

**2020**  
**York Community High School**  
**Athletic Camps**



For more information please visit our website at <https://york.elmhurst205.org/athletics/athletics-home> or call us at 630-617-2403  
The IHSA no contact week is 8/3/2020 through 8/9/2020

# 2020

## York Community High School

### Summer Athletic Camp Information

#### BADMINTON:

Beginner Badminton camp participants will learn basic stroke fundamentals, footwork, and court strategy through repetition and fun games. Please be dressed in workout clothes and gym shoes. Each participant will receive a camp t-shirt. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Badminton	South Gym	6-9	June 8 – June 19	Monday–Friday	2:30-4:00 pm	\$125

Students that have high school badminton team experience will work on consistency and accuracy of shots, singles and double strategies, and created their own court drills.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Badminton	South Gym	10-12	June 8 – June 19	Monday–Friday	4:00-5:30 pm	\$125

#### BOYS' BASEBALL:

Participants attending this four-day camp will be drilled in the fundamentals of baseball by the York baseball staff. We will cover hitting, fielding, and base running during the week long camp emphasizing the fundamentals of the game. The drills that will be taught are the same drills that are taught to the players in the York program. There will also be short scrimmages at the end of each day. No refunds will be given after payment is made. A minimum of 25 participants are needed for camp to run.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Baseball	York Baseball Field	7-9	June 15-18	Monday - Thursday	12:00-1:30 pm	\$125

#### BOYS' BASKETBALL:

York's Boys Basketball staff will be offering intensive, high quality basketball camps for boys. Attention will be given to mastering the fundamental skills of basketball. Each participant will receive a camp t-shirt. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Boys Basketball	Field House	3-4	June 8 - June 19	Monday-Friday	8:30-10:00 am	\$130
Boys Basketball	FH & Campbell Gym	5-6	June 8 - June 19	Monday-Friday	10:00-11:30 am	\$130
Boys Basketball	South & Campbell Gym	7-8	June 8 - June 19	Monday-Friday	11:30-1:00 pm	\$130
Boys Basketball	Campbell Gym	9-10	June 1 – June 26	Monday-Friday	3:00-5:00 pm	\$190
Boys Basketball	Campbell Gym	11-12	June 1 - June 26	Monday-Friday	1:00-3:00 pm	\$190

9<sup>th</sup>-12<sup>th</sup> grade participants may have an opportunity to participate in summer shootouts.

#### GIRLS' BASKETBALL:

York's coaching staff will be offering an intense, high quality camp for girls entering grades 3-12. The focus will be on basic skills and fundamentals, shooting drills and competition. Each participant will receive a camp t-shirt. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Girls Basketball	Campbell Gym/South	3-6	June 1 – June 11	Monday-Friday (2 <sup>nd</sup> week Mon-Thurs)	11:30-1:00 pm	\$125
Girls Basketball	South	7-8	June 1 – June 11	Monday-Friday (2 <sup>nd</sup> week Mon-Thurs)	10:00-11:30 am	\$125
Girls Basketball	Campbell Gym/South	9-12	June 1 – June 26	Monday-Friday	8:00-10:00 am	\$200

9<sup>th</sup>-12<sup>th</sup> Grade will participate in the Freshman, Sophomore and Varsity Summer League.

## CHEERLEADING:

York's cheerleading squads and coaches will provide you multiple days of fun and spirit! Campers will be divided by age and learn cheer skills including jumps, basic tumbling, cheers, and basic stunting. On the last day, campers will perform their routine for family and friends. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Cheerleading	Commons	K-8	TBD	TBD	TBD	

## GIRLS' CROSS COUNTRY:

Camp begins at 7:00 am and can run for as long as 3 hours each morning. Mileage and daily time will depend on the age and experience of the camper. Workouts are designed to be progressive for athletes entering 6th through 12<sup>th</sup> grade. Interested incoming freshman are strongly encouraged to join the summer program, along with all returning athletes to ensure our program is building a foundation for success for the 2020 season.

Campers must provide their own transportation to all practice sites. Each participant will receive a camp t-shirt. No refunds once camp starts.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Cross Country	York Stadium/	6-12	June 15-19	Monday-Friday	7:00 am–10:00 am	\$180
	Field House (Inclement weather)		June 22-25			
	Mon/Tues/Friday		June 29–July 2			
	Wednesday-York Black box		July 14–17			
	Thursday – Beren's Park		July 20-23 (Due to York Stadium construction, camp will MEET in the York Field House)			
			July 27-30 (Last day of Camp)			

## BOYS' CROSS COUNTRY:

The York Summer cross country camp is for York High School boys (entering 9<sup>th</sup>-12<sup>th</sup> grade) who are interested in becoming a better distance runner while preparing for the fall cross country season. Participants will meet in the mornings for the primary workout at 7:00 a.m. inside the York Stadium and will run to various locations throughout Elmhurst (Prairie Path, Eldridge Park, and Wild Meadows Trace). The morning practice will end at 9:00 am. No refunds once camp begins.

Afternoon workouts are the secondary workout and we will meet from 12:00-1:00 p.m., see below for specific dates. We will meet at the York Stadium for the afternoon practice.

**Athletes that register for Cross Country camp are also registered for Track Camp**

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Cross Country	Stadium	9-12	<b>Morning Dates</b>		7:00-9:00 am	\$180
			June 23-27	Tues-Sat		
			July 7-11	Tues-Sat		
			July 14-18	Tues-Sat		
			July 20-24	Mon-Fri		
			July 27-31	Mon-Fri		
Cross Country	Stadium	9-12	<b>Afternoon Dates</b>		12:00 – 1:00 pm	
			June 23-26	Tues-Fri		
			July 7-10	Tues-Fri		
			July 14-17	Tues-Fri		
			July 21-24	Tues-Fri		
			July 28-31	Tues-Fri		

## DANCE (POMS):

Dancers will be learning all of their dances for the entire season. These dates are mandatory for those who make the team.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
TBD	TBD	TBD	TBD	TBD		

## FOOTBALL:

York football camp is designed to introduce individuals to the York Football Program and to prepare athletes for the upcoming season. Camp will include strength training (beginner and advanced), speed and agility, conditioning, fundamental skill work, and installation of the York offensive, defensive, and special team football schemes. Camp will also be used to build team unity, character, and leadership. All participants will be issued a helmet, shoulder pads, practice jersey, and mouthpiece. Participants will also have access to a Hudl account which is a web based video program for athletes used for film study and to learn offensive and defensive schemes. Each player is responsible for their own girdle with pads, gym shoes, cleats, and a lock for their locker. No prior experience is required.

**Free Physicals:** Tentatively June 1<sup>st</sup>, more details will be posted on the York athletic website and you must make an appointment.

### JUNE:

#### Varsity and Sophomore Football –

Varsity/Sophomore	June 2 <sup>nd</sup> – 4 <sup>th</sup>	Tues – Thursday	7:30 am – 11:00 am	\$240
Varsity/Sophomore	June 8 <sup>th</sup> – 11 <sup>th</sup>	Mon – Thursday	7:30 am – 11:00 am	
Varsity/Sophomore	June 15 <sup>th</sup> – June 18 <sup>th</sup>	Mon – Thursday	7:30 am – 11:00 am	
Varsity/Sophomore	June 22 <sup>nd</sup> – June 25 <sup>th</sup>	Mon – Thursday	7:30 am – 11:00 am	

**\*Sophomore 7 on 7 and Linemen Tournament June 25<sup>th</sup> @ Wheaton North High School – 7:30 am – 4:00 pm**

**\*Varsity 7 on 7 Tournament and Lineman Challenge on June 26<sup>th</sup> @ Wheaton South High School 7:30 am – 4:00 pm**

**OFF June 27<sup>th</sup> – July 12 (Varsity Returns on the 13<sup>th</sup>, FR/SO on the 14<sup>th</sup>)**

### JULY:

Varsity	July 13 <sup>th</sup> – 14 <sup>th</sup>	Monday – Tuesday	7:30 am – 11:00 am
<b>*Varsity Team Camp July 14<sup>th</sup> or 15<sup>th</sup>-17<sup>th</sup> – Wednesday – Friday (Team Camp @ Knox College)</b>			

Sophomore	July 14 <sup>th</sup> – July 16 <sup>th</sup>	Tuesday – Thursday	7:30 am – 11:00 am
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Varsity/Sophomore	July 21 <sup>st</sup> – July 23 <sup>rd</sup>	Tuesday – Thursday	7:30 am – 11:00 am
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**First Day of the Fall Season Football Practice is Monday, August 10<sup>th</sup>**

\*Varsity and Sophomore Gear will be distributed once a player has registered for Camp in May or on the first day of camp, June 4<sup>th</sup>.

\*There may be days when athletes get done earlier than the assigned time shown; there are also a couple dates that may get shifted if we enter a 7 on 7 tournament or other football events.

\*There may be some 7 on 7 events at night in addition to this camp schedule for Varsity athletes.

#### Freshman Football –

Freshman	June 2 <sup>nd</sup> – 4 <sup>th</sup>	Tues – Thursday	9:30 am – 11:30 am	\$240
Freshman	June 8 <sup>th</sup> – 11 <sup>th</sup>	Mon – Thursday	7:30 am – 11:00 am	
Freshman	June 15 <sup>th</sup> – 18 <sup>th</sup>	Mon – Thursday	7:30 am – 11:00 am	
Freshman	June 22 <sup>nd</sup> – 25 <sup>th</sup>	Mon – Thursday	7:30 am – 11:00 am	

**OFF June 26<sup>th</sup> – July 13<sup>th</sup>**

Freshman	July 14 <sup>th</sup> – 16 <sup>th</sup>	Tues – Thursday	7:30 am – 11:00 am
Freshman	July 21 <sup>st</sup> – 23 <sup>rd</sup>	Tues – Thursday	7:30 am – 11:00 am

**OFF July 24<sup>th</sup> – August 9<sup>th</sup>**

**First Day of the Fall Season Football Practice is Monday, August 10<sup>th</sup>**

\*Equipment will be distributed the first day of camp, June 4<sup>th</sup> or the first day the participant attends.

\*First week freshman will be separate from Varsity/Sophomore and then will be combined with the whole team.

\*Summer School starts at 10:20 am so students participating in second session of summer school will be dismissed at 10:00 am.

\*No prior experience is needed; Freshman camp is a great way to meet new people before school starts!

## BOYS' LACROSSE

York's Boy's Lacrosse Camp is designed to introduce players to the Lacrosse program as well as build on skills to prepare for the upcoming season. The camp will be open to boys entering K-12<sup>th</sup> grade. During the camp we will have practices focusing on the fundamentals of lacrosse. K-8 participants only need to bring a lacrosse stick. 9-12 participants will need stick, helmet, shoulder pads, gloves, arm pads, and a mouth guard. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Lacrosse	Berens Park Turf	K-5	June 15 – 18	Mon – Thurs.	4:00 - 5:30 pm	\$75
Lacrosse	Berens Park Turf	6-8	June 15 – 18	Mon – Thurs.	5:30 – 7:30 pm	\$75
Lacrosse	Berens Park Turf	9-12	June 15 – 18	Mon – Thurs.	7:00 – 8:30 pm	\$75

## GIRLS' LACROSSE

York's Girl's Lacrosse Coaching staff will be offering an intensive, high quality camp for girls 3-12th grade. Lacrosse is one of the fastest growing sports in the Midwest. We will focus on the fundamental skills required for competitive lacrosse and create a base for our Spring Season. No experience is required. Girls will work on a variety of skills including: passing, catching, cradling, dodging, draw control, defensive strategies and motion offence. Players will also participate in daily scrimmages and small area games. Every participant must bring stick, goggles, and mouth guard. Participants will receive a York Lacrosse apparel item. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Lacrosse	Berens Park	3-8	July 13 – July 31	Mon – Friday	3:30 – 5:30 pm	\$160
Lacrosse	Berens Park	9-12	July 13 – July 31	Mon – Friday	5:30 – 7:30 pm	\$160

## BOYS' SOCCER:

This camp is designed to teach participants the technical and tactical aspects of soccer. Participants will learn a variety of skills that include: passing, dribbling, finishing and ball control. Tactical strategies and technical skills will be taught through a variety of small sided games during the week. Each camper will receive a t-shirt and a soccer ball. This camp will be conducted at the York High Front Field. Every participant must bring a soccer ball, soccer shoes or gym shoes, and a water bottle. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Boys Soccer Camp includes youth soccer ball	Front field	3-8*	June 1-5	Monday-Friday	10:00-12:00 pm	\$90

This three week (12 day) camp for all incoming Freshman-Seniors will be held at York High School Stadium or grass field in front of the school.. The camp is designed for all participants to improve their technical, tactical, and physical aspects of soccer. Participants will work on all technical aspects of soccer which include ball control, dribbling, passing and finishing. Tactical strategies will be emphasized during the camp through small sided games up through 11 v 11 play. Every player must bring a soccer ball, shin guards, indoor soccer shoes (Camp will be held indoors if weather is poor) and a water bottle. Summer camp team apparel will be included in cost. For more information please visit us at <http://york.elmhurst205.org/bsoccer>.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Boys Soccer	Front Field/Stadium	9	June 1-4	Monday-Thursday	4:00 -- 6:00 pm	\$150
	Front Field/Stadium	9	June 8-11	Monday-Thursday	4:00 – 6:00 pm	
	TBD	9	July 20-23	Monday-Thursday	4:00 – 6:00 pm	
Boys Soccer	Front Field/Stadium	10	June 1-4	Monday-Thursday	400 -- 6:00 pm	\$150
	Front Field/Stadium	10	June 8-11	Monday-Thursday	4:00 – 6:00 pm	
	TBD	10	July 20-23	Monday-Thursday	4:00 – 6:00 pm	
Boys Soccer	Front Field/Stadium	11	June 1-4	Monday-Friday	6:00 – 8:00 pm	\$150
	Front Field/Stadium	11	June 8-11	Monday-Thursday	6:00 – 8:00 pm	
	TBD	11	July 20-23	Monday-Thursday	6:00 – 8:00 pm	
Boys Soccer	Front Field/Stadium	12	June 1-4	Monday-Friday	6:00 – 8:00 pm	\$150
	Front Field/Stadium	12	June 8-11	Monday-Thursday	6:00 – 8:00 pm	
	TBD	12	July 20-23	Monday-Thursday	6:00 – 8:00 pm	

## GIRLS' SOCCER:

Girls participating in the camp will learn the fundamentals of playing soccer competitively. Emphasis will be given to dribbling, passing, ball control, as well as tactics and game play. Each camper will receive a t-shirt as well as instruction by the high school coaching staff. For more information please visit us at <https://york.elmhurst205.org/athletics/team-pages/girls-soccer> No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Girls Soccer *Camp includes a youth soccer ball	Front Field	3-8*	June 1 <sup>st</sup> – 5th	Monday–Friday	10:00-12:00 pm	\$90
Girls Soccer	Stadium/Front Field	9-12	June 2 & 4 June 9 & 11 June 16 & 18 June 23 & 25 June 30 & July 2 July 7 & July 9	Tues - Thursday Tues – Thursday Tues – Thursday Tues – Thursday Tues – Thursday Tues – Thursday	4:00-6:00 pm	\$150

## CO-ED SWIM:

This camp is offered for swimmers with some competitive swimming skills. This camp includes instruction from several coaches from both the boys' and girls' swimming programs. Instruction consists of dry land training as well as swimming. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Competitive Swim	York Aquatic Center	6-12	June 1 – July 24	Monday - Thursday	6:00-9:00 am	\$210

*Swimmers that are taking summer school classes starting at 7:40am will be dismissed at 7:30am*

## CO-ED TENNIS:

The York High School Summer Tennis Camp Program is designed to fit the needs of multi-level players between the ages of 8 and 18 years old. The co-ed York Mini Dukes, York Camp Teams, and the Advanced Tournament Team are designed to span player development providing instruction to our youngest campers as well as high-level training for our most advanced players. York Mini Dukes (grades 2-5) focus on fundamentals and racquet skills as well as preparation for fun match play during camp. In addition to tailored instruction, focused drills, and skill development, the York Camp Teams and Advanced Tournament Team (middle and high school ages) will also compete in dual meet and tournament play in the two divisions of the Trident League, as well as in head-to-head competition with other area camps allowing for applied learning and live play skill development. The Advanced Tournament Team will feature the highest level of match play, personalized instruction, and player development. Targets include technical, physical, mental, and tactic training alongside others with similar skill sets. The Advanced Tournament Team supports the development of communication skills, teamwork, and character as leaders of the York Tennis community. Players are also encouraged to be active in USTA Tournaments or other match play in the summer.

Players should bring racquets and water bottles, and dress in weather-appropriate athletic gear including tennis shoes. Team t-shirts are provided. Camps are staffed by York High School Tennis Coaches, alumni and players. All camp sessions are held at Elmhurst College Tennis Courts. In inclement weather, camps will take place in the York High School Field House for off-court fitness training, strategy instruction, and mental toughness development. Transportation to the Field House from Elmhurst College Courts will be available as necessary. Cancellations will be rescheduled and communicated via the Remind App and follow up email. **Of note, there will be no camp from June 29 – July 2.**

For questions, please contact the York High School Summer Tennis Camp Director, Coach Heimann at [630-617-2498](tel:630-617-2498).

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Tennis Mini Dukes -Session I	Elmhurst College Tennis Courts	2-5	June 1–June 18	Monday–Thursday	12:00- 1:30 pm	\$125
Tennis Mini Dukes -Session II	Elmhurst College Tennis Courts	2-5	June 22–July 16 (No Camp June 29-July 2)	Monday–Thursday	12:00- 1:30 pm	\$125
Tennis York Camp -Tennis Session I	Elmhurst College Tennis Courts	6-8	June 1-June 18	Monday-Thursday	9:30 –11:30 am	\$150
Tennis York Camp -Tennis Session II	Elmhurst College Tennis Courts	6-8	June 22-July 16 (No Camp June 29-July 2)	Monday-Thursday	9:30 -11:30 am	\$150
Tennis York H.S .-Camp -Session I	Elmhurst College Tennis Courts	9-12	June 1-June 18	Monday-Thursday	1:30 – 3:30 pm	\$150
Tennis York H.S. -Session II	Elmhurst College Tennis Courts	9-12	June 22-July 16 (No Camp June 29-July 2)	Monday-Thursday	1:30 – 3:30 pm	\$150
Tennis Advanced Tourney Team-Session I ( <i>Tournament Camp</i> )	Elmhurst Col. Tennis Courts	7-12	June 1- June 18	Monday-Thursday	7:30 -9:30 am	\$150
Tennis Advanced Tourney Team-Session II ( <i>Tournament Camp</i> )	Elmhurst Col. Tennis Courts	7-12	June 22 - July 16 (No Camp June 29-July 2)	Monday-Thursday	7:30 -9:30 am	\$150

\*In inclement weather, camps will take place in the York High School Field House for off-court fitness training, strategy instruction, and mental toughness development.

## CO-ED TRACK:

The York Summer camp is for boys interested in improving their skills related to track and field. Participants will receive direct instruction from the York High School Track Coaching Staff. The events to be emphasized are sprints, long jump, triple jump, shot put, discus, high jump. Instruction will be given to the beginner as well as the advanced athlete. All sessions will take place at the Stadium, weather permitting. All participants should dress appropriately for the weather and athletic movement. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Boys Track	Stadium	6-12	June 8-11 June 16, 19-21 June 15, 17, 18 June 22, 24, 25 July 6, 8, 9 July 13, 15, 16	For NBN qualifiers only For NBN qualifiers only Mon, Wed, Thurs Mon, Wed, Thurs Mon, Wed, Wed Mon, Wed, Thurs	2:00 – 4:00 pm (Monday's will include an additional- optional – 7:00 am to 9:00 am session)	\$130

## BOYS' VOLLEYBALL:

Boys participating in the 2<sup>nd</sup> – 8<sup>th</sup> grade camp will learn the fundamentals of playing volleyball competitively. Emphasis will be given to passing, setting, serving and hitting techniques while introducing offensive and defensive systems. Each camper will get instruction by the high school coaching staff and York Boys volleyball alumni who have played at the collegiate level and will receive a "York Dukes" shirt and pair of shorts. **(No Camp Monday, June 1<sup>st</sup>)**

Boys participating in the high school camp will receive instruction focusing on skill development, mastery of positional play, and offensive and defensive team concepts and will receive a premium "York Dukes" shirt and socks. **(No Camp Monday, June 1<sup>st</sup>)**

The July Summer league will include conditioning and practices, as well as summer league matches. All athletes registered will be able to be eligible to participate in summer league matches per coach's invite. *Freshman are invited to attend, but there are no Freshman Summer League matches.* Each camper will receive a custom York Dukes bucket hat.

No refund once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Boys Volleyball	Field House	2-6	June 2 – June 25	Monday-Thursday	2:00-3:30 pm	\$150
Boys Volleyball	Field House	7-8	June 2 – June 25	Monday-Thursday	3:30-5:00 pm	\$150
Boys Volleyball	Field House (Team Camp)	9-12	June 2 – June 25	Monday-Thursday	5:00-7:00 pm	\$150
Boys Volleyball	Summer League	9-12	July 7 – July 23	Tuesday-Thursday	2:00-4:00 pm	\$50

## GIRLS' VOLLEYBALL:

Girls entering 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade will learn the basic individual skills of passing, setting, serving and hitting, blocking and digging in the first week and team skills the second week of camp. The York High School volleyball coaches and alumni will be running the camp. All campers will get a t-shirt. The first week will focus on honing individual skills and positional improvements while the second week will concentrate on team systems. Girls entering York High School in the fall will learn individual and team skills while preparing for the upcoming season. Sessions will specialize in positional playing as well as all the basic skills for each player. The second week will focus on learning offensive and defensive team strategies. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Girls Volleyball	Campbell Gym/FH/South Gym	6-8	July 6 – July 17	Monday-Friday	10:30 am-12:30 pm	\$100
Girls Volleyball	Campbell Gym/FH/ South Gym	9-12	July 6 – July 24	Monday-Friday	7:00 am -10:00 am	\$200
Girls Volleyball Summer Conditioning	Fitness Center & Field House	9-12	June 8 – June 26	Mon, Wed, & Fri	6:30 am – 8:30 am	\$75

## BOYS' & GIRLS' WATER POLO:

The game of water polo is a fun, fast-paced, physical game. While competitive swimming experience is encouraged, it is not required.

**1<sup>st</sup>-4<sup>th</sup> grade splashball:** June 8-June 25, Monday-Thursday, \$75, 9:00am-9:45am. Splashball is designed to introduce the sport of water polo to children in elementary school in a fun and recreational format. Splashball harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit.

**5<sup>th</sup>-9<sup>th</sup> grade traditional camp (Session I):** June 8 – June 25, Monday-Thursday, \$165, 9:00 am-10:15 am. This camp will focus on basic water polo skills, introductory scrimmaging, and having lots of fun playing a new sport. No experience necessary and experienced players encouraged to join.

**5<sup>th</sup>-9<sup>th</sup> grade team camp (Session II):** July 6-July 16, Monday-Thursday, \$80, 9:00 am-10:15 am. This camp will build on skills established in our traditional camp and develop a more thorough understanding of team concepts and play. *\*Prerequisite for this camp is minimal water polo experience gained through the first session of our camp, previous years in our camp, a water polo club, or area clinics.*

**10<sup>th</sup>-12<sup>th</sup> grade camp:** June 8 – July 16 (No camp the week of June 29), Monday-Thursday, \$225, 10:00 am – noon. This camp's purpose is to build and enhance high school varsity-level skills and team systems.

## WRESTLING:

All high school campers will have a chance to compete in the West Suburban Summer Wrestling League and Campers will also have an opportunity to attend the Elmhurst College Wrestling Camp. No refunds once camp begins.

Camp Name	Facility	Grade	Dates	Days	Time	Cost
Wrestling	Wrestling Balcony	9-12	June 8-11 June 15-18 June 22-25 June 29-July 2	Monday-Thursday	6:00pm – 8:00pm	\$180