

# Ridgewood High School

## Summer Camps

### 2022



### 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 Information	<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: <a href="https://www.dph.illinois.gov/covid19/community-guidance/sports-safety-guidance">https://www.dph.illinois.gov/covid19/community-guidance/sports-safety-guidance</a></p> <p><u>For current registered RHS Students (with Skyward Family Access Account):</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(s) via credit card and the student-athlete will be added to the camp(s) participation list. ***Be sure to also digitally sign the Release of Liability/Parent Permission Form in Skyward***</p> <p><u>For our non-RHS/youth students:</u> Please print, complete, and submit the registration page with payment (checks payable to Ridgewood HS). Also, please sign the Parent Permission/Release of Liability Form. The registration &amp; parent permission forms are at the back of this brochure. Complete details can be found there.</p>

9981	Baseball (Youth)	<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 (<a href="mailto:vfanelli@ridgenet.org">vfanelli@ridgenet.org</a>)</p> <p>Dates: June 27-July 1</p> <p>Times: 9:00am – 11:00am</p> <p>Fee: \$100.00 <i>(if you register your child for baseball &amp; football camps, the total is \$150 for both).</i></p> <p>Ages 1<sup>st</sup> – 8<sup>th</sup> Grade (Boys &amp; Girls)</p> <p>Location" RHS Baseball Field</p>
9983	Boys Basketball (Youth)	<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 Tuesday – Thursday.</p> <p>Coach: Chris Mroz (<a href="mailto:cmroz@ridgenet.org">cmroz@ridgenet.org</a>)</p> <p>Dates: June 21 – June 24 &amp; June 27 – June 30</p> <p>Times: 1:00pm – 3:00pm</p> <p>Fee: \$105</p> <p>Ages: 4<sup>th</sup> – 8<sup>th</sup> Grade</p> <p>Location: RHS Fieldhouse/Auxiliary Gym</p>
9985	Boys Basketball (Freshmen)	<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 two, one day shootouts.</p> <p>Coach: Chris Mroz (<a href="mailto:cmroz@ridgenet.org">cmroz@ridgenet.org</a>)</p> <p>Dates: June 21 – June 24</p> <p>Times: 11:00am – 1:00pm</p> <p>Fee: \$100</p> <p>Ages: Incoming Freshmen</p> <p>Location: RHS Auxiliary Gym/Fieldhouse</p>
9985	Boys Basketball (High School)	<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 (<a href="mailto:cmroz@ridgenet.org">cmroz@ridgenet.org</a>)</p> <p>Dates: June 21 – June 24 &amp; June 27 – June 30</p> <p>Times: 9:00am – 11:00am</p> <p>Fee: \$100</p> <p>Ages: 10<sup>th</sup> – 12<sup>th</sup> Grade</p> <p>Location: RHS Auxiliary Gym/Fieldhouse</p>
9982	Girls Basketball (Youth)	<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 Tuesday – Thursday.</p> <p>Coach: Kristi Meade (<a href="mailto:kmeade@ridgenet.org">kmeade@ridgenet.org</a>)</p> <p>Dates: June 21 – June 24 &amp; June 27 – June 30</p> <p>Times: 1:00pm – 3:00pm</p> <p>Fee: \$105</p> <p>Ages: 4<sup>th</sup> – 9<sup>th</sup> Grade</p> <p>Location: RHS Fieldhouse/Auxiliary Gym</p>
9984	Girls Basketball (High School)	<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 (<a href="mailto:kmeade@ridgenet.org">kmeade@ridgenet.org</a>)</p> <p>Dates: June 13 – June 16 (plus summer league games the month of June – tba)</p> <p>Times: 9:00am-11:00am</p> <p>Fee: \$50</p> <p>Ages: 10<sup>th</sup> – 12<sup>th</sup> Grade</p> <p>Location: RHS Fieldhouse/Auxiliary Gym</p>
9983	Boys & Girls Basketball Guard Camp (Youth)	<p>This camp will be three days that cover all aspects of guard play. Skills that will be covered are ball handling, passing, and shooting. In addition to skills, off the court breakdown of film development will be covered.</p> <p>Coach: Chris Mroz (<a href="mailto:cmroz@ridgenet.org">cmroz@ridgenet.org</a>)</p> <p>Dates: July 5 – July 7</p> <p>Times: 7:30pm – 9:00pm</p> <p>Fee: \$60</p> <p>Ages: 4<sup>th</sup> – 9<sup>th</sup> Grade</p> <p>Location: RHS Fieldhouse/Auxiliary Gym</p>

9986	Boys & Girls Cross Country (Youth & High School)	<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 (<a href="mailto:aguagenti@ridgenet.org">aguagenti@ridgenet.org</a>)</p> <p>Dates: June 21, 22, 23, 27, 28, 29, 30</p> <p>Times: 7:00am – 8:30am</p> <p>Fee: \$10.00</p> <p>Ages: 5<sup>th</sup> – 12<sup>th</sup> Grade</p> <p>Location: Meet by the RHS Marquee on Montrose Ave.</p>
9987	Football (Youth)	<p>This camp will teach the basic fundamentals of football; proper tackling techniques, throwing, receiving, route running, lineman technique, etc. Participants will also learn the game of flag football. The new high school coaching staff will be directly instructing the athletes.</p> <p>Coach: Vince Fanelli (<a href="mailto:vfanelli@ridgenet.org">vfanelli@ridgenet.org</a>)</p> <p>Dates: June 21 – June 24</p> <p>Times: 9:00am – 11:00am</p> <p>Fee: \$100 (if you register your child for football &amp; baseball camps, the total is \$150 for both).</p> <p>Ages: 1<sup>st</sup> – 8<sup>th</sup> Grade</p> <p>Location: RHS Stadium Field</p>
9992	Boys Soccer (Youth)	<p>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.</p> <p>Coach: Matt Bishop (<a href="mailto:mbishop@ridgenet.org">mbishop@ridgenet.org</a>)</p> <p>Dates: June 27- June 30 (M-Th)</p> <p>Times: 10:00am – 12:00pm</p> <p>Fee: \$30 (shirt included)</p> <p>Ages: 5<sup>th</sup> – 8<sup>th</sup> Grade</p> <p>Location: RHS Stadium Field</p>
9992	Girls Soccer (Youth)	<p>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.</p> <p>Coach: Jaime Adkins (<a href="mailto:jadkins@ridgenet.org">jadkins@ridgenet.org</a>)</p> <p>Dates: June 27- June 30 (M-Th)</p> <p>Times: 10:00am – 12:00pm</p> <p>Fee: \$30 (shirt included)</p> <p>Ages: 5<sup>th</sup> – 8<sup>th</sup> Grade</p> <p>Location: RHS Stadium Field</p>
9060	Boys Soccer (High School)	<p>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 twice a week, as well as league games two nights a week (schedule to be announced at a later date).</p> <p>Coach: Matt Bishop (<a href="mailto:mbishop@ridgenet.org">mbishop@ridgenet.org</a>)</p> <p>Dates: June 27 – July 28</p> <p>Times: Practices: 8:00-10:00am (Mon. &amp; Wed.). League games are Tues. &amp; Thurs. evenings.</p> <p>Fee: \$80</p> <p>Ages: 9<sup>th</sup> – 12<sup>th</sup> Grade (unless consent from head coach)</p> <p>Location: RHS Stadium Field</p>
9041	Girls Soccer (High School)	<p>From 10-11am, 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. High School players will assist with our youth camp players. From 11am-12pm, players will train extensively on developing skills in passing, dribbling, shooting, receiving, fitness and competitive play.</p> <p>Coach: Jaime Adkins (<a href="mailto:jadkins@ridgenet.org">jadkins@ridgenet.org</a>)</p> <p>Dates: June 27-June 30 (M-Th)</p> <p>Times: 10:00am – 12:00pm</p> <p>Fee: \$30</p> <p>Ages: 9<sup>th</sup> – 12<sup>th</sup> Grade (unless consent from head coach)</p> <p>Location: RHS Stadium Field</p>
9995	Girls Softball (Youth)	<p>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 bring a glove, helmet, cleats and gym shoes in case of bad weather.</p> <p>Coach: Ken Jurasz (<a href="mailto:kjurasz@ridgenet.org">kjurasz@ridgenet.org</a>)</p> <p>Dates: June 28, 29 (2<sup>nd</sup>-4<sup>th</sup> Graders) &amp; July 1, 2 (5<sup>th</sup> Graders-Incoming Freshmen)</p> <p>Times: 10:00am – 12:30 pm</p> <p>Fee: \$50</p> <p>Ages: 2<sup>nd</sup> – 9<sup>th</sup> Grade (See Unless consent from head coach. Please see dates for age details.)</p> <p>Location: RHS Softball Fields</p>

9057	Girls Tennis (Youth & High School)	<p>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!</p> <p>Coach: Julia Wicklund (<a href="mailto:jwicklund@ridgenet.org">jwicklund@ridgenet.org</a>)</p> <p>Dates: July 25-28</p> <p>Times: 9:00am – 12:00pm</p> <p>Fee: \$35</p> <p>Ages: 5<sup>th</sup> – 12<sup>th</sup> Grade (unless consent from the head coach)</p> <p>Location: RHS Tennis Courts</p>
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<b>Go Rebels!!</b>		
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9990	Boys Volleyball (Youth & High School)	<p>Who is ready for some summer 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!</p> <p>Coach: Dani Rzewnicki (<a href="mailto:drzewnicki@ridgenet.org">drzewnicki@ridgenet.org</a>)</p> <p>Dates: July 18 – July 21</p> <p>Times: 9:00am – 12:00pm</p> <p>Fee: \$40</p> <p>Ages: 6<sup>th</sup> – 12<sup>th</sup> Grade</p> <p>Location: RHS Fieldhouse</p>
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9998	Girls Volleyball (Youth & High School)	<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 6<sup>th</sup> -12<sup>th</sup> graders. Hope to see you there!</p> <p>Coach: Dave Wlodarczyk (<a href="mailto:dwlodarczyk@ridgenet.org">dwlodarczyk@ridgenet.org</a>)</p> <p>Dates: June 21 – June 24</p> <p>Times: 8:00am – 12:30pm</p> <p>Fee: \$50</p> <p>Ages: 6<sup>th</sup> – 12<sup>th</sup> Grade (unless consent from head coach)</p> <p>Location: RHS Fieldhouse</p>
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9999	Wrestling (Youth & High School)	<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 (<a href="mailto:jmccabe@ridgenet.org">jmccabe@ridgenet.org</a>)</p> <p>Dates: June 21 – July 14 (Tuesdays, Wednesdays and Thursdays only)</p> <p>Times: 10:00AM-12:00PM</p> <p>Fee: \$30</p> <p>Ages: Kindergarten – 12<sup>th</sup> Grade (Boys &amp; Girls)</p> <p>Location: RHS Wrestling Room</p>
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	Cheerleading  Tryouts for 2021-22 School Year	<p>Cheerleading camp will take place this summer. Register for camp via Skyward Family Access. Directions found at the end of this brochure.</p> <p>Coach: Emily Arp (Assistant Coach: Bree Sabin - <a href="mailto:bsabin@ridgenet.org">bsabin@ridgenet.org</a>)</p> <p>Dates: June 21 &amp; 23</p> <p>Times: 4:00pm – 6:00pm</p> <p>Fee: Free</p> <p>Ages: Incoming 9<sup>th</sup> – 12<sup>th</sup> Grade (Girls &amp; Boys)</p> <p>Location: RHS Small/Auxiliary Gym</p>
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	Band (High School)	<p>Band Camp</p> <p>Director: Bernie Moore (<a href="mailto:bmoore@ridgenet.org">bmoore@ridgenet.org</a>)</p> <p>Dates:</p> <p>August 11: RHS Band Camp – Percussion ONLY (8:00am – 3:00pm)</p> <p>August 12: RHS Band Camp – Percussion, Freshmen &amp; Leadership (8:00am – 3:00pm)</p> <p>August 15: RHS Band Camp – All enrolled students (8:00am – 3:00pm)</p> <p>August 16: RHS Band Camp – All enrolled students (8:00am – 3:00pm)</p> <p>Location: RHS Stadium Field</p>
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## **Registration/Payment Instructions**

Current Ridgewood students (and incoming freshmen, registered at RHS) must register and pay for camps online via their Skyward Family Access Account. Log in and 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. Please also digitally sign the Parent Permission/Release of Liability form on Skyward.

Youth Camps and non-Ridgewood Students (grades 1-8) will need to pay by check (made payable to Ridgewood High School).

Camp registration form, Parent Permission & payment can be mailed or dropped off at the front desk (entrance #2), RHS Athletic Office or Business Department. If mailing your forms & payment, please send to:

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

### Contact info:

Athletic Director – Rob St. John ([rstjohn@ridgenet.org](mailto:rstjohn@ridgenet.org))  
Assistant to the Athletic Director – Kenneth Caslin ([kcaslin@ridgenet.org](mailto:kcaslin@ridgenet.org))  
708-456-4242 ext. 1240 or 1229  
Website: <http://il.8to18.com/ridgewood/>  
Website: <https://www.d234.org/>  
Twitter: @RHSAthletics234

\* Not all camps are listed on this paper registration/payment form (only the youth camps). High school specific camps should be registered and paid for via Skyward. Current and incoming high school students (with RHS Skyward Account) 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. Please also digitally sign the Parent Permission/Release of Liability Form in Skyward.

# Ridgewood High School

## 2022 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):      1<sup>st</sup>    2<sup>nd</sup>    3<sup>rd</sup>    4<sup>th</sup>    5<sup>th</sup>    6<sup>th</sup>    7<sup>th</sup>    8<sup>th</sup>    9<sup>th</sup>

Current Grade School Attending: \_\_\_\_\_

Please check all that apply:

Check box for camp	Camp	Date/Time	Cost
	Baseball (9981) 1 <sup>st</sup> – 8 <sup>th</sup> Grade (boys and girls)	June 27-July 1 (9:00AM-11:00AM) (see brochure for full details)	\$100.00
	Boys Basketball (9983) 4 <sup>th</sup> – 8 <sup>th</sup> Grade	June 21-24 & June 27-30 (1:00PM-3:00PM) (see brochure for full details)	\$105.00
	Boys Basketball (9985) Incoming Freshmen	June 21-24 (11:00AM-1:00PM) (see brochure for full details)	\$100.00
	Girls Basketball (9982) 4 <sup>th</sup> – 9 <sup>th</sup> Grade	June 21-24 & June 27-30 (1:00PM-3:00PM) (see brochure for full details)	\$105.00
	Boys & Girls Basketball Guard Camp (9983) 4 <sup>th</sup> – 9 <sup>th</sup> Grade	July 5-7 (7:30PM-9:00PM) (see brochure for full details)	\$60.00
	Boys & Girls Cross Country (9986) 5 <sup>th</sup> – 12 <sup>th</sup> Grade	June 21-24 & June 27-30 (7:00AM-8:30AM) (see brochure for full details)	\$10.00
	Football (9987) 1 <sup>st</sup> – 8 <sup>th</sup> Grade	June 21-24 (9:00AM-11:00AM) (see brochure for full details)	\$100.00
	Boys Soccer (9992) 5 <sup>th</sup> – 8 <sup>th</sup> Grade	June 27-30 (10:00AM-12:00PM) (see brochure for full details)	\$30.00
	Girls Soccer (9992) 5 <sup>th</sup> – 8 <sup>th</sup> Grade	June 27-30 (10:00AM-12:00PM) (see brochure for full details)	\$30.00
	Girls Softball (9995) 5 <sup>th</sup> – 9 <sup>th</sup> Grade	June 28-29 & July 1-2 (10:00AM-12:30PM) (see brochure for full details)	\$50.00
	Girls Tennis (9057) 5 <sup>th</sup> – 12 <sup>th</sup> Grade	July 25-28 (9:00AM-12:00PM) (see brochure for full details)	\$35.00
	Boys Volleyball (9990) 6 <sup>th</sup> – 12 <sup>th</sup> Grade	July 18-21 (9:00AM-12:00PM) (see brochure for full details)	\$40.00
	Girls Volleyball (9998) 6 <sup>th</sup> – 12 <sup>th</sup> Grade	June 21-24 (8:00AM-12:30PM) (see brochure for full details)	\$50.00
	Wrestling (9999) Kindergarten – 12 <sup>th</sup> Grade	June 21 – July 14 – Tu, Wed, Thrs (10:00AM-12:00PM) (see brochure for full details)	\$30.00

Total Amount:



# Ridgewood High School Athletic Department

7500 West Montrose Avenue  
Norridge, IL 60706  
Phone: 708-456-4242 x1240  
Fax: 708-456-1573  
Web: [www.d234.org](http://www.d234.org)  
Twitter: @RHSAthletics234  
Robert St. John – Athletic Director

## Parent Permission/Release of Liability

I hereby grant permission for my child to participate in summer camp activities. I realize that such activities involve the potential for injury that is inherent in all sports. I recognize that on occasion, these injuries can be so severe, as to result in total disability, paralysis, or even death. In consideration of District 234's agreement to allow my child to participate in sports and recreational activities, I waive and release District 234, its Board of Education, agents and employees from any and all claims and causes of action that may be related to my child's participation in District 234's sports and recreational activities.

**EMERGENCY:** If parent(s) or emergency contact person cannot be contacted in case of serious illness or injury, permission is given to school personnel to take emergency action as deemed necessary. This may include transportation of the student to a hospital or medical center.

Parental/Guardian permission is needed for students to participate in the Athletic Summer Programs. Your signature on the Parent Permission/Release of Liability indicates that you have read, understand, and are willing to comply with the Ridgewood High School athletic policies and parental permission is granted for your son/daughter to participate.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Participant Name: \_\_\_\_\_