MARQUETTE



HILLTOPPERS

2025
SUMMER SPORT CAMP OPPORTUNITIES

BASKETBALL

FOOTBALL

RUNNING

SOCCER

STRENGTH/CONDITIONING

VOLLEYBALL

Program Cancellation/ Refund Policy

Marquette High reserves the right to close programs with maximum enrollment and to cancel programs that do not meet the minimum enrollment 14 days prior to the program starting date. In the event a program is cancelled by the school, participants will receive a full refund.

If a student voluntarily withdraws after the first day of the program start date, no refund will be issued.

There is a no pro-rated adjustment of the program fees based on the number of days attended.

2025 SUMMER CAMP OPPORTUNITIES

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Registration Link
https://www.muhs.edu/summer-camps/
sport-camps

Marquette University High School 3401 W. Wisconsin Ave. Milwaukee, WI 53208 (414) 933-7220

WWW.MUHS.EDU

BASKETBALL CAMPS

CAMP DATES, TIMES AND FEES

Entering 4th & 5th Grade

Monday, - Thursday, June 16 - 19

8:00 a.m. - 8:30 a.m. Open Shooting (optional)

8:30 a.m. - 10:00 a.m. Camp

Cost: \$100 Limited to 30

Entering 6th Grade

Monday, - Thursday, June 16 - 19

10:00 a.m. - 10:30 a.m. Open Shooting (optional)

10:30 a.m. - 12:00 p.m. Camp

Cost: \$100 Limited to 40

Entering 7th Grade

Monday, - Thursday, June 16 - 19

12:15 p.m. - 12:45 p.m. Open Shooting (optional)

12:45 p.m. - 2:15 p.m. Camp

Cost: \$100 LIMITED TO 40

Entering 8th Grade

Monday - Thursday, July 21 -24

8:00 a.m. - 8:30 a.m. Open Shooting (optional)

8:30 a.m. - 10:15 a.m. Camp

Cost: \$115 Limited to 40

BASKETBALL CAMPS

CAMP DATES CONTINUED

Entering 9th Grade

Monday - Thursday, July 21 - 24

10:45 a.m. - 11:15 p.m. Open Shooting (optional)

11:15 p.m. - 1:00 p.m. Camp

Cost: \$115

CAMP GOALS

Drills, games and instruction will be conducted to help students understand and develop the fundamentals skills of the game.

Teamwork, communication, ball handling, shooting, passing, defending, rebounding, and spacing. Having fun and making friends.

COACHING STAFF

Varsity Coach – Casey Kowalewski

Current and Past MUHS coaches and players

The gym will be open at 7:30 a.m. should you wish to drop your son off early.

MUHS will provide high school regulation balls to use at camp.



YOUTH FOOTBALL CAMP

CAMP DATES: Monday - Thursday, June 23 - 26

CAMP TIMES: 5:30 p.m. - 7:30 p.m. at Takton Field

Camp Fee: \$130

Open to all boys entering 4th - 8th grade in Fall 2025 regardless of where they play youth football.

OUR CONCEPT

Even if you have never played organized football, you can benefit from this camp. You will learn about the techniques and skills required to be a good football player. You will see how you compare to other young players your age. You may even make some new friends.

The camp will be held on Takton Field adjacent to the high school. We will provide the equipment you need.

This is a non-contact camp. The camp complies with WIAA and CYFL eligibility rules.

CAMP OBJECTIVES

- Develop important, **SAFE** techniques and position skills.
- Build **GREAT TEAMMATES** and **BELIEVE** in them.
- Learn the fundamentals of the position you want to play.
- Participate in individual, small group and large group team drills.
- Running form and dynamic warmup exercises emphasized daily.



This is a very popular camp. Please register early.

YOUTH FOOTBALL CAMP

COACHING STAFF

The camp will be coordinated by our Head Football Coach. The entire, experienced Marquette University High School football staff (Varsity, Junior Varsity and Freshman coaches) will be coaching the camp.

Personal Evaluations

Each and every camper will receive their own personal evaluation. Coaches will convene to discuss individual campers and a detailed evaluation offering encouragement and suggestions for improvement will be provided to every camper.

Awards, Awards, Awards

Every camper is given a T-shirt on the last day. Additional gear AWARDS will be handed out at the end of each day to reward Effort, Participation and Performance.

GENERAL INFORMATION

- This is a non-contact camp. The WIAA does not allow the issuing of helmets. All campers will wear a mouth guard for safety.
- Each camper should wear athletic shorts and a T-shirt. Football cleats recommended. Bring gym shoes. In the event of rain, the camp will move indoors.
- We will again incorporate music into our fast-paced, very active, on-field scripted practice/instruction sessions.
- ** Campers, please arrive 30-40 minutes early on Monday for check-in and mouth guard fitting.
- ** Each camper should be covered by a parent or guardian's insurance policy.

WATER BREAKS GIVEN THROUGHOUT CAMP

HILLTOPPER FOOTBALL MINI CAMP

This Starts Our Season

CAMP DATES: Sunday - Thursday, July 20 - 24

CAMP TIMES: 4:00 p.m. - 7:45 p.m. at MUHS / Takton Field

Camp Fee: \$150

INCLUDES: 2 Dri-Fit tees and 1 pair performance shorts

WHY CAMP: Prepare for fall camp & maximize season success

All MUHS incoming 9th, 10th, 11th & 12th graders

CAMP GOALS

- Develop important, SAFE techniques and position skills.
- Install offensive, defensive and special teams schemes.
- Build GREAT TEAMMATES and BELIEVE in them.
- Learn the fundamentals of the position you want to play.
- Participate in individual, small group and large group team drills.
- Running form and dynamic warmup exercises emphasized daily.



WE EXPECT AND ENCOURAGE 100% ATTENDANCE

REGISTER ONLINE WWW.MUHS.EDU/ATHLETICS

COACHING STAFF

The camp will be coordinated by our Head Football Coach. The entire, experienced Marquette University High School football staff (Varsity, Junior Varsity and Freshman coaches) will be coaching the camp.

^{**} Each Camper should be covered by a parent or guardian's insurance policy.

MINI CAMP

WATER BREAKS GIVEN FREQUENTLY - HYDRATION IS KEY
WIAA FALL ACCLIMATIZATION REQUIREMENTS WILL BE FOLLOWED
WIAA/WFCA CONTACT REGULATIONS WILL BE FOLLOWED AS INDICATED

EQUIPMENT FITTING/ISSUE & SPEED TESTING SUNDAY, JULY 20

Seniors / Juniors 2:30 p.m.
Sophomores 3:00 p.m.
Freshmen 3:30 p.m.

** PLEASE REPORT AT THE APPOINTED TIME ** 4:45 p.m. all team meeting

- · We will be using white-board, video presentation sessions and film of practice.
- · HUDL, JustPlay, and TeamBuildr accounts will be assigned.
- We will incorporate music into our fast-paced, active, on-field scripted practice sessions.
- · We will begin to unlock the secrets to success on the field and off.
- All of the training, conditioning, and hard work that you put in to the summer will be brought into focus.



ATHLETIC TRAINER

Certified athletic trainers, under school contract with Midwest Orthopedic Specialty Hospital, will provide athletic training services for the camp.

TRAINING FOR CURRENT PLAYERS

"RGC" - RISE AND GRIND CLUB

Early Morning Strength & Speed Training

(RECOMMENDED FOR 10th -12th grade Current MUHS FOOTBALL PLAYERS)

CAMP DATES: Mondays - Thursdays

May 27 - July 24

(Begins Tuesday, May 27 after Memorial Day)

CAMP TIMES: 6:30 a.m. - 8:30 a.m.

Camp Fee: \$100



2025 HILLTOPPER RUNNING CAMP

Camp Dates: Tuesdays / Wednesdays / Thursdays

June 24 - July 24

CAMP TIMES: 8:30 a.m. - 10:00 a.m.

Camp Fee: \$135

Where? MUHS and Metro Area Parks & Trails

WHO CAN REGISTER? Boys and girls 8th grade - 12th grade

Successful distance runners train all year. The accumulation of mileage from season to season and year to year builds aerobic fitness, a muscular and skeletal foundation for injury-free running and healthy habits from nutrition to sleep. Motivation, however, can be difficult without a group of supportive friends, teammates and coaches. The Hilltopper Running Camp aims to prepare you for a successful fall CC season while providing a fun, healthy, and physiologically sound atmosphere for runners of all abilities.

What Do You Get?

- · Merchandise: camp shirt.
- Guest Speakers: area coaches, physiologists, sports medicine experts, nutritionists.
- Personalized summer training plan.
- Strength and conditioning sessions.
- Expert instruction.
- The foundation for a successful fall.

DETAILS

• Camp is voluntary and open to anyone. Attendance, mileage and pace are determined by the camper, although a personalized training plan will be available for every individual based on age and experience.

Race Opportunities

Additional registration fees apply.

TENTATIVE DAILY SCHEDULE

Tuesdays - Meet at MUHS - Takton Field. Guest speaker. Run.

Wednesdays - Meet at MUHS - Takton Field. Strength session. Run.

Thursdays - Meet at trails/parks within the Metro area. Run.

TOPPER SOCCER CAMP

HOME OF THE WIAA STATE CHAMPION MUHS HILLTOPPERS

CAMP DATES: Monday - Friday, July 28 - August 1

CAMP TIMES: 8:00 a.m. - 10:30 a.m.

Camp Fee: \$185

Location: Quad Park - 37th & St. Paul Ave.

Grade: 6th-9th Grade

DEADLINE: July 15

INCLUDES: Camp T-shirt, quality training sessions,

athletic training (present at every session)

Applications will be accepted after July 15, if space is available, for a fee of \$200 (grades 6 - 9)

LIMITED TO 60

CAMP OBJECTIVES

Come experience the excellent tradition of MUHS soccer. Coach Lawrence has assembled an outstanding Coaching Staff of former MUHS players and current MUHS coaches whose soccer experience goes from high school to the professional level. See for yourself why MUHS has maintained such a high level of success year after year.

The Topper Soccer Camp (grades 6-9) is for the experienced pre-High School player. Our objective is to prepare boys to play soccer at a higher level through intense technical and tactical training sessions.

COACHING STAFF

MUHS Head Coach Steve Lawrence

CONTACT

Coach Lawrence lawrence@muhs.edu

ABOUT THE SOCCER STAFF

STEVE LAWRENCE MUHS HEAD COACH

Coach Lawrence is entering his 20th season as Head Coach of the Marquette University High School soccer program. During this time his teams have accomplished the following:

Overall Record: 337-42-27

State Championship: 2008, 2010, 2011, 2012, 2014,

2015, 2016, 2017, 2018, 2020, 2021

State Runner-up: 2007, 2022, 2023

NSCAA National Rankings: #7 (2008), #18 (2010) #4 (2011, 2015),

#6 (2012, 2014) #13 (2016) #2 (2020)

Streaks: 54 games in a row without a loss (Oct 2010 - Oct 2012)

57 games in a row without a loss vs. WI opponents

(Oct 2010 - Oct 2013)

Conference unbeaten streak of 67 games in a row (64-0-3)

LIMITED TO 60

As a soccer player, Coach Lawrence played two years of Varsity soccer at MUHS winning state Championships in 1997 and 1998. He then moved on to Marquette University where he played four years and earned All Conference USA First Team and Defensive Player of the year as a Senior, and was invited to the MLS Combine. After college he finished his playing career playing professional outdoor soccer in the A-League for two years with the Milwaukee Wave United. Coach Lawrence currently holds his USSF D soccer license.

OTHER MUHS COACHES

Each year other MUHS coaches and former players will help out with the camp. It's important to Coach Lawrence to have coaches at the camp who have been a part of the MUHS soccer tradition and train players the "MUHS way."



CONTACT

Coach Lawrence lawrence@muhs.edu

VOLLEYBALL CAMP

CAMP DATES, TIMES AND FEES

Entering 5th - 8th Grade

INTRODUCTION TO VOLLEYBALL

Monday - Thursday, August 4 - 7

4:00 p.m. - 6:00 p.m.

Cost: \$125 (limited to 45, don't wait!)

This camp is designed for those players who are either new to the game of volleyball or have limited experience playing the game.

Entering 5th - 8th Grade

ADVANCED SKILLS CAMP

Monday - Thursday, August 4 - 7 6:00 p.m. - 8:00 p.m.

Cost: \$125 (limited to 45, don't wait!)

This camp is designed for those players who have had a handful of years of experience playing the game of volleyball. These players may even have club experience in the past

ENTERING 9TH GRADE

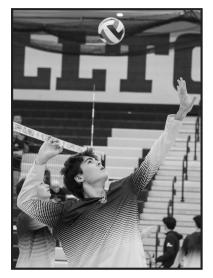
Monday - Thursday, July 14 - 17 4:00 p.m. - 6:00 p.m.

Cost: \$130

ENTERING 10TH - 12TH GRADE

Monday - Thursday, July 14 - 17 6:00 p.m. - 8:00 p.m.

Cost: \$100



CAMP OBJECTIVES

This camp will allow participants to improve their basic volleyball skills through movement training and specific fundamentals in all areas of the game.

ADDITIONAL DETAILS

- · Each athlete will receive a T-shirt.
- · An athletic trainer will be on site.

CAMP ACTIVITIES

- Footwork
- Setting
- Passing
- Serving
- Hitting
- Blocking

COACHING STAFF

MUHS Varsity Coach Jake Cosson

CONTACT

Jake Cosson cosson@muhs.edu

Noack Strength & Fitness Center Opportunities

ABOUT

The Noack Strength & Fitness Center offers several camps for performance enhancement and individual training. Camps will take place in the 4500 sq. ft. Noack Strength & Fitness Center, Humphrey Gymnasium, and Takton Field. All camps are led by qualified and certified coaches, utilizing safe and scientifically-based training methods. Additional information can be found through the school website under Noack Strength & Fitness Center.

Contact Mike Duehring - duehring@muhs.edu or (414)933-7220.

COACHING STAFF

MICHAEL DUEHRING

NSCA & NHSSCA Wisconsin High School Strength Coach of the Year. Education: Master of Science in Exercise Science – Human Performance, Master of Science in Sport Management, and Bachelor of Science in Exercise and Fitness Management. Certifications: NSCA Certified Strength & Conditioning Specialist*D, NSCA Registered Strength & Conditioning Coach*D, USA Weightlifting Club Coach, USA Track & Field Level I. Experience: Instructor at Marquette University, Director at No Limit Performance & Fitness, NHSSCA State Director. Coach Duehring has been the Director of Performance & Fitness at MUHS since 1999.

Andrew Kossow

Education: Master of Science in Health & Wellness Management, Bachelor of Science in Exercise Science - Strength & Conditioning. Certifications: NSCA Certified Strength & Conditioning Specialist, NSCA Registered Strength & Conditioning Coach. Experience: SPS Sports Performance, Marquette University Sports Performance, and UW-Milwaukee Strength & Conditioning. Instructor in Exercise Science at Lakeland University. Published researcher in human performance at state, national and international symposiums. Coach Kossow has been the Performance & Fitness Coordinator at MUHS since 2017.

OTHER COLLEGE AND HIGH SCHOOL COACHES WILL ASSIST.

CONTACT

Mike Duehring duehring@muhs.edu

Noack strength & fitness center

RECOMMENDED FOR INCOMING FRESHMAN ATHLETES

Any freshman who intends to participate in athletics at Marquette High, any sport, should be in these two camps.

STRENGTH TRAINING

Camp Dates: Mondays/Wednesdays

June 9 - July 2

CAMP TIMES: 12:00 p.m. - 1:00 p.m.

CAMP FEE: Prior to 5/30 - \$125

After 5/30 - \$145

(Combined W/Frosh Speed & Agility: prior to 5/30 - \$185, After 5/30 - \$225)

This camp is recommended by the Athletic Department for any ninth grader who intends to participate in any sport at Marquette High. Strength and conditioning camp focuses on maximizing strength and improving performance for athletics. Students will learn safety guidelines, proper technique, use of technology in the weight room, and follow a structured program. Space is limited and consistent attendance required. Any disjointed program interrupts positive results.

SPEED & AGILITY

Camp Dates: Tuesdays/Thursdays

June 10 - July 3

CAMP TIMES: 12:00 p.m. - 1:00 p.m. **CAMP FEE:** Prior to 5/30 - \$125

After 5/30 - \$145

(Combined W/Frosh Strength Training: prior to 5/30 - \$185, After 5/30 - \$225)

Participants will learn techniques and perform drills to improve both speed and agility, with an emphasis on becoming more explosive. The skills learned in camp will benefit athletes of all sports. The focus will be on sports speed - acceleration, deceleration, and change of direction ability. Sessions will include the use of various speed training tools. Enrollment is limited.

After completion of Strength Training or Speed & Agility, freshman athletes will have the opportunity to and are encouraged to participate in HSPA Strength Training and Speed & Agility Sessions. These sessions will continue throughout July and into August. (No additional fee)

NOACK STRENGTH & FITNESS CENTER

Last Chance Opportunity for Incoming Freshman Athletes

If a ninth grade athlete was unable to participate in the strength and speed camps, then he should participate in the fall athlete orientation.

Freshman Athlete Orientation

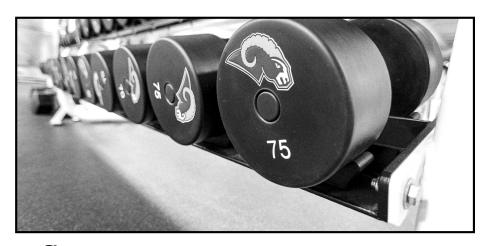
CAMP DATES: Monday - Thursday

July 21 - 24

CAMP TIMES: 12:00 p.m. - 1:00 p.m. **CAMP FEE:** Prior to 5/30 - \$30

After 5/30 - \$40

Freshmen who plan to participate in any sport and who are not involved in the summer workouts, are expected to attend the Athlete Orientation. This camp will provide students instruction on safety and proper technique in the weight room. In addition, students will be instructed on the following topics: in-season and off-season workouts, expectations of athletes, opportunities through the fitness center, how to correctly perform workouts, use of Teambuildr and VBT. This camp is necessary for effective and efficient use of the fitness center when the fall season begins.



CONTACT

Mike Duehring duehring@muhs.edu

NOACK STRENGTH & FITNESS CENTER OPPORTUNITIES FOR INCOMING 10th-12th grade

HILLTOPPER SPORTS PERFORMANCE ACADEMY

WORKOUT SESSION: May 27 - July 25

MEMBERSHIP FEE: Prior to 5/9 - \$30

After 5/9 - \$40

STRENGTH WORKOUTS:

Choose one session in each category:

Monday and Wednesday:

Session I - 9:00 a.m. to 10:30 a.m. Session II - 10:30 a.m to 12:00 p.m.

Friday:

Session I - 8:30 a.m. to 10:00 a.m.

Performance Workouts:

Tuesdays/Thursdays

Session I - 9:30 a.m. to 11:00 a.m.

*Strength and Speed sessions will continue following July 25, schedule TBD.

Summer workout sessions are off-season workouts for current athletes and designed to improve overall athleticism. The emphasis is placed on strength, explosiveness, and sport-specific speed to maximize performance in the multi-sport athlete. Each session is open to all athletes. Register for the session which best fits your schedule.

Hilltopper

Sports Performance Academy
Never be satisfied, make each day seein, and have no regretal

CONTACT

Mike Duehring duehring@muhs.edu

^{*}Summer membership required to use fitness center over summer.

^{*}Registration is required for specific sessions.

^{*}Space is limited, register early.

^{*}Sessions may be combined based on number of registrations.

^{*}A make-up lifting session will be available Tu/Th 11:00 a.m. to 12:00 p.m

Spring 6th - 8th Grade Opportunities

March 2025 Performance Camp

CAMP DATES: Mondays

Feb. 24 and March 3, 10, 17

CAMP TIMES: 5:30 p.m. - 7:00 p.m. CAMP FEE:

Prior to 2/7 - \$65

After 2/7 - \$85

Successful athletic performance relies on physical development and training. In order to maximize your athletic potential and chance for success, it is important to participate in a sound training program with a proven strategy at its foundation. As you move further along in sport, physical development and athleticism sets individuals apart. Everyone can make improvements in strength, explosiveness, speed, agility, mobility, and conditioning.

Emphasis will be placed on proper technique and age appropriate drills. Participants will gain experience and knowledge in training methods to improve overall athleticism. Athletes of any sport will benefit and are encouraged to attend.

Annual participation is encouraged to reinforce proper technique and provide repetition. Potential opportunities to participate in additional training sessions throughout the year. Enrollment is limited - register early!

ATHLETE PERFORMANCE AND PERSONAL TRAINING FOR THE MUHS COMMUNITY

The Hilltopper Sports Performance Academy (HSPA) is our signature athlete training system, unifying Hilltopper athletes in one direction - maximal athleticism, positive culture, year-round training.

ABOUT

Small group, team, or personal training sessions are available to individuals in the MUHS community. Sessions can take place at MUHS or off-site. Prospective students, current students, alumni, and their immediate family have the opportunity to train individually or in small group with a certified staff member. Training is designed to meet your goal. Whether you are looking for fitness consulting, personal training, athletic performance development, or guidance with any other health and wellness component – we will provide you all the tools necessary to reach your goal. More information can be found at the school's website under Noack Strength & Fitness Center.

Contact Mike Duehring with questions or for additional information.



CONTACT

Mike Duehring duehring@muhs.edu

JUNIOR HILLTOPPERS PROGRAMS



PROGRAM OVERVIEW

The Junior Hilltoppers Youth Sports programs are for boys from all schools in grades 4-8. Information and registrations for each sport will be available on the MUHS website:

www.muhs.edu/athletics/jr-hilltopper-sports

The Junior Hilltoppers Program embodies the mission of Marquette High athletics forming "men for others." With an emphasis on growth and development, players will learn fundamentals in each sport and life skills including work ethic, fair play, sportsmanship, morals, and leadership. Respect, empathy, and excellence are integral.

2025-2026 Basketball Program

The Junior Hilltoppers Basketball program is a complement to (not a replacement for) Parochial grade school basketball teams. Games will be played at local high schools and other venues in southeastern Wisconsin. The program includes practices, skills clinics, scrimmages, Wisconsin Youth Basketball League games, round robin play-ins, and/or tournaments with other high school Junior Basketball Programs. Exact opportunities and costs may vary from team to team in each grade depending on the volume of boys and numbers of teams in each grade.

Who: 4th – 8th Grade Boys (in fall 2025)

When: Fall/Winter of 2025-2026 Season

(with optional summer league at an additional cost).

Evaluations to happen late summer 2025.

Cost: \$300-\$400/player depending on whether a uniform

is needed and the volume of game opportunities

available for each team.

Contact: jrhilltoppersbasketball@gmail.com

JUNIOR HILLTOPPERS PROGRAMS

2025 Football Program

The Junior Hilltoppers Football Club introduces boys to the MUHS championship tradition. Coaches emphasize sportsmanship, safety and spiritual development, and hold required USA Football and Safeguarding certifications. Teams play a seven-game schedule in the Classic Youth Football League, offering full 11-Man football for 7th and 8th grades, and 8-Man "Rookie Tackle" with age- and size-appropriate team and field sizes for our 5th and 6th grade teams. At the 3rd and 4th grade level we offer a Flag football program held at Marquette High on Sundays throughout the fall season.

Who: 3rd – 8th Grade Boys (in fall 2025)

Grade: 7th & 8th - 11-Man Tackle

5th & 6th - Rookie Tackle 3th & 4th - Flag (\$45)

When: Fall of 2025

Cost: Approx. \$300/player plus fees for equipment

Contact: michaelbark92@gmail.com

2025 Volleyball Program

The Junior Hilltoppers Boys Volleyball program will provide boys the opportunity to play in a competitive and fun environment through Marquette High and the Greater MKE Power League. Learn to play volleyball in the MUHS system, experience MUHS coaching and foundational skill training, and meet future MUHS classmates.

Who: 6th – 8th Grade Boys (in fall 2025); space is limited

When: Fall of 2025

Cost: Approx. \$300/player

Contact: cosson@muhs.edu

(Prices of Junior Hilltoppers Programs are approximate and might change depending on league and/or practice costs. Financial assistance may be available, upon request, for all three programs)

REGISTER FOR SPORT CAMPS HERE:



Marquette University High School invites You to Attend Any 2024-25 Student Activity

FREE

The activity must be a regular season event hosted by MUHS Catch exciting Hilltopper athletics, theatrical productions, music and other student activities in action!

* Simply cut out the Pass and show it at the door.

* You May Attend One Home Activity for FREE (The pass is Not valid for WIAA Tournaments.)



Marquette University High School Official Grade School Guest Pass

ADMIT ONE

This pass entitles the bearer admission to one (1) Marquette University High School HOME regular season student activity during the 2024-25 school year.

Student Name:		
	(Non Transferable)	
Grade School:		



SUMMER SPORT CAMP OPPORTUNITIES

Sponsored by the MUHS Athletics Department
Held at MUHS Facilities

Registration available online at www.muhs.edu/summer-camps

MARQUETTE UNIVERSITY HIGH SCHOOL
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WWW.MUHS.EDU

