

# 2024 SMNW COUGARS Summer Camp Information

## BASEBALL

## Coach Domenic Mussat

<b>Fundamentals</b>	<b>June 3-June 6</b>	<b>9:00 am-11:00 a.m.</b>	<b>Grades 5,6,7,8,9</b>	<b>Cost \$65</b>
<b>Hitting #1</b>	<b>June 3-June 6</b>	<b>11:30 a.m.-1:00 p.m.</b>	<b>Grades 5,6,7,8,9</b>	<b>Cost \$50</b>
<b>Hitting #2</b>	<b>June 10-June 13</b>	<b>9:00 am-10:30 am</b>	<b>Grades 5,6,7,8,9</b>	<b>Cost \$50</b>
<b>Pitch/Catch</b>	<b>June 10-June 13</b>	<b>11:00 am-12:30 pm</b>	<b>Grades 5,6,7,8,9</b>	<b>Cost \$50</b>
<b>Little Cougars</b>	<b>June 17-June 20</b>	<b>9:00 am-10:30 am</b>	<b>Grades 1,2,3,4</b>	<b>Cost \$45</b>

\*All camps are held at the baseball field behind SMNW High School

\*Campers should wear hats, baseball pants, and bring indoor shoes, and water

**Little Cougars Camp:** This camp is designed for any elementary age student interested in having fun and learning the game of baseball. Camp will be centered around teaching baseball fundamentals dealing with infield, outfield, baserunning, sliding, hitting, catching, and throwing. Most importantly it will focus on having fun with fellow future Cougars. **Please make all checks payable to SMNW Baseball**

**Camps:** These camps are designed to develop and improve players of all skill levels and help take their game to the next level. Instruction will include the proper techniques of hitting, the proper fundamentals of infield and outfield play, and the fundamentals of pitching and catching. We are committed to providing the best possible instruction to each individual in all phases of the game. **Please make all checks payable to SMNW Baseball.** For more information contact Coach Mussat at [domenicmussat@smsd.org](mailto:domenicmussat@smsd.org)

## BOYS BASKETBALL

## Coach David Birch

<b>June 3rd-6th</b>	<b>(Grades 9-12)</b>	<b>(2:30 p.m.-5:30 p.m.) (Main and Aux Gym)</b>	<b>Cost \$80</b>
<b>June 11th-13th</b>	<b>(Grades 7-8)</b>	<b>(1:00 p.m.-4:00 p.m.) (Main Gym).</b>	<b>Cost \$80</b>
<b>June 18th-20th</b>	<b>(Grades 2-6)</b>	<b>(1:00 p.m.-4:00 p.m.) (Main, Aux and Stage Gym)</b>	<b>Cost \$80</b>
<b>July 9th-11th</b>	<b>(Grades 2-8)</b>	<b>(1:00 p.m. - 4:00 p.m.) (Main Gym)</b>	<b>Cost \$80</b>

Make checks payable to "SMNW Boys Basketball" (NOTE: Checks cannot be made directly to a coach)

The SMNW boys' high school basketball summer camp is for any Shawnee Mission Northwest high school student athlete who is planning to play basketball at the high school level for SMNW. This will be a practice-like camp teaching offensive and defensive concepts related to the high school team. Camp will consist of drills, small-sided games and scrimmages. For further information or questions contact Coach David Birch at [davidbirch@smsd.org](mailto:davidbirch@smsd.org)

### Youth Camp

**Grades 7-8:** For any middle school student interested in basketball. Players will learn basketball fundamentals, compete in basketball related competitions, and do small-sided scrimmages with the high school coaching staff. For further information or questions contact Coach David Birch at [davidbirch@smsd.org](mailto:davidbirch@smsd.org)

**Grades 2-6 and 2-8 Camps:** For any elementary age student interested in basketball. Players will learn basketball fundamentals, compete in basketball related competitions, and do small-sided scrimmages with the high school coaching staff. For further information or questions contact Coach David Birch at [davidbirch@smsd.org](mailto:davidbirch@smsd.org)

## GIRLS BASKETBALL

Coach Tyler Stewart

May 28-31 Grades: 9-12 (9:00 a.m.-12:00 p.m.) (Main Gym)  
May 28-31 Grades 3rd-5th (5:30 p.m.-7:00 p.m.) (Main & Aux Gyms)  
Grades 6th-8th (7:00 p.m.-9:00p.m.) (Main & Aux Gyms)

Cost: \$75 HIGH SCHOOL

Cost: \$50 YOUTH CAMPS

Make checks payable to "SMNW Lady Cougar Basketball"

Each camper needs indoor shoes with comfortable shorts and t-shirt. No previous basketball experience necessary.

**Grades 9-12:** The goal for this camp is to continue to become one of the elite programs in the State of Kansas. We will work hard to improve fundamental skills along with creating competitiveness through a highly structured atmosphere. Team basic concepts will be reviewed and repeated. It is our goal that every girl will leave with a sense of achievement and a motivation to continuously get better. For more questions contact Coach Tyler Stewart at [tylerstewart@smsd.org](mailto:tylerstewart@smsd.org)

**Grades 3-8:** Basic basketball fundamentals will be stressed; with emphasis on shooting, ball handling, individual and team offense and defense. This camp will help improve the skills of the beginners and challenge the advanced players. For more questions contact Coach Tyler Stewart at [tylerstewart@smsd.org](mailto:tylerstewart@smsd.org)

## CROSS-COUNTRY

Coach Justin Stigge

June 3-August 9 Grades 9-12: 7:15 a.m.- 9:00 a.m. Mill Creek Park (79<sup>th</sup> and Cottonwood)  
Cost: FREE Students still asked to fill out registration to get an idea of how many participants.

This is a great opportunity to build fitness and meet your teammates! Runners will meet to begin building up their ability to run the miles required for Cross Country. Coaches will provide mileage plans based on each runner's experience, instruction on running form, flexibility exercises, and core exercises. For more information you can contact [justinstigge@smsd.org](mailto:justinstigge@smsd.org)

## GYMNASTICS

Coach Sarah Hink

July 24-July 26

Beginner	Grades 3-6	9:00 a.m.-10:15 a.m.	Stage Gym	\$10
Advanced	Grades 3-6	10:20 a.m.-11:35 a.m.	Stage Gym	\$12
Middle/High	Grades 7-12	11:40 a.m.-12:50 p.m.	Stage Gym	\$15

### • Beginner:

This camp is for beginners who are new or have basic knowledge of gymnastics. Gymnasts will participate in vault, bars, beam, and floor along with some fun games!

### • Advanced:

This camp is for gymnasts who have a higher level understanding of gymnastics. They might be in a more advanced gymnastics recreational class or participate on a competitive team at their gym.

### • Middle/HS Open Gym:

This camp is open to all SMSD, homeschool, and private school gymnasts hoping to participate in high school gymnastics in the Shawnee Mission District.

*\*Returning gymnasts who volunteer to work camps will get in for free*

## SOCCER –Boys & Girls

**Coach Perkins, Coach Love  
Coach Ness, Coach Jackie**

**June 5-July 21** Grades: 7-12 Time: 8:00 a.m.-9:30a.m. **Monday-Thursday**  
**Cost: Single Player = \$35 per month or \$70 entire summer** Family Plan: \$60 per month or \$120 for summer  
**(Payment collected the first day of conditioning)**

The training sessions will include the following: soccer specific weight training, speed and agility development, cardio development, individual skill training with a ball (dribbling, passing, shooting, defending) tactical training. Goalkeeper specific training for those that play the position. We will play small sided games. If you have questions, please contact the Head Boys and Girls Soccer Coach – Drew Perkins – at the following email address: [perk09@hotmail.com](mailto:perk09@hotmail.com) or coach Love at [SaraLove@smsd.org](mailto:SaraLove@smsd.org)

## SOFTBALL

**Coach Shelby Bonn**

<b>Little Cougars Camp</b>	<b>June 10-June 12</b>	<b>4:00-6:00 p.m.</b>	<b>Grades 3,4,5</b>	<b>Cost \$50</b>
<b>Cougars Camp</b>	<b>June 10-June 12</b>	<b>6:30-8:30 p.m.</b>	<b>Grades 6,7,8</b>	<b>Cost \$50</b>
<b>High School</b>	<b>June 18-Aug. 6 (Tues)</b>	<b>5:00-6:00 p.m.</b>	<b>Grades 9-12</b>	<b>NO COST</b>

**\*All camps are held at the softball field behind SMNW High School**

**\*Campers should wear hats, softball pants, and bring indoor shoes, masks and water**

**Little Cougars Camp:** This camp is designed for any elementary school age student (8u, 10u) interested in having fun and learning the game of softball. Camp will be centered around teaching softball fundamentals dealing with infield, outfield, baserunning, sliding, hitting, catching, and throwing. Most importantly it will focus on having fun with fellow future Cougars.

**Cougars Camps:** These camps are designed to develop and improve players of all skill levels and help take their game to the next level. Instruction will include the proper techniques of hitting, the proper fundamentals of infield and outfield play, and the fundamentals of pitching and catching. We are committed to providing the best possible instruction to each individual in all phases of the game.

**High School Camp:** This session will be held every Tuesday from June 18th through August 6th. Players will work on building fundamentals dealing with infield and outfield play, and the fundamentals of pitching and catching. Players will compete in a hitting league throughout the summer and have access to open field time with coaches and other players. While this is no cost, please register so we have an idea how many will participate.

If questions please email [smnwsoftball@gmail.com](mailto:smnwsoftball@gmail.com)

## TENNIS (Boys & Girls)

**Coach Morgan Moberg**

**Camp 1: June 3-6 (rain date June 7th)** **Camp 2: July 8-12 (rain date July 13th)** **Grades: 7-12**  
**Time: 8:00 a.m.-10:30 a.m.**  
**Costs: \$90 for one camp \$150 for both camps**

This camp is for all levels of players. Throughout drills and match play, campers will learn or refine footwork, racket preparation, strokes, rules, and etiquette of the game. Both singles and doubles work will be incorporated. The camp will be held on the SMNW tennis courts. Basic tennis apparel and a racket are needed. If questions, please contact Coach Morgan Moberg at [morganmoberg@smsd.org](mailto:morganmoberg@smsd.org)

## VOLLEYBALL

**Coach Amanda Leimbach**

<b>June 10-June 13</b>	<b>10:30 a.m.-11:30 a.m.</b>	<b>Grades 3,4,5</b>	<b>Cost \$60</b>
<b>June 10-June 13</b>	<b>9:00 a.m.-10:30 a.m.</b>	<b>Grades 6,7,8</b>	<b>Cost \$75</b>
<b>June 10-June 13</b>	<b>7:00 a.m.-9:00 a.m.</b>	<b>High School</b>	<b>Cost \$80</b>

**Checks should be made out to "SMNW Volleyball Booster Club" If enrolling in more than one camp indicate on registration form, and payment may be made with one check.**

These SMNW volleyball program camps are dedicated for the development and improvement of all levels of volleyball players. The main focus of these camps will be technique and development of volleyball skills. Passing, setting, hitting, defense and blocking will be the main skills focused on during the week. Volleyball drills, games and competitions will be incorporated throughout the camps. Campers will need to dress in shorts, T-shirt and tennis shoes. Camp to be held in the Auxiliary Gym. Questions please email Coach Elsasser at [azwildcats123@gmail.com](mailto:azwildcats123@gmail.com)

## **WRESTLING**

**Coach Zachary Davies**

<b>June 17-June 20</b>	<b>4:00 p.m.-5:30 p.m.</b>	<b>Grades K-5</b>	<b>Cost \$40</b>
	<b>5:30 p.m.-7:00 p.m.</b>	<b>Grades 6-12</b>	

**Checks should be made out to "Checks should be made out to SMNW Wrestling Club or Venmo @NWCougarWrestling" If enrolling in more than one camp indicate on registration form, and payment may be made with one check.**

These SMNW wrestling camps are dedicated for the development and improvement of all levels of wrestlers.. The main focus of these camps will be technique, position and development of wrestling skills. Practices will consist of great fun and teaching through games and practices. Campers will need to dress in shorts, T-shirt and wrestling shoes (if not wrestling shoes the tennis shoes). Camp to be held in the Wrestling Room. If questions please contact Coach Zach Davies at [zacharydavies@smsd.org](mailto:zacharydavies@smsd.org)

## **CHEER**

**Coach Renee Chambers**

Specifics for this camp are available by contacting Coach Renee Chambers at [renee Chambers@smsd.org](mailto:renee Chambers@smsd.org)