athletes for the next level of play. Every camper must have their own turf shoes/cleats and shin guards. All campers will receive a camp T-shirt.

**Location:** Stadium

**Dates:** July 17 – July 27 (Monday – Thursday)

**Time:** 1:00 PM – 3:00 PM

**Fee:** \$175.00

### **GCS-04 Girls Grades 4-7 Soccer**

**Open to:** Grades 4 – 7

**Description:** Training sessions will focus on teaching individual skill development including a variety of soccer skills, techniques, and tactical awareness. This camp will provide players with specific training to prepare them for high school soccer. Every camper must have their own turf shoes/cleats and shin guards. All campers will receive a camp T-shirt.

**Location:** Stadium

**Dates:** July 17 – July 27 (Monday – Thursday)

**Time:** 3:30 PM – 5:00 PM

**Fee:** \$125.00

## **GIRLS SOFTBALL**

**Contact:** JP Coughlin

[jcoughlin@oprfs.org](mailto:jcoughlin@oprfs.org)

**Description:** Learn softball skills from OPRF coaches, players, and alumni. In addition to drills, campers will participate in daily individual and team competitions.

### **GSB-01 Competitive Softball Camp**

**Open to:** All incoming 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> graders

**Location:** Concordia

**Dates:** June 12- June 15

**Time:** 12:00 PM - 2:00 PM

**Fee:** \$100.00

### **GSB-02 Junior Huskies Softball Camp**

**Open to:** All incoming 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>

**Location:** Concordia

**Dates:** June 12- June 15

**Time:** 10:00 AM - 12:00 PM

**Fee:** \$100.00

## **GIRLS VOLLEYBALL**

**Contact:** Kelly Collins

[kcollins@oprfs.org](mailto:kcollins@oprfs.org)

**Note: All campers must attend the appropriate grade level camp. Each camper will receive a T-shirt. Please bring a water bottle. No experience necessary. OPRF coaching staff, OPRF alumni, current college players, and current OPRF Varsity players will lead all camps.**

### **GVB-01 Girls High School Volleyball - All Skills**

**Open to:** Grades 9 -12

**Description:** A comprehensive camp designed to teach athletes specific volleyball movements, skills, techniques and strategies. This camp will provide campers with training to develop high-level volleyball individual skills, technical instruction and feedback, team drills, game play, and conditioning.

**Location:** Fieldhouse / 1 East Gym / 1 West Gym

**Dates:** July 17 – July 27

(Monday – Thursday)

**Time:** 8:00 AM – 10:30 AM

**Fee:** \$200.00

*Returning varsity athletes will also participate in Summer League on the following nights:*

*July 11, 18, and 25 at New Wave VBC. July 12, 19, and 26 at York HS.*

*Travel waiver: Summer League Participants, and/or their parents will be required to provide their own transportation. The on-line travel waiver must be accepted prior to participation in the league.*

### **GVB-02 Girls High School Volleyball – Position Camp – (Hitting, Setting, and Defense)**

**Open to:** Grades 9 - 12

**Description:** Camp completely dedicated to position players and to the skills of attacking, setting, and first contact (passing/defense). An extensive amount of time will be spent on both technical training and repetitive work.

**Location:** Fieldhouse / 1 East Gym / 1 West Gym

**Dates:** July 10 – July 13

(Monday – Thursday)

**Time:** 10:30 AM – 11:30 AM

**Fee:** \$80.00

### **GVB-03 Girls Junior Huskies Volleyball**

**Open to:** Incoming Grades 6 - 8

**Description:** A comprehensive camp designed to teach athletes specific volleyball movements, skills, techniques and strategies. This camp will provide campers with training to develop individual skills, such as passing, serving, hitting, setting and defense. Campers will also participate in team drills and game play.

**Location:** 1 East Gym / 1 West Gym

**Dates:** July 10 – July 13

(Monday – Thursday)

**Time:** 8:00 AM – 10:00 AM

**Fee:** \$150.00

### **GVB-04 Girls Little Huskies Volleyball**

**Open to:** Incoming Grades 3 - 5

**Description:** This camp is designed for the younger athlete to help develop all volleyball skills and will primarily focus on the basic fundamental skills of volleyball.

**Location:** Fieldhouse

**Dates:** July 10 – July 13

(Monday – Thursday)

**Time:** 8:00 AM – 9:30 AM

**Fee:** \$100.00

## **BADMINTON CO-ED**

**Contact:** Paul Wright

[pwright@oprfs.org](mailto:pwright@oprfs.org)

### **BAD-01 Girls and Boys Beginner Badminton Grades 4 - 6**

**Open to:** Grades 4 - 6

**Description:** Basic skills taught including singles and doubles competitions.

**Location:** 3 South Gym

**Dates:** June 6 – 8 / June 13 - 15 / June 20 - 22

(Tuesday, Wednesday, Thursday)

**Time:** 7:00 PM – 8:00 PM

**Fee:** \$200.00 (Includes racquet)

### **BAD-02 Girls and Boys Intermediate Badminton Grades 7 - 9**

**Open to:** Grades 7 - 9

**Description:** Intermediate skills taught including singles and doubles competitions.

**Location:** Fieldhouse

**Dates:** June 6 - 8 / June 13 - 15 / June 20 - 22

(Tuesday, Wednesday, Thursday)

**Time:** 5:30 PM – 7:00 PM

**Fee:** \$175.00

### **BAD-03 Girls and Boys Advanced Badminton Grades 10 - 12**

**Open to:** Grades 10 - 12

**Description:** Advanced skills taught including singles and doubles competitions.

**Location:** Fieldhouse

**Dates:** June 6 - 8 / June 13 - 15 / June 20 - 22

(Tuesday, Wednesday, Thursday)

**Time:** 7:30 PM – 9:00 PM

**Fee:** \$175.00

## **GOLF CO-ED**

### **Contacts:**

Matt McMurray - Girls Varsity Coach

708-434-3350

[mmcmurray@oprfs.org](mailto:mmcmurray@oprfs.org)

Bill Young - Boys Varsity Coach

708-434-3878

[byoung@oprfs.org](mailto:byoung@oprfs.org)

### **BGF-01 Boys & Girls Golf Camp**

**Open to:** Incoming Grades 6-9 (Instructional Camp) (Max 30)  
Current OPRF Students Grades 10-12 (Players' Camp) (Max 40)

**Description:** We will run two distinct camps: Instructional and Players.

*Instructional Camp:* Meant for younger, less skilled players looking to develop golf skills while learning the etiquette and rules required for golf. This camp will consist of two instructional days at the range and three, supported and modified rounds.

*Player's Camp:* Meant for older, or more advanced players who currently play on the OPRF Golf Team or aspire to. This camp will consist of three competitive rounds.

Note: Camp registration does not guarantee participation in the high school golf program. Modified course setups will be utilized to maintain pace of play. Each participant is responsible for having his or her own golf equipment and appropriate golf attire. This includes a collared shirt, shorts, pants, or skorts, and golf or athletic shoes (**denim or cutoffs not allowed**). Greens and range fees, snacks, and a memorabilia item are included in the fee.

**Travel Waiver:** Golf Camp participants and/or their parents will be required to provide their own transportation to the venue. We recommend and can help to facilitate carpooling. The online travel waiver must be submitted prior to participating in the camp.

**Locations:** Fresh Meadow Learning Center & Indian Boundary Golf Course

**Dates:** Incoming 6-9th Graders (June 15, 16, 20, 21, 22)  
Incoming 10-12th Graders (June 20, 21, 22)

**Time:** June 15th and 16th at 2:00 p.m. meet at Fresh Meadow Learning Center  
June 20th, 21st, 22nd at Indian Boundary \*Tee times TBD

**Fee:** \$200.00 for the Instructional Camp  
\$150.00 for the Players' Camp

## **HIGH JUMP CO-ED CAMP**

**Contact:** Tim Bannon

[tbannon@oprfs.org](mailto:tbannon@oprfs.org)

### **HJ-01 Co-Ed High Jump**

**Open to:** Grades 4 - 12

**Description:** New jumpers will learn the basic fundamentals of high jumping which includes drills, plyometric training and time in the high jump pit jumping. Experienced jumpers will enhance their craft with additional pit time and plyometric work. This also includes basic speed training.

**Location:** Fieldhouse

**Dates:** June 20 - June 23

**Time:** 10:00 AM – 12:00 PM

**Fee:** \$150.00

## **POLE VAULT CO-ED CAMP**

**Contact:** Kirsten Weismantle

[kweismantle@oprfs.org](mailto:kweismantle@oprfs.org)

### **PV-01 Co-Ed Pole Vault**

**Open to:** Grades 4 - 12

**Description:** New vaulters will learn the basic fundamentals of pole vaulting which includes pole runs, drills and time in the Pole Vault pit vaulting. Experienced vaulters will enhance their craft with additional pit time and plyometric work. This also includes some acrobatic training.

**Location:** Fieldhouse

**Dates:** June 20 – June 23

**Time:** 12:00 PM – 2:00 PM

**Fee:** \$150.00

## **TENNIS CO-ED CAMP**

**Contact:** Fred Galluzzo

[fgalluzzo@oprfs.org](mailto:fgalluzzo@oprfs.org)

### **TN-01 Co-Ed Tennis**

**Open to:** Grades 8 - 12

**Description:** For intermediate and advanced beginners, we will teach and drill to enhance and solidify skills. For intermediate and advanced players who play on, or hope to play on the high school team, we will work on skills for singles play and advanced tactics for doubles.

**Location:** Tennis Courts

**Dates:** June 12 – June 15 (Monday – Thursday)

June 20 – June 22 (Tuesday – Thursday)

**Time:** 3:00 PM – 5:00 PM

**Fee:** \$175.00

### **TN-02 Tennis Doubles Co-Ed**

**Open to:** Grades 9 - 12

**Description:** This camp will focus on competitive tennis doubles play. We will teach tactics and match strategies, work on doubles specific skills, serve and return options, positioning, and running offensive and defensive plays. *Note the dates.*

**Location:** Tennis Courts

**Dates:** June 5 – June 8 (Monday – Thursday)

June 20 – June 22 (Tuesday – Thursday)

**Time:** 5:00 PM – 7:00 PM

**Fee:** \$180.00

## **CO-ED CHEER HIGH SCHOOL TRYOUTS**

Contact: Melody Brown

[mbrown@oprfs.org](mailto:mbrown@oprfs.org)

### **Co-Ed Cheerleading - THIS IS FOR TRYOUTS FOR THE 2023 CHEER TEAM**

**\*\* All OPRFHS students who are interested in trying out for cheer need to register (same way you register for a summer camp) and attend the info meeting in April. There's no fee for Cheer Tryouts.**

### **Spring Info Meeting**

Informational meeting for current OPRF 9<sup>th</sup>- 11<sup>th</sup> graders: April 27<sup>th</sup> at 3:30pm in the Monogram Room (Fieldhouse)

Informational meeting for incoming 9<sup>th</sup> graders (current 8<sup>th</sup> graders) April 27<sup>th</sup> at 6:00PM in the 1 East classroom Enter through door #2 on Scoville – closest door to the parking garage.

### **Skills Clinic Dates & Location**

Tryout clinics will be held in the 3 East Gym.

Thursday & Friday, June 15<sup>th</sup> – 16<sup>th</sup> – 3:30pm to 5:30pm.

Final Tryout Saturday, June 17<sup>th</sup> beginning at 10am

*Prospective candidates must be wearing all black/hair in high pony w/bow*

### **Tryout Criteria:**

All skills below will be evaluated and candidates placed on either Junior Varsity or Varsity accordingly.

JV candidates must have a knowledge of basic cheer skills:

- Toe Touch/Right Hurdler
- Stunting (half/extension)
- Tumbling
  - a. Minimum requirement: back/front walk over and Round Off

Varsity candidates must have the following:

- Above average combo jump execution and height
- 1-2 years prior High School cheer/dance or gymnastic experience
- Advance stunting
  - a. Cupie
  - b. Single leg w/full down
- Tumbling
  - a. Minimum round off back handspring

## **GIRLS DRILL TEAM HIGH SCHOOL TRYOUTS**

**Contact:** Carley Tarantino – Spoor

[ctarantinospoor@oprfs.org](mailto:ctarantinospoor@oprfs.org)

### **Girls Drill Team - THIS IS FOR TRYOUTS FOR THE 2023 DRILL TEAM**

**\*\* All OPRFHS students who are interested in trying out for Drill team need to register (same way you register for a summer camp).**

### **Tryout Dates & Location**

Clinics: Monday-Tuesday June 12-13 3:00-5:00pm

Audition: Wednesday, June 14 3:00-7:00pm

OPRFHS 3<sup>rd</sup> Floor Dance Studio – enter door #2 – athletic entrance on Scoville Ave. closest to parking garage.

Wear comfortable clothing, gym or jazz shoes, and hair pulled back. For Wednesday's audition, wear all black clothing.

### **Tryout Skills:**

All skills below will be evaluated, and candidates placed on either Junior Varsity or Varsity accordingly.

- **Right & left split**
- **Right & left pirouette**
- **Right a la seconde turns**
- **Toe touch**
- **Front and center leaps**
- **Flying disc**
- **Calypso**
- **Leg hold**
- **Showmanship and performance of pom and jazz routines**