



2025 SUMMER SPORTS CAMPS

(All grade levels are for 2025-2026 school year)

Summer Sport Camps at O’Gorman are open to the community.



BASKETBALL

Boys & Girls Basketball Camps

- June 2-5** (M-Th) Location: O’Gorman High School Gymnasium
 - Grade 3-4: 11:45 am - 12:45 pm ♦ **\$80**
 - Grade 5-6: 9:50 am - 11:30 am ♦ **\$95**
 - Grade 7-8: 8:00 am - 9:40 am ♦ **\$95**
 - Grade 9-12: 1:00 pm - 3:00 pm ♦ **\$95**

(Open to younger players also with Coach’s permission.)

Boys & Girls Basketball Specialty Camps

All players are encouraged to attend both sessions. Advanced skills work incorporated at all age groups. Important to attend both sessions to help yourself develop into a versatile basketball player. A must attend for all basketball players that want to elevate their game!

- Location: O’Gorman High School Gymnasium
- Session 1: June 9-10** (M-T)
 - Ball Handling, Shooting, Passing Skills ♦ **\$60***
- Session 2: June 11-12** (W-Th)
 - Attacking & Finishing in the Lane/Post ♦ **\$60***
- *Both sessions: \$95**

- Grade 3-5: 11:15 am - 12:45 pm
- Grade 6-8: 9:00 am - 11:00 am
- Grade 9-12: 1:00 pm - 3:00 pm

GIRLS BASKETBALL 4-ON-4 LEAGUE

Looking for a great opportunity to play basketball, work on your skills and have some fun? This 4-on-4 League is the perfect option for you. 4-on-4 allows players to touch the ball more often and have more space to operate and improve their skills. Players will sign up as “individuals” and be placed on teams that morning based on age and skills by the O’G coaching staff. This 4-on-4 League is open to all kids in and out of the Bishop O’Gorman Catholic School system. If our numbers happen to warrant, we will have a 4-on-4 Half-court League. Hoping to have some varsity players help coach the girls during game activity. We are excited to be able to offer this unique opportunity to gain valuable game experience.

- June 16-17** (M-T) Location: O’Gorman High School Gymnasium
 - Grade 3-8: 10:00 am - 11:45 am ♦ **\$65**



FOOTBALL

Football Camps

- June 23-25** (M-W) Location: O’Gorman - McEneaney Field
 - Grade 9-10: 8:00am - 11:00am ♦ **\$100**
- July 11** (F) Location: O’Gorman - McEneaney Field
 - Grade 1-6: 1:00 pm - 2:30 pm ♦ **\$30**

- July 8-10** (T-Th) Location: O’Gorman - McEneaney Field
 - Grade 7-9: 1:00 pm - 3:00 pm ♦ **\$75**

- July 8-11** (T-F) Location: O’Gorman - McEneaney Field
 - Grade 10-12: 7:00 am - 11:00 am ♦ **\$100**
 - Register through Coach Poppinga



SOCCER

Boys Soccer Camps

- July 21-24** (M-Th) Location: O’Gorman - McEneaney Field
 - Grade 3-5: 11:15 am - 12:15 pm ♦ **\$65**
 - Grade 6-8: 10:00 am - 11:15 am ♦ **\$65**
 - Grade 9-12: 6:00 pm - 8:00 pm ♦ **\$65**

Girls Soccer Camps

- July 21-24** (M-Th) Location: O’Gorman - McEneaney Field
 - Grade 3-5: 11:15 am - 12:15 pm ♦ **\$65**
 - Grade 6-8: 10:00 am - 11:15 am ♦ **\$65**
 - Grade 9-12: 8:00 am - 10:00 am ♦ **\$65**



VOLLEYBALL

Volleyball All Skill Camps

- July 14-16** (M-W) Location: O’Gorman High School Gymnasium
 - Grade 3-4: 8:00 am - 9:30 am ♦ **\$95**
 - Grade 5-6: 9:30 am - 11:00 am ♦ **\$95**
- July 14-17** (M-Th) Location: O’Gorman High School Gymnasium
 - Grade 7-8: 12:00 pm - 2:00 pm ♦ **\$125**
 - Grade 9-12: 2:00 pm - 4:00 pm ♦ **\$125**



GYMNASTICS

Gymnastics Camps

Beginner Gymnastics Camp - Grade 1-7: 9:00 am - 11:00 am • \$60
May 27 (T) Location: Power & Grace Gymnastics

No prior gymnastics experience required. Come experience the gym and have fun trying new things with the O’Gorman gymnastics team!

Intermediate Gymnastics Camp - Grade 1-7: 8:30 am - 10:00 am • \$85
May 28-30 (W-F) Location: Power & Grace Gymnastics

Open to all recreational gymnasts and early competitive level gymnasts. Come work on new skills and technique with the O’Gorman gymnastics team!

Advanced Gymnastics Camp - Grade 1-7: 10:30 am - 12:15 pm • \$100
May 28-30 (W-F) Location: Power & Grace Gymnastics

Open to competitive gymnasts only (Xcel Silver/Level 4 or Higher). Come work on new skills and technique with the O’Gorman gymnastics coaches!



TRACK & FIELD

Track & Field Camps

May 13, 20, & 27 Location: O’Gorman - McEneaney Field
Grade k-6: 5:30 pm - 6:30 pm • \$60



SOFTBALL

Softball Camps

June 23-26 (M-Th) Location: O’Gorman - McEneaney Field

Grade 3-4: 8:00 am - 9:30 am • \$75

Grade 5-6: 10:00 am - 12:00 pm • \$90

Camp t-shirt included | Bring your own helmet, glove, bat, & mask if available.



REGISTRATION

To Register:

Go to <https://www.gobound.com/sd/schools/ogorman/camps>
(sign-in or create a new account)



SUMMER TRAINING PROGRAMS

With the end of the school year fast approaching, Avera Sports eagerly announces summer sports performance training programs for O’Gorman Knight athletes. Focusing on speed, strength, conditioning, and agility, these programs will be overseen and delivered by members of the Avera Sports training staff. A key emphasis of these training programs will be on reducing the risk of injury and addressing the specific needs of the junior high and high school athlete.

O’Gorman Knight athletes choosing to participate in these programs will complete training at both O’Gorman High School and Avera Sports. For example, strength training, agility training, and much of the conditioning will take place at the school; while one day each week—an emphasis on developing proper sprint mechanics—will occur at Avera Sports.

O’Gorman Knights & Lady Knights Summer Training

Offered to O’Gorman Knight athletes entering **grades 9-12** and take place **June 2 - July 31, 2025**

Lifting/On-field training will be held Monday, Wednesday, and Thursday 10 am at O’Gorman.

One day of Acceleration Treadmill Training per week, self-scheduled via the Avera Sports app at the Avera Human Performance Center.

Cost: \$315 - Registration and payment are due prior to the start of training.

Participation WILL NOT be allowed until registration/waiver and payment are received.

O’Gorman Knights Varsity Football Summer Training - Register through Coach Poppinga

Offered to O’Gorman Knight athletes entering **grades 10-12** and take place **June 2 - July 31, 2025**

Lifting/On-field training will be held Monday, Wednesday, and Thursday 6:15 am or 7 am at O’Gorman.

Acceleration training will be held Tuesdays 6 am, 8:15 am, or 9:15 am at Avera.

Athletes must sign-up for their designated training time with Coach Poppinga.

Cost: \$315 - Registration and payment are due prior to the start of training.

Participation WILL NOT be allowed until registration/waiver and payment are received.

O’Gorman Jr. High Summer Training

Offered to O’Gorman Knight athletes entering **grades 7-8** and take place **June 2 - July 31, 2025**

Lifting/On-field training will be held Monday, Wednesday, and Thursday 9 am at O’Gorman.

One day of Acceleration Treadmill Training per week, self-scheduled via the Avera Sports app at the Avera Human Performance Center.

Cost: \$315 - Registration and payment are due prior to the start of training.

Participation WILL NOT be allowed until registration/waiver and payment are received.