

Ridgewood High School
Summer Camps
2021



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) * Wrestling * Band**

Go Rebels!		
Registration & COVID Verification		<p>Ridgewood High School is committed to providing a safe and secure environment for all of its staff and summer camp participants. All current IDPH and IHSA guidelines will be followed during our camps, clinics, and leagues. Information regarding the state COVID guidelines can be found at: https://www.dph.illinois.gov/covid19/community-guidance/sports-safety-guidance</p> <p>The parent or legal guardian of all RHS Summer Camp, Clinic, and League participants must complete the <i>Student-Athlete Self-Certification and Verification</i> form prior to the start of their camp, clinic, or league.</p> <p><u>For current registered RHS Students:</u> Log into Skyward Family Access, click Fee Management and then Add a Fee. Find your desired high school camp(s) and add to your account. You can then pay for the camp via credit card. Next, click Online Forms and choose COVID Self-Certification and click "Fill Out Form" (on the right). Read the document and electronically sign/date it and click "Complete Self-Certification".</p> <p><u>For our non-RHS/youth students:</u> Please print, complete, and sign the COVID Verification form and submit along with the registration page and payment. All of these forms can be found within this packet.</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!</p> <p>Coach: Vince Fanelli (vfanelli@ridgenet.org)</p> <p>Dates: June 21-25</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 17</p> <p>Times: 1:00pm – 3:00pm</p> <p>Fee: \$45</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: Varsity: June 8,10,14,16,22,24 F/S: June 9,15,17,21,23</p> <p>Times: Varsity: 6:15am – 7:45am F/S: 8:00am-10:00am</p> <p>Fee: \$90</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 17</p> <p>Times: 1:00pm – 3:00pm</p> <p>Fee: \$45</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 14 – June 17 (plus summer league games the month of June – tba)</p> <p>Times: 10:00am-12:00am</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: July 7,8,12,13,14,15,19,20,21,22,23</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: Session 1: June 15-17, 22-24, July 6-8 Session 2: July 12-15, 19-22, 26-28</p> <p>Times: Session 1: 5:00-7:00pm Session 2: 4:00-6:00pm</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: Matt Bishop (mbishop@ridgenet.org) Dates: June 28- July 1 (M-Th) Times: 10:00 – 12:00pm Fee: \$30 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: Matt Bishop (mbishop@ridgenet.org) Dates: June 28- July 1 (M-Th) Times: 10:00am – 12:00pm Fee: \$30 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 28 – July 29 Times: Practices: 8:00-10:00am on Mondays & Wednesdays. 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: June 28 – July 2 Times: 1:00-3:30pm Fee: \$50 Ages: 5 th – 9 th Grade (unless consent from head coach) 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: July 26 – July 30 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 19 – July 23 Times: 9:00am – 12:00am 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)</p> <p>Dates: June 21 – June 24</p> <p>Times: 8:00 – 12:30pm</p> <p>Fee: \$50</p> <p>Ages: 6th – 12th Grade (unless consent from head coach)</p> <p>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 (jmccabe@ridgenet.org)</p> <p>Dates: June 29 – July 16 (Tuesdays, Wednesdays and Thursdays only)</p> <p>Times: 11:00AM-12:00PM</p> <p>Fee: \$30</p> <p>Ages: Kindergarten – 12th Grade (Boys & Girls)</p> <p>Location: RHS Wrestling Room</p>
	<p>Cheerleading</p> <p>Tryouts for 2021-22 School Year</p>	<p>Cheerleading tryouts for the 2021-22 school year will take place this summer. Register for tryouts via Skyward Family Access. Directions found at the end of this brochure.</p> <p>Coach: Emily Arp (Assistant Coach: Bree Sabin - bsabin@ridgenet.org)</p> <p>Dates: June 15, 17, 22, 24</p> <p>Times: 3:30-5:30PM</p> <p>Fee: Free</p> <p>Ages: Incoming 9th – 12th Grade (Girls & Boys)</p> <p>Location: RHS Small/Auxiliary Gym</p>
	Band	<p>Band Camps, Leadership, and Showcase:</p> <p>Director: Bernie Moore (bmoore@ridgenet.org)</p> <p>Dates & Times:</p> <p>RHS Leadership & Freshman Camp: August 13: 8:00am-12:00pm (RHS Stadium Field)</p> <p>RHS Band Camp: August 16—20: 8:00am-2:00pm (RHS Stadium Field)</p> <p>RHS Band Potluck & Showcase: August 20: 6:00pm</p> <p>Uniform Fitting/Leadership/Student Orientation: August 23 & 24: TBD for time</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(s) and add to your account. Once added, you can pay via credit card.

You must also complete the COVID Self-Certification Form before your camp starts. In Skyward, click Online Forms and choose COVID Self-Certification and "Fill Out Form" (on right). Please read and electronically sign/date and click "Complete Self-Certification".

Youth Camps and non-Ridgewood Students (grades 1-8) will need to pay by check (made payable to Ridgewood High School). Youth camp participants must also complete the COVID Self-Certification Form (last page of this brochure) and return with registration form.

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

2021 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 21-25 (9:00AM-11:00AM) (see brochure for full details)	\$100.00
<input type="checkbox"/>	Boys Basketball (9983) 3 rd – 9 th Grade	June 15-17 (1:00PM-3:00PM) (see brochure for full details)	\$45.00
<input type="checkbox"/>	Girls Basketball (9982) 3 rd – 9 th Grade	June 15-17 (1:00PM-3:00PM) (see brochure for full details)	\$45.00
<input type="checkbox"/>	Boys & Girls Cross Country (9986) 5 th – 12 th Grade	July 7,8,12-15, 19-23 (7:00AM-8:30AM) (see brochure for full details)	\$10.00
<input type="checkbox"/>	Boys Soccer (9992) 5 th – 8 th Grade	June 28-July 1 (10:00AM-12:00PM) (see brochure for full details)	\$30.00
<input type="checkbox"/>	Girls Soccer (9992) 5 th – 8 th Grade	June 28-July 1 (10:00AM-12:00PM) (see brochure for full details)	\$30.00
<input type="checkbox"/>	Girls Softball (9995) 5 th – 9 th Grade	June 28-July 2 (1:00-3:30PM) (see brochure for full details)	\$50.00
<input type="checkbox"/>	Girls Tennis (9057) 5 th – 12 th Grade	July 26-30 (9:00AM-12:00PM) (see brochure for full details)	\$35.00
<input type="checkbox"/>	Boys Volleyball (9990) 6 th – 12 th Grade	July 19-23 (9:00AM-12:00AM) (see brochure for full details)	\$30.00
<input type="checkbox"/>	Girls Volleyball (9998) 6 th – 12 th Grade	June 21-24 (8:00AM-12:30PM) (see brochure for full details)	\$50.00
<input type="checkbox"/>	Wrestling (9999) Kindergarten – 12 th Grade	June 29 – July 16 – Tu, Wed, Thrs (11:00AM-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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Twitter: @RHSAthletics234

* 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.



RIDGEWOOD HIGH SCHOOL ATHLETICS

Student COVID-19 Self-Certification and Verification Form

***Must be Signed by Parent/Guardian prior to Student's First Day of Athletic Summer Camp**

In response to the COVID-19 pandemic and in order to ensure a safe and healthy environment for our school community, Joint Guidance from the Illinois State Board of Education and the Illinois Department of Public Health requires that every student undergo a daily symptom screening prior to utilizing School District transportation or entering any School District building. Parents/Guardians will be conducting this daily symptom screening prior to their student departing for school and reporting consistent with the parameters outlined below. This form must be completed and signed prior to the first day of Athletic Summer Camp.

Name of Student: _____

Date of Birth: _____

School: _____

Grade Level: _____

Certification and Verification of Daily Symptom Screening

I verify that prior to entering Ridgewood High School, my student will receive a daily symptom screening at home by an adult caregiver to determine if my student is experiencing any of the following COVID-19 symptoms:

- Temperature of 100.4 (or greater) degrees Fahrenheit/38 degrees Celsius;
- New cough (for students with chronic allergic/asthmatic cough, a change in their cough from baseline);
- Shortness of breath;
- Fatigue from unknown cause;
- Muscle and body aches from an unknown cause;
- New onset of moderate to severe headache, especially with a fever;
- Sore throat;
- New loss of taste or smell;
- Vomiting;
- Diarrhea; or
- Any other COVID-19 symptoms identified by the CDC or IDPH.

By sending my student to school on any given day, I am certifying and verifying that my student has received a daily symptom screening and is not experiencing any COVID-19 symptoms.

If my student is experiencing any of the above symptoms at the time of the daily screening, I will notify the school in writing of my student's absence by sending an email to the school nurse, Candace Reid at creid@ridgenet.org and indicating the above symptoms that my student is experiencing. If District staff contacts me to gather additional information related to the results of my student's daily screening, I will provide the necessary information as requested.

Certification and Verification of Other COVID-19 Related Exposures

I will notify the school that my student will be absent pending further direction from the District if: (1) my student receives a diagnosis of COVID-19; (2) my student is suspected of having COVID-19; (3) my student comes in close contact (definition below) with an individual who tested positive for COVID-19 or is suspected of having COVID-19; or (4) my student traveled internationally or out of state. If District staff contacts me to gather additional information related to the reason(s) for my student's absence, I will provide the necessary information as requested.

By sending my student to school on any given day, I am certifying and verifying that my student is not subject to an isolation or quarantine protocol related to COVID-19.

For COVID-19, the Joint Guidance defines a "[close contact](#)" as "any individual who was within 6 feet of an infected person for at least 15 minutes over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated."

Parent/Guardian Signature

Date