***Boys’ and Girls’ Wrestling***

Coach: Anthony Hoppe

Boys’ June 6-8 & Girls’ May 30- June 1

Location: Caprock Wrestling Room

Grades: K –9th Time: 1PM-4PM Camp Fees: $20.00

Campers will have the opportunity to work with coaching staff that created one of the most successful wrestling programs in the state. Come and learn the secrets that helped Caprock to win 1 National and 11 State Championships, with 10 consecutive

State titles, and 2 runner up titles, including 5 State Duel Championships. Both boys

and girls wrestling teams have produced 18 State Championships, and over 90 individual state champions. Wrestlers will be taught FUNdamentals in all areas of wrestling. The final session for incoming 7th – 9th graders will include more advanced techniques to prepare them for the freshman season.

For more information, contact Coach Anthony Hoppe

(e-mail) anthony.hoppe@amaisd.org or call 806-326-2272

***Boys’ Basketball Camp***

Coach: Quincy Nodine

Dates: May 31st-June 3rd

Incoming 3rd –9th graders: 8:00-11 AM Location: Caprock Activity Center Camp Fees: $20.00

This camp will concentrate on the fundamentals of the game of basketball, with special focus on the offensive aspect of the game. Ball handling and shooting will be a priority and we will introduce competitive games in 3-on-3 and 5-on-5 teams.

For more information, contact coach Quincy Nodine -- john.nodine@amaisd.org

***Please make checks payable to AISD.***

**Caprock Cluster Sports Camps**

**Summer 2016**



***Strength & Conditioning***

Coach: Dan Sherwood and Steve Bergeski

June 6-June 30 and July 11-21 Location: CHS Weight room

Sessions Daily: Monday –Thursday for incoming 8th –12th graders

**Times**: 6:00AM –8:00 AM **or** 8:00AM – 10:00AM

**Cost: FREE**

**BIGGER, FASTER, STRONGER!** “An athlete is an athlete”, this is the best strength and conditioning program in the State. All athletes of all sports will get the highest caliber of workout, approved by multiple NCAA Strength and Conditioning coaches, they could possibly receive. Athletes (boys and girls S&C) may attend *one session* per day. The goal of this camp is to improve the students’ overall strength, explosion, and stamina. One hour will be devoted to working in the weight room, and the second hour will be spent working on speed and agility. No other camp will make you better than this camp here. **ROCK STRONG!**

Call 806-326-2230 for more information or email: steven.bergeski@amaisd.org

***Caprock Football***

Coach: Dan Sherwood

Dates: August 1st-3rd Location: CHS football field

Incoming 4th - 6th graders: 8:00AM - 10:00AM Incoming 7th –9th graders: 11:00AM - 1:00PM Camp Fees: **FREE**

The goal of Caprock’s football camp is to get a head start with athletes for fall camp

and have them prepared for success for the upcoming football season. For more information contact coach

Dan Sherwood: (email) daniel.sherwood@amaisd.org

***Boys and Girls Soccer Camp***

**Coaches:** Heath McLaughlin and Mark Smith

**When:** May 30-June 1 9am-11am Girls

**Where:** Caprock Turf Field 11am-1pm Boys

**Cost: Free Age:** Finished 6th grade and up

We hope to use this time to begin working with our future athletes and continue their preparation for high school soccer. We will introduce several drills and language that will be used in the high school program so that by the time they step on the field as Longhorns they are familiar with our programs. Over the past 6 years our combined programs have produced several tournament trophies, 10 playoff teams, 4 district championships, 3 area championships, 1 sectional champion, and 1 regional qualifying team .We look forward to continuing this success with our future athletes.

***Volleyball Camp***

Coach: Haleigh Cearley Location: Caprock Activity Center

 Dates: Monday –Wednesday June 6-8th

 Incoming 6th –9th graders: 9AM –11:30 AM

 Incoming 3rd –5th graders: 12:30 –2:30 PM

 Camp Fees: $20.00

Come join us for three days of volleyball fun!!! Volleyball camp is designed to teach and review all skills including: passing, hitting, serving, setting, blocking, volleyball footwork and athletic agility. Players of every level are invited to come have fun learning the competitive game of volleyball. Please remember, wear kneepads!

For more information email – haleigh.cearley@amaisd.org or call 326-2245 (office)

***Girls’ Basketball Camp***

Coach: David Smiley

Dates: June 13- June 16 Location: Caprock Activity Center

Incoming 2nd –5th graders: 8-10AM Camp Fee: $20

Incoming 6th-- 9th graders: 10:30- 12:00

This fundamentals camp will work in groups to improve skills, master fundamental and team concepts. We will introduce competitive games in 3-on-3 and 5-on-5 teams. The older group will focus on higher skills and situations to build success in the future. For more information email- david.smiley@amaisd.org

***Boys and Girls Summer Tennis Lessons*** June 13-17 and June 20-24 Cost: **Free** Monday – Friday 9:00AM -11:30AM

 Incoming 7th, 8th & 9th graders – 9:00 a.m. – 10:00 a.m.

 JV & Varsity players – 10:00 a.m. – 11:30 a.m.

 Students who are enrolled in tennis at Caprock during the 2016 –2017 school year.

 8th graders during the 2016 – 2017 school year with previous tennis experience The purpose of the summer tennis lessons is for players to improve their skills, get individualized instruction, group instruction, and some match play. This program

will be on-going throughout the summer.

Bring your tennis racket and a water jug – it will be hot!

For more information, contact Brad Morrison at John.morrison@amaisd.org

***Girls’ Softball***

Coach: Thanh Kinder

Dates: Monday – Wednesday, June 6th– June 8th

Skills Camp: Incoming 2nd – 6th graders: 9:00-11:00 AM Skills Camp: Incoming 7th-9th Graders 11:00-1:00 PM Location: Lady Horns Softball Field

Camp Fees: $25.00

Campers will have the opportunity to work with the Lady Horn’s coaching staff, as well as former players. The knowledge the staff and players will bring to this camp will greatly improve each campers skill level. This year the camp will be divided into two sessions: Session 1 will be for younger players and will focus on fundamentals; Session 2 will be for incoming 7th through 9th graders and will move beyond fundamentals to the more advanced aspects of the game. Please remember to bring gloves and your own bat (optional). You may pick up registration forms from the school or you may register at the day of the camp. If you are registering the day of the camp, please let me know you will be attending so I can get an accurate number. For more information contact coach Thanh Kinder (email) thanh.kinder@amaisd.org.

***Boys’ Baseball***

Coach: Ski Gonzalez Location: CHS baseball field

 June 6-9th 9:00AM-11:30AM

 Camp Fees: $15

 All Ages

The goal of Caprock’s baseball camp is to develop relationships and skills in the

sport of baseball. Sign up early for guaranteed shirt size. Deadline for early registration is May 27, 2016. Contact: Ski Gonzalez (806)-326-2230

***Please make all checks payable to AISD.***