

WOODBIDGE ATHLETIC SUMMER CAMPS — 2017



WOODBIDGE HIGH SCHOOL

ATHLETIC SUMMER CAMPS 2017



GIRLS BASKETBALL

Cost: \$235
 Director: Head Coach, Pete Belanto
 Questions: keithclarkson@iusd.org
 Go to athleticclearance.com by June 2nd

Woodbridge Basketball Coaches: Pete Belanto, Keith Clarkson. The Lady Warrior program history includes 25 league titles, 7 CIF Finals, and 3 California State Finals appearances.

Potential Varsity: (Grade 9-12) * (Coach's discretion)*No Camp July 4th
 Monday-Friday, June 12—July 28
 [Camp practice: 4:15pm-6:00pm, WHS gym]

Potential JV: (Grade 9-11) * (Coach's discretion)*No Camp July 4th
 Monday-Friday, June 12—July 28
 [Camp practice: 4:15pm-6:00pm, WHS gym]

The camp consists of individual and team skill development provided by the staff at WHS. It is not mandatory to be in attendance every day to be involved in the camp. Tryouts for next year's final school teams will be held after school starting in September. If you have any questions, please feel free to call the girls' basketball office at WHS (949) 936-7934.



GIRLS LACROSSE

Cost: \$235
 Director: Grant Davis, Head Coach
 Questions: grantdavis@iusd.org
 Go to athleticclearance.com by June 2nd

The summer program is designed for all returning Woodbridge Varsity athletes as well as any current Woodbridge students or incoming Woodbridge 9th graders interested in playing or learning about the sport of lacrosse. No prior playing experience is necessary. The camp will focus on skill development and fundamentals, fitness, and the basics of team play. Experienced players should bring their goggles and sticks; starter equipment will be available for loan for beginning players and information about acquiring equipment will be provided at the camp. Come be a part of the fastest growing sport in the United States!

Dates: 6 weeks split into two sessions as detailed below. The camp cost covers both sessions and sessions are not available for individual enrollment. Please attend as much of camp as you are able:

Session 1: Monday-Thursday, June 12-July 6; no practice on 7/3 or 7/4; **New Players** Noon-2:30pm; **Returning Players** 1:30pm-4pm

Session 2: Monday-Thursday, August 7 – August 17; **Returning Players** 9am – 11:30am; **New Players** 11am – 1pm

Location: TBA, check Girls Lacrosse page on gowoodbridge.org or email Coach Davis for updates.

In addition, for insurance purposes, all athletes participating in the program must become members of US Lacrosse. Athlete memberships are \$35 and can be acquired at <http://www.uslacrosse.org>. Athletes should inform the coach of their membership number on the first day of practice.



GIRLS SOCCER

Cost: \$235
 Director: Jennifer Martin, Head Coach
 Questions: jennifermartin@iusd.org or (714)931-1868
 Go to athleticclearance.com by June 2nd

Become a part of the WHS Warriors GSOC program! The summer season is designed to prepare each player fundamentally, with challenging exercises and competitions, while forming a foundation of chemistry, commitment and dedication for the upcoming season led by the program's staff.

Summer League
 Match Schedule: TBD (1st game tentatively July 10th)
 Match Days: TBD (tentatively Monday, Wednesday, and Friday)
 Match Times: TBD (tentatively at 11 & 12:30pm)
 Summer training: 1:00pm-4:00pm every Tuesday and Thursday
 (1st training tentatively July 6th/7th)

*Family vacation, WHS sports and club team conflicts can be excused with discussion

Camp Dates: July 6th – July 28th

Attire: Soccer apparel. Black shorts, socks, and gray/white shirt, shin guards, water, sunblock. (Summer gear can be ordered)

Who: All Players interested in WHS GSOC for 2017 –18 school year

Location: To be Determined

Time: 11 & 12:30p Mon. /Wed./Fri and 1:00-4:00pm range Tues. /Thurs



GIRLS SOFTBALL

Cost: \$75
 Director: Jerry Rose, Head Coach
 Questions: jerryrose@iusd.org or (949) 394-8838
 Go to athleticclearance.com by June 2nd

This is a preparatory program with emphasis on: Hitting Skills - Game Tactics - Game Preparation - Fielding Skills - Bunting Techniques - Conditioning - Base Running - Position Play - Defensive Positioning. Camp is highly recommended for returning JV players.

Dates: June 12—June 16, 1:00pm-3:00pm

Location: Bill Barber Field #1 (Stadium)



GIRLS WATER POLO

Cost: \$235
 Director: Jared Gray, Head Coach
 Questions: jaredgray@iusd.org or (949) 903-1708
 Go to athleticclearance.com by June 2nd

Dates: June 12—July 14, Monday-Friday * No Camp July 4th

New Players: 3:00pm-5:30pm

Returning Players: 3:00pm-6:00pm

All practices will be held at the Woodbridge High School Pool. Attend as many practices as you can. Bring suit, towel, cap, goggles and sunscreen. In addition, we will be playing in two summer leagues with games at night. Varsity level players will play on Monday nights, Frosh-Soph players on Wednesday nights, all at Aliso Niguel HS.



BOYS/GIRLS - CROSS COUNTRY

Cost: \$235
 Director: Bryan Pacheco, Head Coach
 Questions: bryanpacheco@iusd.org
 Go to athleticclearance.com by June 2nd

The Woodbridge Cross Country coaches have coached for a number of years and have worked with a number of league, CIF and State individual and team champions.

Objectives/benefits: Prepare runners for the fall cross country season by improving long distance endurance, speed and running technique. This camp is also open to athletes from other sports involving running (football, basketball, soccer, baseball, etc.) wanting to improve their fitness, speed, and running form. Preparation includes a running/technique program, as well as a strength training program.

Daily Activities will include:

- Distance runs to increase endurance for all athletes and especially for the cross country athletes (first-time athletes should be able to run continuously for 5 miles by the end of the camp).
- Speed drills and plyometrics to improve strength, speed, agility, and athleticism.
- Strength training for more power.

Location: WHS Track Area (by Fitness Room)

Camp: June 26—August 4 No Camp July 4th
 7:00am-9:00am (additional optional training after)



BOYS/GIRLS TENNIS

Cost: Boys \$75, Girls \$75
 Director: Ryan Sabado, Head Coach
 Questions: ryansabado@iusd.org or (424) 558-1731
 Go to athleticclearance.com by June 2nd

Coach Ryan Sabado returns for his 6th season as the Varsity Boys & Girls Tennis coach at Woodbridge. The Woodbridge Summer Tennis Camp is one week long. This camp is for athletes of all skill levels, who are interested in developing footwork, strength, and endurance. Bring appropriate tennis gear and apparel.

This is a preparatory program with emphasis on the following:

Serves – Ground Strokes – Volleys – Point Play – Live Ball Action – Singles/Doubles Strategies and Positioning – Point Development – Conditioning – Team Development

Dates & Times:
 Girls: July 10 – July 14 1:00pm – 3:00pm
 Boys: July 17 – July 21 1:00pm – 3:00pm
 Location: Woodbridge High Tennis Courts



BOYS/GIRLS - TRACK & FIELD

Cost: \$235
 Director: Aaron Craver, Head Coach
 Questions: aaroncraver@iusd.org or (949) 394-3085

The Woodbridge Summer Track & Field Camp is six weeks. This camp is for athletes of all skill levels, who are interested in developing speed, strength, and endurance. Just bring water, clothes, and shoes appropriate for working out.

Objectives/benefits: Prepare athletes for the spring Track and Field season by improving speed, explosiveness and technique. This camp is also open to athletes from other sports involving running (football, track, basketball, soccer, baseball, etc.) wanting to improve their fitness, speed, and running form. Preparation includes a running/technique program as well as a strength training program.

Daily Activities will include:

- Speed training, hurdle technique, and two road runs per week to increase endurance.
- Hill training and plyometrics for explosive strength, speed, agility, and athleticism.
- Weight lifting for more power and strength.

Dates/Times: WHS Track, Fitness Center and Weight Room
 Meet at the track

Camp: June 12—July 14, Monday-Friday
 7:00am-9:00am
 July 17 – July 21
 1:00pm – 3:00pm



BOYS/GIRLS - VOLLEYBALL

Cost: \$235
 Director: Alan Ho, Head Coach
 Questions: alanho@iusd.org or (949) 936-7844
 Go to athleticclearance.com by June 2nd

Coach Alan Ho returns for his 8th season as the Varsity Boys & Girls Volleyball coach at Woodbridge. The program will focus on basic skills and techniques such as passing, serving, setting and hitting with an emphasis on the techniques that will be used during the coming season. All levels are strongly encouraged to participate.

Location: Gym at Woodbridge High School
 Boys: Tues/Thurs, July 11-27, 8:00am-10:00am
 Girls: Mon/Wed/Fri, July 10-28, 8:00am-10:00am

Strength and conditioning (returning girls players): 10:00am-11:30am
 Strength and conditioning (all boys): 10:00am-11:30am
 Girls Varsity candidates: 10:00am-12:00noon (Coach's discretion)

BOYS (Season)

- * Baseball (spring)
- * Basketball (winter)
- * Cross Country (fall)
- * Lacrosse (spring)
- * Soccer (winter)
- * Softball (spring)
- * Tennis (fall)
- * Track & Field (spring)
- * Volleyball (fall)
- * Water Polo (fall)
- * Wrestling (winter)

GIRLS (Season)

- * Basketball (winter)
- * Cross Country (fall)
- * Lacrosse (spring)
- * Soccer (winter)
- * Softball (spring)
- * Tennis (fall)
- * Track & Field (spring)
- * Volleyball (fall)
- * Water Polo (w)

*** IMPORTANT ***

ALL ATHLETES MUST HAVE 2017-18
 ON-LINE ATHLETIC CLEARANCE
 COMPLETED BY FRIDAY, JUNE 2nd

This includes returning athletes &
 incoming 9th graders
 Go to athleticclearance.com

*** NO EXCEPTIONS ***



WOODBIDGE ATHLETIC SUMMER CAMPS — 2017

Woodbridge Athletic Summer Camps

Please join us for our recreational Summer Camp where we will work on skill development, fundamentals, agilities, and conditioning.

- Summer Athletic Camps are open to all high school students, are purely recreational, and completely voluntary.
- Daily attendance aids in development, but is not required.
- Participation in Summer Athletic Camps is not for credit or a prerequisite for equal access to participate in athletics during the school year.
- For final team tryout dates for Fall Sports, please contact the Head Coach of the sport.
- Final team tryout dates for Winter & Spring Sports will be announced at the start of school.
- "Potential" teams do not determine the making of a team, this designation is for camp purposes only.
- IUSD does not discriminate in enrollment in or access to any athletics program available.
- Admission to these programs is based on age appropriateness, team roster space, aptitude and meeting academic and behavioral eligibility requirements.
- The lack of English skills shall not be a barrier to admission to or participation in the District's activities and programs.
- See BP Nondiscrimination Policy 5145.5 for more information and who to contact.
- **WE ENCOURAGE ATHLETES TO PARTICIPATE IN AS MANY SPORTS AS POSSIBLE** (conflicts will be worked out)

CAMP REGISTRATION

Registration/payment for all our Athletic Summer Camps will be processed through our web store. Athletes may access our online web store at www.woodbridgehigh.org.

Step #1: Click the Athletics tab near the top of the home page.

Step #2: Select "summer camp enrollment".

Step #3: Follow the web store instructions for login. (**DO NOT** set up a new web store account. Accounts for all 2016-17 WHS students have already been created (including incoming freshmen). **DO NOT CHANGE YOUR PASSWORD**).

Step #4: Select "summer camps" under "departments" tab on left.

Step #5: Select the desired camp(s) to be added to the student's cart.

Step #6: Checkout is completed via American Express, MasterCard, Visa or Discover card.

ATHLETIC CLEARANCE INSTRUCTIONS:

For FIRST TIME Athletic Clearance (Due by 6/2)

- Go online at athleticclearance.com
- Watch the video tutorial **BEFORE** creating your account
- Create an account for the 2017-2018 school year
- Once your account has been created
- Scan and upload your physical to your clearance account. You are not cleared until we have a current physical on file.

For all RETURNING ATHLETES (Due by 6/2)

- Log into your clearance account
- Update your information to **2017-2018**
- Edit your personal information
- Upload an up to date physical. You are not cleared until we have a current physical on file.

If you don't have a scanner:

- Use your camera phone
- Email it to yourself
- Save it on your computer then
- Upload it to your account

Questions? Call Rick Gibson at: 949-936-7918 or email rickgibson@iusd.org.

NO REFUNDS ~ NO REFUNDS ~ NO REFUNDS

THERE WILL BE NO PRO-RATED FEE FOR ANY CAMP



BOYS BASEBALL

Cost: \$235
Director: Tim Murray, Head Coach
Questions: timmurray@iusd.org or (949) 936-7874
Go to athleticclearance.com by June 2nd

FIRST DAY TO REPORT: Monday, June 19, 2017 at 8:30am
All incoming freshmen will meet in the bleachers at the Upper Field at Windrow Park. Come dressed for practice. Bring your baseball equipment with you as we will start practice at 9:00am.

Incoming Frosh: Monday, June 19—Thursday, July 13 (4 weeks)
Time: 9:00am-12:00noon
OFF: Every Friday & Monday, July 4

Varsity & JV: There will not be a Varsity or JV Camp this summer



BOYS BASKETBALL

Cost: \$235
Director: John Halagan, Head Coach
Questions: johnhalagan@iusd.org or (949) 936-7836
Go to athleticclearance.com by June 2nd

Director: Head Coach, John Halagan enters his 26th season at the helm of the Warrior program. Highlights from last season include another playoff appearance by the Varsity Team as well as a league title won by the JV team. Warrior lower level teams have captured 41 league titles since 1985. Previous Varsity playoff history includes four trips to the CIF finals (87, 88, 91, 97), two CIF titles (87 and 97), and the 2A State title in 1987.

Dates-Times-Location
Varsity team: Tuesday June 13 – Thursday July 13 (Coach's Discretion)

Practice: 11-2:15pm Tuesdays/Thursdays @ WHS BG
Team shooting times: 12:00-1:00pm Mondays/Wednesdays @ WHS BG

Summer League games-Monday and Wednesday 3:00-8:00pm TBD @ Marina and Los Alamitos HS

There will be two (2) weekend tournaments @ UCI and Concordia, TBD

JV team: Tuesday June 13 - Thursday July 14 (Coach's Discretion)

Practice 11-2:15pm Tuesdays/Thursdays @ WHS SG
Team shooting-12:15-1:00pm Mon/Wed @ WHS BG
Summer League games-Mon/Wed @ Aliso Niguel HS, TBD

There will be one weekend tournament @ Concordia, TBD

Incoming 9th Grade Clinic *Mondays and Wednesdays only, June 14 through July 5 (First day is Wednesday, June 14)
** Clinic times - 10:00am-1:00pm @ WHS Main Gym

The clinic for all incoming 9th graders will be conducted by the WHS coaching staff. Clinic instruction will address offensive skills, defensive techniques, transition play and team motion concepts. Players will build up to 5 on 5 games to instruct proper team play. This clinic is an opportunity to enhance skills for those interested in playing basketball at WHS in the fall. The first official tryout for the Frosh/Soph team next season will be conducted on the first day after the conclusion of summer camp on **Thursday, July 6. (11:00am – 1:00pm)** There will be a second tryout conducted in August (TBD) after school starts for those who can't attend on July 6th



FOOTBALL

Cost: \$235
Director: Rick Gibson, Head Coach
Questions: rickgibson@iusd.org or (949) 936-7918
Go to athleticclearance.com by June 2nd

Rick Gibson, 28 years as Head Coach - Come join the Woodbridge High Football tradition which includes: CIF Championships and the only school in the district to compete in the CIF playoffs the last seven years. The coaches will go over -terminology, and weight room training necessary for football.

Speed/Weight Camp *IF ATHLETES ARE IN TOWN (Grades 10-12 not incoming 9th)
Date: June 12-23rd
JV and Varsity: 1:30PM-3:30PM

* FROSH INTRO MEETING ON MONDAY, JUNE 12th at 6:00 WHS Staff Lounge

Skill and Technique CAMP: ALL LEVELS (NO Meeting July 4th)

Dates: June 26 – July 27th

Frosh: Grade (9)
1:00-3:30 (Monday-Friday) *Off July 4th
(Grade 9-11) * (Coach's discretion)
JV: 2:00pm-3:30PM (Monday-Thursday) Off July 4th * All Fridays 12:45-3:30 (Grade 9-12) * (Coach's discretion)
Varsity: 2:30PM-5:00PM (Monday-Thursday) Off 7/4 *All Fridays 12:45-3:30

Location: WHS Weight Room/Mark Daily Park/WHS Aux Field

Varsity and JV Passing League MOST Tuesday's and Thursday's Starting June 28th
Different locations 5:00-7:00 pm

**Fall Football practice begins:
Varsity: Monday, August 3rd, 8:00am

9th & 10th Gr.: Monday, August 3rd, 8:00am



BOYS LACROSSE

Cost: \$75
Director: Perry Craz
Questions: perrycraz@iusd.org
Go to Athleticclearance.com by June 2nd

The summer program is designed for returning athletes as well as any students or incoming 9th graders interested in playing or learning about the sport of lacrosse. No prior playing experience is necessary. The camp will focus on skill development and fundamentals, fitness, and the basics of team play. Experienced players should bring their equipment and sticks; beginning players and information about acquiring equipment will be provided at the camp. Come be a part of the fastest growing sport in the United States!

Dates: June 12 – 16 (Monday – Friday)

All Players: 4:00pm – 7:00pm

Location: Mark Daily Athletic Field

In addition, for insurance purposes, all athletes participating in the program must become members of US Lacrosse. Athlete memberships are \$35 and can be acquired at <http://www.uslacrosse.org>. Athletes should inform the coach of their membership number on the first day of practice.



BOYS SOCCER

Cost: \$235
Director: Luis Barahona, Head Coach USSF "C" national license
Questions: luisbarahona@iusd.org
Go to athleticclearance.com by June 2nd

Luis Barahona, 2 years as Head Coach. Come join the Woodbridge High soccer tradition which includes: CIF Championship and last year's league champions. Summer program will consist of high level and high intensity training sessions designed by the coaching staff. The training session will be broken up by level: Incoming 9th: JV (Grade 9-11), Coach's discretion; Varsity (Grade 9-12), Coach's discretion. Training sessions will be aimed at improving all aspects of the prospective soccer player's game (ball control, passing, dribbling, shooting, etc.)

Dates: June 26 – July 27 (Monday-Friday)

Incoming 9th: 3:00pm – 5:00pm

Varsity & JV: (Grade 9-12) *(Coach's discretion) 1:00 – 3:00pm

Location: TBD



BOYS WATER POLO

Cost: \$235
Director: Matt Campbell, Head Coach
Questions: mattcampbell@iusd.org
Go to athleticclearance.com by June 2nd

The summer camp is primarily a fundamentals camp designed to prepare players for the upcoming fall season. Boys with strong swim skills are encouraged to attend. If you have ever participated in Irvine Swim League or Club Water Polo, this is the sport for you! All practices are held at the Woodbridge High School pool. Bring a suit, towel and goggles.

Frosh/Soph (including incoming 9th graders)

Dates: Tuesday, June 13 - Friday, July 14 (off July 4th)

Time: 9:00 am – 11:00am

Potential JV: (Grade 9-11) * (Coach's discretion)

Dates: Tuesday, June 13 – Friday July 14 (off July 4th)

Times: 6:00am – 10:00am

Potential Varsity: (Grade 9-12) * (Coach's discretion)

Dates: Tuesday, June 13 – Friday, July 14 (off July 4th)

Time: 6:00am – 10:00am



WRESTLING

Cost: \$150
Director: Cliff Nelson, Head Coach
Questions: cliffnelson@iusd.org or (949) 351-0874
Go to athleticclearance.com by June 2nd

Would you like to learn to defend yourself, meet new friends, develop leadership skills, all while having FUN? Have you ever considered Wrestling? This is your chance to join a great group of hard working student-athletes. Woodbridge Wrestling Camp is open to ALL skill levels. We offer a basic introduction for beginners, as well as advanced techniques and training for returning athletes. There are 14 different weight categories to participate in, so all sizes of athletes are welcome.

Wrestling is one of the most challenging, yet most rewarding spots out there. It allows you to compete both individually and for a team. It will push you both physically and mentally. You'll be in the best shape of your life, all while learning the purest form of athletic competition.

There are opportunities for physical, emotional and social development. There are opportunities to discover hidden talents and a new sense of self-worth. There is motivation to pursue goals and objectives that once may have seemed unattainable. All of these possibilities are woven into the unique sport of wrestling!

Dates: June 12—June 23, Monday-Friday (ten meeting dates)

Times: 9:00am-11:00am

Location: Wrestling Room @ WHS upper gym

Equipment: Athletic Shorts or sweats & T-shirt