

# 2024 SUMMER CAMPS

Baseball | Speed | Basketball | Football | Cheer | Dance | Soccer |  
Volleyball | MS Strength & Conditioning

## Baseball – Camp Host: Coach David Jordan | Head Baseball Coach

- Camp times: 8:00am -11:30am
- Drop off 7:45am | Pick up by 12:00pm
- Participants should report to the baseball field and be picked up in front of the Disch Gym.
- Concessions will be sold. Send your camper with small bills. No bank will be kept. Please send water with your camper as it will be very hot, even in the early morning.
- Details: Players should wear baseball pants, baseball cleats, hats, and bring turfs or tennis shoes ( in the event we have to go indoors). Campers should also provide their equipment such as bats and gloves. Catchers should bring their shin guards. Participants will learn the basics in infield, outfield, hitting and bunting, catching, throwing mechanics, base running, as well as team defense. The mental aspects of the game will also be covered.

## Speed – Camp Host: Coach Matt Desormeaux | Head Football Coach

- Camp times: 1:00pm – 3:00pm
- Drop off 12:45pm | Pick up by 3:30pm
- Participants should report to Panther Stadium/Track and should be picked up at the track as well.
- Concessions will be sold. This camp will be mostly outside, so please send water with your camper.
- Details: Campers should come dressed comfortably in shorts and tee-shirts. Comfortable tennis should be worn and cleats may be brought. Participants will learn explosive movement to increase speed and agility while having fun with different drills and competitions.

## Basketball – Camp Host: Coach Casey McGrew | Head Basketball Coach

- Camp Times: 8:00am – 11:30am
- Drop off 7:45am | Pick up by 12:00pm
- Participants should report to the Disch Gym and should be picked up by Disch Gym.
- Concessions will be sold. Send your camper with small bills. A bank may be kept for the duration of the camp.
- Details: This camp focuses on shooting, passing, ball handling and footwork. There will be Mikan, Hot Shot, Free Throw and Gotcha competitions as well as 3 on 3 and 5 on 5 games.

## Football – Camp Host: Coach Matt Desormeaux | Head Football Coach

- Camp times: 1:00pm – 4:00pm
- Drop off by 12:45pm | Pick up by 4:15pm
- Participants should report to Panther Stadium and should be picked up there as well.
- Concessions will be sold. Send your camper with small bills. A bank for the camp may not be kept.
- Details: The CHS football camp is designed to give the campers an idea of what it's like to play for the Panthers! The campers will learn different techniques and skills that the varsity football players use on Friday Nights! There will also be fun competition games for each camper throughout the camp. If you are excited about learning what it's like to be a Panther football player and have a lot of fun at the same time, then this is the camp for you! All campers should bring cleats and tennis shoes.

## Cheer – Camp Host: Coach Heidi Dueitt | Head Cheer Coach

- Camp times: 8:00am – 3:00pm
- Drop off 7:45am | Pick up by 3:30pm
- Participants should report to the Cafeteria and should be picked up in front of the Disch gym or bus loop
- Girls should wear comfortable clothes and tennis shoes.
- Concessions will be sold. Please send your camper with small bills. Money for snacks and lunch will be collected in the mornings and notes will be sent home each day to inform the parents how much they have remaining for the following day.

- Details: Join Mrs. Heidi and CHS Cheer Team members for three, full days of spirit! Participants will learn cheers, chants, and dances, try tumbling, play games, create arts and crafts, and much more!

## Dance– Camp Host: Coach Heidi Dueitt | Head Dance Coach

- Camp times: 8:00am – 3:00pm
- Drop off 7:45am | Pick up by 3:30pm
- Participants should report to the CHS cafeteria and should be picked up in front of the Disch gym or bus loop. Girls should wear comfortable clothes and jazz shoes or tennis shoes.
- Concessions will be sold. Please send your camper with small bills. A bank will be kept for the duration of the camp. Money for snacks and lunch will be collected in the mornings and notes will be sent home each day to inform the parents how much they have remaining for the following day.
- Details: Join Mrs. Heidi and CHS Jazz Dance Team members for three, full days of dancing fun! Participants will learn multi-genre dances, try tumbling tricks, play games, create arts and crafts, and much more!

## Volleyball – Camp Host: Coach Erin Robison | Assistant Volleyball Coach

- Camp times: 8:00am – 12:00pm
- Drop off 7:45am | Pick up by 12:15pm
- Participants should report to the Disch Gym and should be picked up in front of the Disch gym
- Concessions will be sold. Please send your camper with small bills. A bank may be kept for the duration of the camp.
- Details: Our CHS volleyball camp will offer skills for players from the beginning level all the way to advanced. Hosted by the CHS assistant coach, Coach Erin Robison, and her varsity players, we will use a variety of drills, games, and competitions to increase each player's knowledge, understanding, and skill for the game. We will end the camp with a fun and competitive tournament!! If you have any questions, please email Coach Erin at [erin.robison@chspanthers.com](mailto:erin.robison@chspanthers.com)

## Soccer – Camp Host: Coach Brian Moody | Head Girls Soccer Coach

- Camp Times: 1:00pm – 4:00pm
- Drop off 12:45pm | Pick up by 4:15pm

- Participants should report to the soccer practice field and should be picked up there as well. Participants should bring their own water as this camp is both inside and outside and it is very hot in June. Campers will also need their own shin guards, tennis shoes & cleats (and indoor soccer shoes if you have them), sunscreen and bug spray!
- Concessions will be sold. Please send your camper with small bills. A bank may be kept for the duration of the camp.
- Details: **Calling all soccer players!** Want to level up your game in a fun and supportive environment? The **CHS Soccer Camp** is for you! This camp caters to both elementary and middle school players, offering a dynamic mix of skill-building drills and exciting games. Sharpen your dribbling, passing, and shooting while learning new moves and strategies from experienced coaches. The best part? You'll get to put those skills to the test in friendly scrimmages, making new friends and having a blast on the field. So ditch the solo practice and join the fun!

## Middle School Strength & Conditioning – Camp Hosts: Coach Henry Ohrenberger, Coach Erin Robison, Coach Payton Smith

- Camp Times: 12:00pm – 1:00pm
- Drop off 11:45am | Pick up by 1:15pm
- Participants should report to the weight room (near the football fieldhouse) and be picked up in the bus loop. Participants should bring their own water and should eat prior to camp. Concessions will not be sold.
- Details: This camp runs for 15 sessions through the months of June and July. Participants should wear t-shirts and comfortable shorts, wear tennis shoes, and bring a hat, towel, and sunscreen (hat, towel, sunscreen are optional)