

2024

HUSKIE

SPORTS

CAMPS

*** Updated 2/12/24 ***

HUSKIE SPORTS CAMPS

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

Camp Secretary: Julie Elmiger 708-434-3600
jelmiger@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 2024

ONLINE registration begins on March 1.

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
Fridays during the summer, unless otherwise noted.
No camps in session on June 19 & July 4th.**

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 1st 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

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 freshman 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.

****NO METAL CLEATS, ONLY MOLDED OR GYM/TURF SHOES****

BA-02 Freshman ID Camp

Open to: All incoming 9th graders
Location: OPRF Baseball Field
Dates: July 22 - 25 / July 29 - August 1
Time: 12:15 PM – 2:15 PM
Fee: \$200.00

BA-03 Competitive Baseball Camp

Open to: All incoming 7th and 8th graders
Location: OPRF Baseball Field
Dates: July 22 - 25 / July 29 - August 1
Time: 10:15 AM – 12:00 PM
Fee: \$200.00

BA-04 Junior Huskies Baseball Camp

Open to: All incoming 4th, 5th and 6th graders
Location: OPRF Baseball Field
Dates: July 22 - 25 / July 29 - August 1
Time: 8:00 AM – 9:45 AM
Fee: \$200.00

BA-05 Little Huskies Baseball Camp

Open to: All incoming 2nd and 3rd graders
Location: OPRF Baseball Field
Dates: July 22 - 25 / July 29 - August 1
Time: 8:00 AM – 9:45 AM
Fee: \$200.00

BOYS BASKETBALL

Contact: Phil Gary

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 10 - June 27 (Monday – Thursday)

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 10 – June 27 (Monday – Thursday)

Time: 8:00 AM – 10:00 AM

Location: 1 West 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 Seniors

Dates: June 10 – June 27 (Monday – Thursday)

Time: 4:00 PM – 6:00 PM

Location: Fieldhouse

Fee: \$175.00

BBC-01 Boys Youth Basketball

Open to: Incoming 4th, 5th, and 6th 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 10 – June 27 (Monday – Thursday)

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 7th and 8th 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 10 – June 27 (Monday – Thursday)

Time: 10:00 AM – 12:00 PM

Location: 1 West Gym / Fieldhouse

Fee: \$150.00

BOYS DISTANCE RUNNING

Contact: Chris Baldwin

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 17 – July 25 (Monday - Thursday)

No camp June 19 or July 4

Time: 6:00 AM – 7:45 AM

Place: OPRF Track

Fee: \$190.00

FOOTBALL

Contact: John Hoerster (Varsity and Sophomore)

jhoerster@oprfs.org

Joe Conway (Freshmen)

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: Backfield

Dates: June 24 – June 27 (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: Backfield
Dates: June 24 – June 27 (Monday – Thursday)
Time: 7:00 PM – 8:00 PM
Fee: \$50.00 (Includes an OPRF Football T-Shirt)

BFB-05 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: Backfield
Dates: July 15 – July 18 (Monday – Thursday)
Time: 5:45 PM – 6:45 PM
Fee: \$50.00 (Includes an OPRF Football T-Shirt)

BFB-06 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: Backfield
Dates: July 15 – July 18 (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 10 – June 27 (Tuesday, Wednesday, Thursday)
July 8 – July 18 (Monday, Tuesday, Wednesday, Thursday)
Time: 1:00 PM – 3:30 PM
Fee: \$325.00

* Cost includes T-shirt, shorts, 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: May 28 – June 27 (Tuesday, Wednesday, Thursday)
July 8 – July 25 (Monday – Thursday)

Time: 6:30 AM – 10:00 AM

Fee: \$350.00

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

BOYS LACROSSE

Contact: Justin Porter

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: Backfield

Dates: July 10 (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

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: July 22 – July 25

Time: 10:30 AM – 12:30 PM

Fee: \$130.00

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 / Backfield

Dates: July 22 – July 25 / July 29 - August 1 (Monday – Thursday)

Time: 2:00 PM – 6:00 PM

Fee: \$230.00

BOYS VOLLEYBALL

Contact: Justin Cousin

jccousin@oprfs.org

Each camper will receive a T-shirt.

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 & 1 West

Dates: July 8 – July 25 (Monday – Thursday)

Time: 12:30 PM – 2:00 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 & 1 West
Dates: July 8 – July 18 (Monday – Thursday)
Time: 12:30 PM – 2:00 PM
Fee: \$200.00

GIRLS BASKETBALL

Contact: Renee Brantley renee.brantley@gmail.com
Note: All campers must attend the appropriate grade level camps. Coach Brantley 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: Field House & 1 West Gym
Dates: June 10 – June 27 (Monday – Thursday) **No camp on June 19 but will meet on June 21.*
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: Field House & 1 West Gym
Dates: June 10 – June 27 (Monday – Thursday) **No camp on June 19 but will meet on June 21.*
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 10 – June 27 (Monday – Thursday) **No camp on June 19 but will meet on June 21.*
Time: 2:00 PM – 4:00 PM
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 West Gym

Dates: June 10 – June 27 (Monday – Thursday)

**No camp on June 19 but
will meet on June 21.*

Time: 2:00 PM – 4:00 PM

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 10 – June 27 (Monday – Thursday)

**No camp on June 19 but
will meet on June 21.*

Time: 2:00 PM – 4:00 PM

Fee: \$175.00

YOUTH CHEER TEAM

CL-01 Cheer Skills Camp 3rd - 5th Grade:

Open to: Grades 3 - 5

Description: A fun and energetic introductory skills camp inclusive of jumps, stunting and tumbling. Participants will have the opportunity to learn game day cheers while working on overall performance and learning a routine.

*Costs include a camp shirt and bow

Location: Fieldhouse

Dates: August 5 - 8 (Monday - Thursday)

Time: 9:00 AM – 11:00 AM

Fee: \$125.00

CL-02 Cheer Skills Camp 6th - 8th Grade:

Open to: Grades 6 - 8

Description: A comprehensive camp inclusive of jumps, stunting and tumbling. Participants will have the opportunity to learn proper technique and execution of skills. In addition to skills, participants will learn sideline cheers and a routine! This is a great camp to get prepared for cheerleading at the high school.

*Costs include a camp shirt and bow

Location: Fieldhouse

Dates: August 5 - 8 (Monday - Thursday)

Time: 11:00 AM – 1:00 PM

Fee: \$125.00

YOUTH DRILL TEAM

Contact: Carley Tarantino - Spoor

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: TBD - location will be emailed to registries

Dates: July 22 – July 25 (Monday – Thursday)

Time: 9:30 AM – 11:30 AM

Fee: \$125.00

GIRLS DISTANCE RUNNING

Contact: Ashley Raymond

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: OPRF Track

Dates: June 17 – July 25 (Monday – Thursday) **NO CAMP JUNE 19, JULY 4.**

Time: 6:00 AM – 7:30 AM

Fee: \$190.00

GIRLS FIELD HOCKEY

Contact: Kristin Wirtz

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. A great place to get gear is www.longstreth.com

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.

Athletes will also participate in Summer League at Glenbard West HS with dates TBD.

Location: Lake Street Field

Dates: June 11 – 14 (week 1 Tuesday - Friday)

June 17 - July 3 (Monday - Thursday)

Time: 7:00 AM – 9:30 AM

Fee: \$200.00

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: Backfield & Lake Street Field

Dates: June 11 – 14 (week 1 Tuesday - Friday) - Backfield
June 17 - July 3 (Monday - Thursday) - Lake Street Field

Time: 10:30 AM – 12:30 PM

Fee: \$150.00

GIRLS LACROSSE

Contact: James Borja

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: July 15 – July 18 (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: July 15 – July 18 (Monday – Thursday)

Time: 10:30 AM – 12:30 PM

Fee: \$175.00

GIRLS SOCCER

Contact: Lauren Zallis

lzallis@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: Backfield

Dates: July 8 – July 18 (Monday – Thursday)

Time: 10:30 AM – 12:00 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: Backfield

Dates: July 8 – July 18 (Monday – Thursday)

Time: 8:00 AM – 10:30 AM

Fee: \$125.00

GIRLS SOFTBALL

Contact: JP Coughlin

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 7th, 8th, and 9th graders

Location: Lake Street Field

Dates: June 10- June 13

Time: 12:00 PM - 2:00 PM

Fee: \$100.00

GSB-02 Junior Huskies Softball Camp

Open to: All incoming 4th, 5th, and 6th

Location: Lake Street Field

Dates: June 10- June 13

Time: 10:00 AM - 12:00 PM

Fee: \$100.00

GIRLS VOLLEYBALL

Contact: Kelly Collins

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: incoming 10, 11 and 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 West Gym

Dates: July 15 – July 25

(Monday – Thursday)

Time: 8:00 AM – 10:00 AM

Fee: \$200.00

Returning varsity athletes will also participate in Summer League at New Wave VBC and York HS. Dates and times are TBD. 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-01 HS Freshmen All Skills

Open to: Incoming 9th grades

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 West Gym

Dates: July 15 – July 25

(Monday – Thursday)

Time: 10:00 AM – 12:00 AM

Fee: \$200.00

GVB-03 Girls Junior Huskies Volleyball

Open to: Incoming Grades 6 - 8 (No previous experience)

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 West Gym

Dates: July 8 – July 11

(Monday – Thursday)

Time: 8:00 AM – 10:00 AM

Fee: \$150.00

BADMINTON CO-ED

Contact: Paul Wright

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: Fieldhouse

Dates: June 4 – 6 / June 11 - 13 / June 18 - 20 (Tuesday, Wednesday, Thursday)

Time: 6:15 PM – 7:30 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 4 - 6 / June 11 - 13 / June 18 - 20 (Tuesday, Wednesday, Thursday)

Time: 5:00 PM – 6:15 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 4 - 6 / June 11 - 13 / June 18 - 20 (Tuesday, Wednesday, Thursday)

Time: 7:30 PM – 8:45 PM

Fee: \$175.00

GOLF CO-ED

Contacts:

Matt McMurray - Girls Varsity Coach

708-434-3350

mmcmurray@oprfs.org

Bill Young - Boys Varsity Coach

708-434-3878

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**). Included in the fees are: Greens and range fees, snacks, and a memorabilia item.

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 12, 13, 17, 18, 20)
Incoming 10-12th Graders (June 17, 18, 20)

Time: June 12 and 13 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

TRACK AND FIELD CO-ED CAMP

Contact: Tim Hasso - Boys Head Coach
Nick Michalek - Girls Head Coach

thasso@oprfs.org
nmichalek@oprfs.org

TF-01 Co-Ed Field Camp (For T&F Athletes)

Open to: Grades 4 - 12

Description: This camp is designed to emphasize on the "field" aspect of the sport of track and field. Our camp will support jumpers, throwers and pole vaulters. Athletes will be allowed to choose their camp experience by exploring all three disciplines of the camp (jumps, throws or pole vault) or simply focus on one or two of the events. Our camp is co-ed and offered to students entering the 4th - 12th grades.

Location: Track

Dates: June 24 - June 28

Time: 11:00 AM – 1:00 PM

Fee: \$175.00

TENNIS CO-ED CAMP

Contact: Fred Galluzzo

fgalluzzo@oprfs.org

TN-01 Co-Ed Tennis

Open to: Grades 8 - 12

Description: For intermediate and basic skill players, 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 drills doubles.

Location: Tennis Courts

Dates: June 3 - 6 / June 10 - 13 / June 17 and 18

Time: 3:00 PM – 5:00 PM

Fee: \$190.00

TN-02 Tennis Doubles Co-Ed

Open to: Grades 9 - 12

Description: For intermediate and basic skill players. We will teach doubles tactics. 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 3 – June 6

Time: 5:00 PM – 7:30 PM

Fee: \$95.00

TN-03 Advanced 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, drill doubles specific skills, serve and return options, positioning, and running offensive and defensive plays. *Note the dates.*

Location: Tennis Courts

Dates: June 24 – June 27

Time: 5:00 PM – 7:30 PM

Fee: \$95.00

GIRLS WATER POLO CAMP

Contact: Beth Perez

elizabeth.j.perez@gmail.com

GWP - 01 High School Girls Water Polo

Open to: Grades 6 - 12

Description: No Experience necessary. The camp will focus on the skills of water polo - egg beater, passing, shooting, plays (both offensive and defensive positioning), etc. while also scrimmaging each night. We will work on offensive and defensive strategy during the summer. Swimming time will be minimal, but players should still bring goggles and a swim cap and wear a one-piece bathing suit. Players who are currently on the polo team at OPRF, those who wish to try out later and those who are new with no experience, feel free to come out. We will differentiate by level in order to teach beginners, intermediate and advanced players during this session. Minimum of 12 players for camp to run.

Location: West Pool - *enter by the Alley door near southwest end of school*

Dates: June 10 – July 17 (Monday and Wednesday)

****There will be no camp on June 19, camp will meet instead on June 20****

*****NO CAMP WEEK OF JULY 4*****

Time: 6:00 PM – 8:00 PM

Fee: \$195.00

CO-ED CHEER HIGH SCHOOL TRYOUTS

Contact: Brianna Burton

bburton@oprfs.org

Co-Ed Cheerleading - THIS IS FOR TRYOUTS FOR THE 2024 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 students: Monday, April 8 at 3:30 PM in the Monogram Room.

Informational meeting for incoming 9th graders (current 8th graders): Thursday, April 25 at 6:00 PM 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 1 East Gym.

Thursday & Friday, May 16 - 17 – 3:30 PM to 5:30 PM.

Final Tryout Saturday, May 18th 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 Walkover 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

Girls Drill Team - THIS IS FOR TRYOUTS FOR THE 2024 DRILL TEAM

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

Tryout Dates & Location

Clinics: May 13 - 14 3:00 PM - 5:00 PM

Audition: May 15 3:00 PM - 7:00 PM

OPRFHS 1 East Gym – enter door #2 – athletic entrance on Scoville Ave. closest to the 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**