

Ridgewood High School

Summer Camps

2020



Camps, Clinics, and Leagues offered this summer:

Baseball * Basketball (B & G) * Cross Country (B & G) * Football * Soccer (B & G) * Softball * Girls Tennis *
Volleyball (B & G) * Personal Training * Wrestling * Band

Go Rebels!	
Personal Training	<p><u>Speed Training:</u> This camp will teach the fundamentals of first step quickness, change of direction and linear speed. Participants will learn how to execute a speed and agility workout and apply principles to game situations. Participants will also learn proper warm up and cool down techniques. Please dress in workout attire.</p> <p><u>Power Training:</u> This camp will teach the fundamentals of a power training program. Participants will use a variety of weight training equipment, as well as body weight, to learn how to safely and efficiently execute specific drills. Participants should be dressed in workout attire and be prepared for note taking and physical participation.</p> <p><u>Strength Training:</u> This camp will teach the fundamentals of a strength training program, including initial assessment, designing a program and how to execute the most important lifts safely and efficiently. Participants should be dressed in workout attire and be prepared for both note taking and physical participation.</p> <p>Coach: TBA Dates: TBA Times: TBA Fee: TBA Ages: 9th – 12th Grade</p> <p>Location: RHS Weight Room (practice gym)</p>

9981	Baseball	<p>Players participating in the youth baseball camp will learn the fundamentals of hitting, throwing, catching, and base running. The camp will be directed by the RHS Coaching staff and members of the Varsity Baseball Team. There is no better way to improve as a baseball player than training during the summer at our outstanding baseball facilities! The last day of the camp will feature a team BBQ.</p> <p>Coach: Vince Fanelli (vfanelli@ridgenet.org)</p> <p>Dates: June 15-19</p> <p>Times: 9:00am – 11:00am</p> <p>Fee: \$100.00</p> <p>Ages 1st – 8th Grade (Boys & Girls)</p> <p>Location" RHS Baseball Field</p>
9983	Boys Basketball (Youth Camp)	<p>This camp will be run by the RHS coaching staff and current players and will focus on the basic fundamentals of basketball. Players in the camp will work on improving their skills in shooting, ball handling, defending, fitness, and competitive game play. The camp will run Monday – Thursday.</p> <p>Coach: Chris Mroz (cmroz@ridgenet.org)</p> <p>Dates: June 15 – June 18 & June 22 – June 25</p> <p>Times: 1:00pm – 3:00pm</p> <p>Fee: \$80</p> <p>Ages: 3rd – 9th Grade</p> <p>Location: RHS Fieldhouse and Auxiliary Gyms</p>
9985	Boys Basketball (High School Camp)	<p>The RHS coaching staff will coordinate this camp to teach the system used at RHS. The camp will include not just the basic fundamentals of basketball but will also include a competitive summer league schedule and shootout tournaments.</p> <p>Coach: Chris Mroz (cmroz@ridgenet.org)</p> <p>Dates: June 3-4 & June 8 - June 11 (plus summer league games the month of June – tba)</p> <p>Times: 8:00am – 10:00am</p> <p>Fee: \$100</p> <p>Ages: 9th – 12th Grade</p> <p>Location: RHS Fieldhouse and Auxiliary Gyms</p>
9982	Girls Basketball (Youth Camp)	<p>This camp will be run by the RHS coaching staff and current players and will focus on the basic fundamentals of basketball. Players in the camp will work on improving their skills in shooting, ball handling, defending, fitness, and competitive game play. The camp will run Monday – Thursday.</p> <p>Coach: Kristi Meade (kmeade@ridgenet.org)</p> <p>Dates: June 15 – June 18 & June 22 – June 25</p> <p>Times: 1:00pm – 3:00pm</p> <p>Fee: \$80</p> <p>Ages: 3rd – 9th Grade</p> <p>Location: RHS Fieldhouse and Auxiliary Gyms</p>
9984	Girls Basketball (High School Camp)	<p>The RHS coaching staff will coordinate this camp to teach the system used at RHS. The camp will include not just the basic fundamentals of basketball but will also include a competitive summer league schedule and shootout tournaments.</p> <p>Coach: Kristi Meade (kmeade@ridgenet.org)</p> <p>Dates: June 15 – June 18 (plus summer league games the month of June – tba)</p> <p>Times: 9:00am-11:00am</p> <p>Fee: \$50</p> <p>Ages: 9th – 12th Grade</p> <p>Location: RHS Fieldhouse and Auxiliary Gyms</p>
9986	Boys & Girls Cross Country	<p>Get a head start on the fall Cross Country season! The coaching staff has designed a summer specific training program that will help increase endurance, leg speed, and fitness. Runners of varying abilities are welcome and will benefit from this summer program. Please wear proper footwear!</p> <p>Coach: Anthony Guagenti (aguagenti@ridgenet.org)</p> <p>Dates: June 15 – June 25 & July 13-16 (Monday – Thursday)</p> <p>Times: 7:00am – 8:30am (Meet by the RHS Marquee on Montrose Ave.)</p> <p>Fee: \$10.00</p> <p>Ages: 5th – 12th Grade</p>
9987	Football	<p>Learn about the RHS Football system from the dynamic and knowledgeable coaching staff. The summer camp is designed to help prepare the players for the upcoming football season. Football safety, skills, fundamentals, and tactics will all be emphasized.</p> <p>Coach: Matt Walsh (mwalsh@ridgenet.org)</p> <p>Dates: June 9 – June 25 (Tues, Wed, & Thrs) & July 6-31 (Monday through Thursday)</p> <p>Times: 4:30pm – 6:30pm</p> <p>Fee: \$20</p> <p>Ages: 9th – 12th Grade</p> <p>Location: RHS Stadium Field</p>

9992	Boys Soccer (Youth Camp)	The camp will focus on basic skills for soccer: passing, receiving, dribbling, defending, and shooting. Small-sided games will also be played, in order to apply these basic skills to game-like situations. Coach: Kenneth Caslin (kcaslin@ridgenet.org) Dates: June 22- June 25 (M-Th) Times: 10:00 – 12:00pm Fee: \$40 Ages: 5 th – 8 th Grade Location: RHS Stadium Field
9992	Girls Soccer (Youth Camp)	The camp will focus on basic skills for soccer: passing, receiving, dribbling, defending, and shooting. Small-sided games will also be played, in order to apply these basic skills to game-like situations. Coach: Kenneth Caslin (kcaslin@ridgenet.org) Dates: June 22- June 25 (M-Th) Times: 10:00am – 12:00pm Fee: \$40 Ages: 5 th – 8 th Grade Location: RHS Stadium Field
9060	Boys Soccer (High School)	Players participating in the RHS High School Soccer camp will train extensively on developing skills in passing, dribbling, shooting, receiving, fitness, and competitive play. The camp features practice sessions once a week as well as league games in the WSSSL two nights a week (schedule to be announced at a later date). League games will be played at RHS and other local high schools. Coach: Matt Bishop (mbishop@ridgenet.org) Dates: June 8 – July 23 Times: Practices: 3:30pm – 5:30pm on Mondays. League games are Tuesday & Thursday nights – tba Fee: \$80 Ages: 9 th – 12 th Grade (unless consent from head coach) Location: RHS Stadium Field
9995	Girls Softball	This softball camp will teach the fundamentals necessary to be successful in the RHS Girls Softball program. Hitting, fielding, base running, game strategy, technique, and fitness are some of the many points of emphasis that will be covered in this camp. Please wear appropriate softball attire and cleats. Coach: Ken Jurasz (kjurasz@ridgenet.org) Dates: July 6 – July 10 Times: 10:00am – 12:00am Fee: \$50 Ages: 5 th – 9 th Grade Location: RHS Softball Fields
9057	Girls Tennis	Have fun playing tennis and improve your skills this summer! The Girls Tennis camp is designed for any individual that knows how to play tennis or wants to know how to play tennis! The coaching staff will teach all the basics and reinforce all necessary skills to get you ready for the tennis season! Coach: Julia Wicklund (jwicklund@ridgenet.org) Dates: June 22 – June 25 Times: 9:00am – 12:00pm Fee: \$35 Ages: 5 th – 12 th Grade (unless consent from the head coach) Location: RHS Tennis Courts

		Go Rebels!!
9990	Boys Volleyball	Who is ready for some summer volleyball?!? Come join the newest athletic program at RHS, Boys Volleyball! Both beginners and more advanced players will grow and develop their skills in this exciting summer camp. Improving technique, rotations, tactical skills, offense, and defense will all be points of emphasis. We look forward to seeing everyone! Coach: Dani Rzewnicki (drzewnicki@ridgenet.org) Dates: July 20 – July 23 Times: 9:00am – 11:00am Fee: \$30 Ages: 6 th – 12 th Grade Location: RHS Fieldhouse

9998	Girls Volleyball	<p>Come on out to the Girls Volleyball Camp! We will be learning everything from beginner passing and hitting to advanced offensive and defensive positioning and plays. This is a 16 hour (4 hours a day) tested program that teaches passing, setting, hitting, serving and blocking and consistent ball handling. After all, what better way to get better at a sport you love than to be on the court with direction from the RHS coaching staff. There is even a full tournament run on the last day! So, if you are looking to either get a taste of volleyball or to hone your already established skills, this camp is for you. We welcome 6th -12th graders. Hope to see you there!</p> <p>Coach: Dave Wlodarczyk (dwlodarczyk@ridgenet.org) Dates: June 8 – June 11 Times: 8:00 – 12:30pm Fee: \$50 Ages: 6th – 12th Grade (unless consent from head coach) Location: RHS Fieldhouse</p>
9999	Wrestling	<p>The wrestling camp is very much designed toward someone who is wrestling for the first time through the advanced skill wrestler. The RHS Coaching Staff will provide appropriate technique sessions that will challenge wrestlers of all skill sets and will be a fantastic segue into learning the philosophies of the RHS Wrestling Program.</p> <p>Coach: Jared McCabe (imccabe@ridgenet.org) Dates: June 9 – July 16 (Tuesdays and Thursdays only) Times: 10:00AM-12:00PM Fee: \$30 Ages: Kindergarten – 12th Grade (Boys & Girls) Location: RHS Wrestling Room</p>
	Band	<p>Drumline Camp: Required practice sessions (part of the grade) for all students enrolled in "Percussion Methods" classes at RHS. Students will practice drum line cadences along with approx. 20 songs in order to prepare for marching band performances.</p> <p>Full Band Camp: Required practice sessions (part of the grade) for all students enrolled in any band classes for the school year at RHS. Students will practice basic marching techniques, formations on the field for halftime show, and approx. 20 songs in order to prepare for marching band performances. Marching band uniforms will also be issued.</p> <p>Director: Steve Klaus (sklaus@ridgenet.org) Dates: Drumline Camp = August 4, 5, 6 Full Band Camp = August 10, 11, 12, 13 Times: Drumline Camp = 9:00am - noon Full Band Camp – = 9:00am - noon</p>

Registration Instructions

Current Ridgewood students (and incoming freshmen, registered at RHS) must register and pay for camps online via their Skyward Family Access Account. Click "Fee Management" and then click "Add a Fee". Scroll through and find your desired camp and add to your account.

Youth Camps and non-Ridgewood Students (grades 1-8) will need to pay by check (made payable to Ridgewood High School). Camp payment can be made in person in the RHS Athletic or Business Department. You can also drop your payment off in the Athletic Summer Camp box at the front desk (Entrance #2). In addition, payments can be mailed to the school:

Ridgewood High School
Athletic Department
7500 W. Montrose Ave.
Norridge, IL 60706

Contact info:

Athletic Director – Rob St. John (rstjohn@ridgenet.org)
Assistant to the Athletic Director – Kenneth Caslin (kcaslin@ridgenet.org)
708-456-4242 ext. 1229
Website: <http://il.8to18.com/ridgewood/>
Website: <https://www.d234.org/>
Twitter: @RHSAthletics234

Ridgewood High School

2020 Youth Summer Camp Registration

*(Registered Ridgewood Students register/pay through Skyward Family Access)



Participant Name:	
Parent/Guardian Name:	
Home Address:	
Daytime Phone:	Cell Phone:

All grade levels are listed as the incoming grade for the 2020-21 school year.

Year in school (circle): 1st 2nd 3rd 4th 5th 6th 7th 8th 9th

Current Grade School Attending: _____

Please check all that apply:

Check box for camp	Camp	Date/Time	Cost
<input type="checkbox"/>	Baseball (9981) 1 st – 8 th Grade (boys and girls)	June 15-19, M-Th (9:00AM-11:00AM) (see brochure for full details)	\$100.00
<input type="checkbox"/>	Boys Basketball (9983) 3 rd – 9 th Grade	June 15-25, M-Th (1:00PM-3:00PM) (see brochure for full details)	\$80.00
<input type="checkbox"/>	Girls Basketball (9982) 3 rd – 9 th Grade	June 15-25, M-Th (1:00PM-3:00PM) (see brochure for full details)	\$80.00
<input type="checkbox"/>	Boys & Girls Cross Country (9986) 5 th – 12 th Grade	June 15-25 & July 13-16, M - Th (7:00AM-8:30AM) (see brochure for full details)	\$10.00
<input type="checkbox"/>	Boys Soccer (9992) 5 th – 8 th Grade	June 22-25, M-Th (10:00AM-12:00PM) (see brochure for full details)	\$40.00
<input type="checkbox"/>	Girls Soccer (9992) 5 th – 8 th Grade	June 22-25, M-Th (10:00AM-12:00PM) (see brochure for full details)	\$40.00
<input type="checkbox"/>	Girls Softball (9995) 5 th – 9 th Grade	July 6-10, M-Th (10:00AM-12:00AM) (see brochure for full details)	\$50.00
<input type="checkbox"/>	Girls Tennis (9057) 5 th – 12 th Grade	June 22-25, M-Th (9:00AM-12:00PM) (see brochure for full details)	\$35.00
<input type="checkbox"/>	Boys Volleyball (9990) 6 th – 12 th Grade	July 20-23, M-Th (9:00AM-11:00AM) (see brochure for full details)	\$30.00
<input type="checkbox"/>	Girls Volleyball (9998) 6 th – 12 th Grade	June 8-11, M-Th (8:00AM-12:30PM) (see brochure for full details)	\$50.00
<input type="checkbox"/>	Wrestling (9999) Kindergarten – 12 th Grade	June 9-July 16, T & Th (10:00AM-12:00PM) (see brochure for full details)	\$30.00

Total Amount:

- **Important Payment Information:**

Youth camps (grades 1-8) and non-Ridgewood students will need to pay by check (made payable to Ridgewood High School). Camp payment can be made in person in the RHS Athletic or Business Department. You can also drop your payment off in the Athletic Summer Camp Box at the front desk (Entrance #2). In addition, payments can be mailed to the school:

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* Not all camps are listed on this paper payment form (only the youth camps). High school specific camps should be registered and paid for via Skyward. Current and incoming high school students (already registered for school at RHS) must register for camps via Skyward Family Access – click “fee management”, then “add a fee”, find your desired camp and click “add”. You can then pay for the camp via credit card or check to Ridgewood High School.