

# Ridgewood High School

## Summer Camps

### 2023



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

Go Rebels!	
<p>Registration Information &amp; Instructions</p>	<p>In this brochure, you will find the summer camps that Ridgewood High School offers. If you are interested in registering your child, please visit <a href="http://d234.org">d234.org</a> &gt; Athletics &gt; Registration. Once there, click the link, "Click here to register". If you have already created an account through 8to18, log in to select your CAMP(S) and follow the steps until complete (you will receive a confirmation email). If you have not created an account, select the "create an account" tab and follow the steps until complete. Be sure you are registering for a CAMP and NOT a SEASONAL SPORT. Summer Camp Registration will open on Monday, April 3, 2023.</p> <p><u><i>More detailed registration instructions can be found at the end of this brochure.</i></u></p> <p>Payment for camp(s) is completed through the registration process via check or credit card and your digital signature on the Parent Permission is required.</p> <p>Questions can be directed to Athletic Director, Rob St. John at <a href="mailto:rstjohn@ridgenet.org">rstjohn@ridgenet.org</a> or AD Assistant, Kenneth Caslin at <a href="mailto:kcaslin@ridgenet.org">kcaslin@ridgenet.org</a> or by phone at (708) 456-4242 x1240 or x1229.</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>)  Dates: June 26-30 (M-F)  Times: 9:00am – 11:00am  Fee: \$105  Ages 1<sup>st</sup> – 8<sup>th</sup> Grade (Boys &amp; Girls)  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.</p> <p>Coach: Chris Mroz (<a href="mailto:cmroz@ridgenet.org">cmroz@ridgenet.org</a>)  Dates: June 20-22 &amp; 27-29 (T, W, Th)  Times: 1:00pm – 3:00pm  Fee: \$90 (includes t-shirt)  Ages: 4<sup>th</sup> – 8<sup>th</sup> Grade  Location: RHS Fieldhouse/Auxiliary Gym</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. Entry fee covers team camp, games throughout June and skill sessions.</p> <p>Coach: Chris Mroz (<a href="mailto:cmroz@ridgenet.org">cmroz@ridgenet.org</a>)  Dates: June 12-22 (M-Th) – NO CAMP ON 6/19  Times: 10:00am-12:00pm  Fee: \$115  Ages: 9<sup>th</sup> – 12<sup>th</sup> Grade  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.</p> <p>Coach: Deontay Young (<a href="mailto:dyoung@ridgenet.org">dyoung@ridgenet.org</a>)  Dates: June 20-22 &amp; 27-29 (T, W, Th)  Times: 1:00pm – 3:00pm  Fee: \$90 (includes t-shirt)  Ages: 4<sup>th</sup> – 8<sup>th</sup> Grade  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: Deontay Young (<a href="mailto:dyoung@ridgenet.org">dyoung@ridgenet.org</a>)  Dates: June 12-15 (M-Th)  Times: 9:00am-11:00am  Fee: \$55  Ages: 9<sup>th</sup> – 12<sup>th</sup> Grade  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>)  Dates: June 20 – June 22 &amp; June 26 – June 29 (M-Th) – NO CAMP ON 6/19  Times: 7:00am – 8:30am  Fee: \$15.00  Ages: 5<sup>th</sup> – 12<sup>th</sup> Grade  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:vfaneli@ridgenet.org">vfaneli@ridgenet.org</a>)</p> <p>Dates: June 20-23 (T-F)</p> <p>Times: 9:00am – 11:00am</p> <p>Fee: \$105</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 20-23 (T-F)</p> <p>Times: 11:00am – 12:00pm</p> <p>Fee: \$35</p> <p>Ages: 4<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: Matt Bishop (<a href="mailto:mbishop@ridgenet.org">mbishop@ridgenet.org</a>)</p> <p>Dates: June 20-23 (T-F)</p> <p>Times: 11:00am – 12:00pm</p> <p>Fee: \$35</p> <p>Ages: 4<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 on Mondays and Wednesdays, as well as league games two nights a week on Tuesdays and Thursdays (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 12 – July 13 (M-Th) – will not meet on 6/19 or 7/4</p> <p>Times: Practices: 8:00-10:00am (Mon. &amp; Wed.). League games are Tues. &amp; Thurs. evenings.</p> <p>Fee: \$85</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>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. Players will train extensively on developing skills in passing, dribbling, shooting, receiving, fitness and competitive play.</p> <p>Coach: Matt Bishop (<a href="mailto:mbishop@ridgenet.org">mbishop@ridgenet.org</a>)</p> <p>Dates: June 20-23 (T-F)</p> <p>Times: 10:00am – 12:00pm</p> <p>Fee: \$35</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: Haley Morelli (<a href="mailto:hmorelli@ridgenet.org">hmorelli@ridgenet.org</a>)</p> <p>Dates: June 20-23 (T-F)</p> <p>Times: 9:00am – 11:00am</p> <p>Fee: \$45</p> <p>Ages: 2<sup>nd</sup> – 9<sup>th</sup> Grade (unless consent from head coach)</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: June 12-15 (M-Th) – Additional open court opportunities will be available later in the summer at no charge</p> <p>Times: 9:00am – 11:00am</p> <p>Fee: \$40</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>
------	---------------------------------------	--

<b>Go Rebels!!</b>		
--------------------	--	--

9990/ 9998	Boys & Girls Volleyball (Youth & High School)	<p>Who is ready for some summer volleyball? Summer 2023 will be our first year ever combining both Boys and Girls Volleyball Camps. 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. A fun tournament will take place on the last day of camp! 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 10-13 (M-Th)</p> <p>Times: 8:00am – 12:00pm</p> <p>Fee: \$55</p> <p>Ages: 6<sup>th</sup> – 12<sup>th</sup> Grade (unless consent from head coach)</p> <p>Location: RHS Fieldhouse</p>
---------------	--	---

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 20 – July 13 (Tuesdays, Wednesdays and Thursdays only) – NO CAMP ON 7/4</p> <p>Times: 10:00am – 12:00pm</p> <p>Fee: \$35</p> <p>Ages: Kindergarten – 12<sup>th</sup> Grade (Boys &amp; Girls)</p> <p>Location: RHS Wrestling Room</p>
------	------------------------------------	--

## Summer Camp Registration Instructions:

Visit [d234.org](http://d234.org) > Athletics > Registration – click the link, “CLICK HERE TO REGISTER”.

Log in to your account or create your account (if new to 8to18)

Click “Begin Registration”

Step 1: Under “Camps”, select “Summer Camps” and continue to Step 2

Step 2: Select a Participant. If new, you must create the account for your participant. If you already have an account, select the participant you want to register for your desired camp(s). Continue to Step 3.

Step 3: Camp Options. Select your desired camp(s). Camp details can be seen by clicking the “details” tab on the right. After expanding the “details”, click the “sign up” box for your desired camp(s). Once your camp(s) are selected, click “Continue to Step 4”.

Step 4: Roster Details. Select your T-Shirt size (not all camps provide shirts, but you must select a size). Click “Continue to Step 5”.

Step 5: Parent/Guardian Info. Ensure your details are accurate in the fields that have an asterisk “\*” (required). Also, if you want a registration confirmation email, please be sure that box is selected in the “Notification Preferences” section. Once complete, click, “Continue to Step 6”.

Step 6: Legal Forms. Click on the “Parent Permission” digital document. Read through the document and click the box at the bottom to digitally sign the release form (this form will be emailed to you upon completing of registration). Click “Accept” and then “Continue to Step 7”.

Step 7: Summary. Ensure that your Registration Summary is accurate and pay (via check or credit card – online). Be sure to click the box to agree to the Terms and Conditions. After your information is entered and you agree to the terms and conditions, click “Submit”. You will receive a confirmation email to the email (username) used for registration.

*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: <https://www.d234.org/>*

*Twitter: [@RHSAthletics234](https://twitter.com/RHSAthletics234)*