

Ponderosa Summer Camps



2026



PONDEROSA SUMMER WEIGHTS



Ponderosa High School: 7007 Bayou Gulch Rd, Parker, CO 80134

Dates: 5/26-7/23 (Varsity and JV football starts 5/26 and all other sports start 6/1).

Off Week: Monday, 6/30 - Friday, 7/4

VARSITY & JV FOOTBALL \$270

Monday, Tuesday, & Thursday: 7a-8:30a

Wednesday: 7:30a-9:15a (*Snap Mental Performance* 7:30a-8:15a; training 8:15a-9:15a)

sign up link: https://n5qe7uk.pushpress.com/landing/plans/plan_3530afb992ba4b

SIGN UP



MEN'S SPORTS \$230

Monday, Tuesday, & Thursday: 8a-9a

sign up link: https://n5qe7uk.pushpress.com/landing/plans/plan_3530afb992ba4b

SIGN UP



WOMEN'S SPORTS \$230

Monday, Tuesday, & Thursday: 8:30a-9:30a

sign up link: https://n5qe7uk.pushpress.com/landing/plans/plan_1b7fe9225d654b

SIGN UP



FRESHMAN FOOTBALL \$230

Monday, Tuesday, & Thursday: 9a-10a

sign up link: https://n5qe7uk.pushpress.com/landing/plans/plan_7853328e406d4a

SIGN UP



Pivotal Sports Performance
10311 S. Progress Way Unit N3, Parker, CO 80134 (720)580-3212
info@pivotalssportsperformance.com

Snap Mental Performance
sydney@snapmentalperformance.com



— Hosted by Ponderosa Girls & Boys Volleyball —

PONDEROSA **VOLLEYBALL CAMP**


Open to ALL Skill Levels!


Boys and girls welcome – whether you're brand new or experienced, come learn and have fun!

 **Dates:** July 14–16

 **Time:** 1:00 PM – 3:00 PM

 **Grades:** Incoming 6th – 8th

 **Location:** Ponderosa High School – Main Gym

 **Cost:** \$100 (includes t-shirt)

What to Expect

3 days of volleyball skill development!

Passing, serving, hitting, defense, and game play. Build your skills and confidence with our experienced coaches and players!

Instructors

- Head Coaches Jessica Aase & Sydney Jorgensen
- Ponderosa Coaching Staff
- Current Boys & Girls Players

What to Bring

- Knee pads
- Volleyball/Court Shoes
- Water Bottle

Contact

- Jessica Aase
- jaase@dcsdk12.org

Sign Up Here:



Come train, compete, and have fun with Ponderosa Volleyball!

YOUTH FULL PADS FOOTBALL CAMP

FUNDAMENTAL FOOTBALL SKILLS FOR ALL POSITIONS
GRADES 3RD - 8TH
THREE DAY CAMP



TUESDAY, JULY 14TH
WEDNESDAY, JULY 15TH
THURSDAY, JULY 16TH
6-8P

PONDEROSA HIGH SCHOOL

7007 BAYOU GULCH RD.
PARKER, CO 80134

COST: \$150
COVERS ALL THREE DAYS

REGISTER ONLINE



OR CLICK HERE TO REGISTER

CAMP DETAILS:

IN PARTNERSHIP WITH PIVOTAL SPORTS PERFORMANCE

STAFFED BY PONDEROSA HIGH SCHOOL FOOTBALL
AND SPECIAL GUEST COLLEGE PLAYERS, COACHES, AND ATHLETES

- ▶ **FALL 2026 GRADES 3RD - 8TH**
ALL FIELD POSITIONS
T-SHIRT PROVIDED
- ▶ **FUNDAMENTAL SKILLS FOR ALL POSITIONS**
FOCUS ON PROPER TACKLING AND BLOCKING
SPEED AND AGILITY TRAINING

PIVOTAL

YOUTH BASKETBALL CAMP

FUNDAMENTAL BASKETBALL SKILLS FOR ALL POSITIONS
GRADES 3RD - 8TH
FOUR DAY CAMP



MONDAY, JUNE 1ST
TUESDAY, JUNE 2ND
WEDNESDAY, JUNE 3RD
THURSDAY, JUNE 4TH
8A-11A

PONDEROSA HIGH
SCHOOL GYM

7007 BAYOU GULCH RD,
PARKER, CO 80134

COST: \$125
COVERS ALL FOUR DAYS

REGISTER ONLINE



OR [CLICK HERE](#) TO REGISTER

CAMP DETAILS:

IN PARTNERSHIP WITH PIVOTAL SPORTS PERFORMANCE

OUR GOAL IS TO TEACH THE FUNDAMENTAL SKILLS OF BASKETBALL IN A FUN AND EXCITING ENVIRONMENT. PLAYERS WILL HAVE THE OPPORTUNITY TO COMPETE & LEARN THE GAME FROM OUR OUTSTANDING COACHES AND ATHLETES

► **FALL 2026 GRADES 3RD - 8TH**
ALL POSITIONS
T-SHIRT PROVIDED

QUESTIONS? EMAIL US AT:

MEN'S VARSITY HEAD COACH: MPHILLIPS2@DCSDK12.ORG



2026 Ponderosa Mustangs Co-ed Youth Flag Football Camp (Current grades 3-8)

**May 21-22 4:30-6:30p
(skills, agility, and mini-games)**

**May 23th 1:30-3:30pm
(scrimmages)**



Register Here by 5/15



SOFTBALL YOUTH CAMP



\$100

Dates: June 16th & June 17th

Time: 9am - 12pm

Pitchers & Catchers June 16th 8am - 9am

Place: PHS Softball Field

Grades: Entering grades 3rd - 8th Fall 2026



Equipment: Glove, softball attire, cleats, water

Description: Come work on your softball fundamentals with the Ponderosa varsity softball team. One day we will focus on offensive skills, the other day we will focus on defensive skills plus pitching/catching. Pivotal Sports Performance will also warm-up and workout our campers one morning! Pivotal works with many PHS athletes and academic programs to develop better student athletes. Most importantly, come have fun with our Ponderosa Lady Mustangs and develop a love for this great game!

Register on our softball page or:

[CLICK HERE](#)

Contact: Joe Smith

bulldogpitchers@gmail.com

https://www.myschoolbucks.com/ver2/prdembd?ref=ZZHVZS5TX305OUU_ZZ6ANMKS1ON187
X

MUSTANG Summer Running

This program provides structured summer conditioning to prepare athletes for fall sports. **Build Strength, Endurance, and Confidence!** We are specifically designed to help runners in grades 7-12 prepare for the upcoming cross country season with age-appropriate running workouts and group strength training. While designed for runners, the program is open to all athletes for some summer conditioning.

This two-month program is designed to help athletes build their base for running distance and strength training.

High school athletes will meet 5 days a week. 3 days (Monday, Wednesday, Friday) will be at various parks and trails around the Front Range. 2 days (Tuesday, Thursday) will be at Ponderosa.

Middle school athletes will meet only on Tuesdays and Thursdays at Ponderosa.

High School Athletes	Middle School Athletes
Dates: June 8th - July 31 5 Days a Week (M-F) Time 8:00AM-10:30AM Suggested Donation: \$200	Dates: June 9th - July 30th 2 Days a Week (T, TR) Time 8:00AM-9:45AM Fee: \$150

To find out more join us for a parent meeting:

Date: **Wednesday, May 20th**

Time: **5:30PM**

Location: **Ponderosa Cafeteria**

Please reach out if you have any questions

Coach Pack: cpack@dcsdk12.org

Coach Villari: aevallari@dcsdk12.org

Interest Form



Questions?

Please reach out to Athletics Director: Kristen Shirk

kshirk@dcsdk12.org