

HOLLAND PUBLIC SCHOOLS SUMMER 2017 ATHLETIC CAMPS

FOR MORE INFO, PLEASE CALL THE HHS ATHLETIC OFFICE 494-2250. SEPARATE CAMP APPLICATION FORM AVAILABLE ON OUR WEBSITE.

BASEBALL

Players will be taught the fundamentals of baseball, while at the same time instilling a foundation for success.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
BA-0035	Baseball	3 RD -5 TH	June 26-29	10:30 AM - NOON	HHS Baseball Field	\$20
BA-0069	Baseball	6 TH -9 TH	June 26-29	9:00 - 10:30 AM	HHS Baseball Field	\$20

BASKETBALL

HHS Coaching Staff will emphasize the skills needed to succeed in basketball. Focus will be placed on the importance of hard work and fundamentals while having fun along the way.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
BB-B034	Boys Basketball Camp	3 RD -4 TH	June 19-22	10:30 AM - NOON	Holland High	\$40
BB-B056	Boys Basketball Camp	5 TH -6 TH	June 19-22	9:00 - 10:30 AM	Holland High	\$40
BB-B710	Boys Basketball Camp	7 TH -10 TH	June 19-22	12:30 - 2:00 PM	Holland High	\$40

The HHS Coaching Staff and Varsity Players will provide instruction with the goal of improving basketball skills and knowledge. Specific skills to be developed will include shooting, ball control, offensive strategy, as well as individual and team defensive principles. The week will be filled with games, drills, and fun.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
BB-G035	Girls Basketball Camp	3 RD -5 TH	June 26 - 29	8:30 - 10:00 AM	Holland High	\$40
BB-G068	Girls Basketball Camp	6 TH -8 TH	June 26 - 29	10:30 AM - NOON	Holland High	\$40

CHEERLEADING

HHS Coaching Staff & Varsity Cheerleaders will teach participants skills related to the sport, and also learn the motions and words to cheers used by the HHS teams. Camp Attendees will be invited to cheer at the Varsity Football Game on Friday, Sept. 15.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
CH-015	Cheerleading	1 ST -5 TH	Sept. 11-14	4:30 - 6:30 PM	Holland High School	\$30

CROSS COUNTRY

HHS Coaching Staff will serve as instructors for the fourth-annual cross country camp. Athletes will focus on building base endurance. In addition, core body workouts will be introduced with the goal of improving runner efficiency. Participants will be introduced to dynamic stretching, core strength work and will also begin to build a mileage base for the season.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
CC-B512	Boys Cross Country	5 TH -12 TH	July 10 - 14	8:30 - 10:30 AM	HHS/VanRaalte Farms	\$30
CC-G512	Girls Cross Country	5 TH -12 TH	July 10 - 14	8:30 - 10:30 AM	HHS/VanRaalte Farms	\$30

FOOTBALL

The camp will introduce techniques and procedures that are necessary to running the Veer offense and the 3-4 defense. The camp will be coordinated by the HPS Coaching Staff. This camp will accelerate your ability to implement the Veer offense and the 3-4 defense. Those planning on playing football are strongly recommended to attend all sessions.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
FB-0036	Football Camp	3 RD -6 TH	June 8-9	8:00 AM - 3:00 PM	HS Practice Field	\$35
FB-0078	Football Camp	7 TH -8 TH	June 8-9	8:00 AM - 3:00 PM	HS Practice Field	\$35
FB-0910	Football Camp	9 TH -10 TH	June 5-6 and June 26, July 10, 17	12:30 - 6:00 PM 6:00 - 9:00 PM	HS Practice Field	\$60*
FB-1112	Football Camp	11 TH -12 TH	June 5-6 and June 26, July 10, 17	12:30 - 6:00 PM 6:00 - 9:00 PM	HS Practice Field	\$100*

*Fee includes Summer Football Activities & Apparel Fee. Registration Required.

GOLF

The HHS Coach will provide camp participants with instruction and lessons related to the fundamentals, skills, and rules of golf. Emphasis will be placed on teaching and learning the fundamentals of the game.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
GO-B712	Boys Golf	7 TH -12 TH	July 10 - 11	8:30 - 10:00 AM	Clearbrook GC	\$35

The HHS Coach and Guest Instructors will provide individual instruction on the basic fundamentals of golf. Participants will also learn rules and course etiquette while having fun along the way!

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
GO-G812	Girls Golf	8 TH -12 TH	June 12 - 15	6:00 - 7:30 PM	Clearbrook GC	\$50

PERFORMANCE TRAINING

HPS Coaches will introduce the basics of plyometrics, agility, speed, quickness, and strength training with emphasis on teaching technique in a fun, safe, upbeat environment. Participants will see improvements in athletic ability and overall athletic performance.

CLASS	GRADES	DAYS OF WEEK	DATES	TIME	LOCATION	COST
Performance Training	6 TH -8 TH	Tu, Fr	June 13-Aug. 4	7:30-9:00AM	HHS Fitness Center	Free*

HPS Coaches will provide speed, agility and strength training workouts with the goal to reduce injury potential, enhance full body strength, plus increase speed & agility. Student athletes will likely see an improvement in athletic ability and overall performance.

CLASS	GRADES	DAYS OF WEEK	DATES	TIME	LOCATION	COST
Performance Training	9 TH -12 TH	M-W-Th	June 12-Aug. 17	7:30-9:30AM	HHS Fitness Center	Free*

*NO FEE OR REGISTRATION REQUIRED.

•The fitness center will be closed July 1 – 7 due to MHSAA Dead Period.

SOCCER

SOCCER CAMP - HHS Coaching Staff, along with current and past varsity players from the Men's And Women's Varsity Teams look forward to providing participants with a safe and enjoyable soccer experience.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
SC-B0K1	Boys Soccer Camp	PreK-1 ST	June 12-16	11AM – Noon	HS Soccer Complex	\$45
SC-B025	Boys Soccer Camp	2 ND -5 TH	June 12-16	9:00 – 10:30 AM	HS Soccer Complex	\$45
SC-B069	Boys Soccer Camp	6 TH -9 TH	June 12-16	1:00 – 3:00 PM	HS Soccer Complex	\$45
SC-G0K1	Girls Soccer Camp	PreK-1 ST	June 12-16	11AM – Noon	HS Soccer Complex	\$45
SC-G025	Girls Soccer Camp	2 ND -5 TH	June 12-16	9:00 – 10:30 AM	HS Soccer Complex	\$45
SC-G069	Girls Soccer Camp	6 TH -9 TH	June 12-16	1:00 – 3:00 PM	HS Soccer Complex	\$45

DUTCH SOCCER SCHOOL gives players the unique opportunity to train with Professional Coach Roy Wilhelm and his Staff from the Netherlands. Each player is not only ensured an experience that will improve their skills, but also allow them the opportunity to have fun with the wonderful game of soccer.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
DS-B024	Boys Dutch Soccer School	2 ND -4 TH	July 24-28	6:00 – 7:00 PM	HS Soccer Complex	\$60
DS-B057	Boys Dutch Soccer School	5 TH -7 TH	July 24-28	6:00 – 7:30 PM	HS Soccer Complex	\$60
DS-B812	Boys Dutch Soccer School	8 TH -12 TH	July 24-28	7:00 – 9:00 PM	HS Soccer Complex	\$60
DS-G024	Girls Dutch Soccer School	2 ND -4 TH	July 24-28	6:00 – 7:00 PM	HS Soccer Complex	\$60
DS-G057	Girls Dutch Soccer School	5 TH -7 TH	July 24-28	6:00 – 7:30 PM	HS Soccer Complex	\$60
DS-G812	Girls Dutch Soccer School	8 TH -12 TH	July 24-28	7:00 – 9:00 PM	HS Soccer Complex	\$60

SWIMMING

Sam Soukup, HHS Head Coach for Varsity Boys & Girls Swim Teams, will hold practices throughout the summer at Bouws Pool. Practices will be structured around stroke development and condition with the goal of getting each athlete ready for their upcoming swim season.

SPORT	GRADE	DAYS	DATE	TIME	LOCATION	COST
Boys Swimming	6 TH – 12 TH	M-F	June 12 – July 28	9:00 – 11:00 AM	Bouws Pool	\$75
Girls Swimming	6 TH – 12 TH	M-F	June 12 – July 28	9:00 – 11:00 AM	Bouws Pool	\$75

NOTE: Please register online at www.hollandaquaticcenter.org

TENNIS

HHS coaching staff will instruct participants in a number of areas, including stroke technique, tennis strategy, and tactics. Students will have the opportunity to improve their skills through match play and drill work.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
TN-B512	Boys Tennis	5 TH -12 TH	July 17- 21	6:00 – 8:00 PM	HS Tennis Complex	\$60
TN-G512	Girls Tennis	5 TH -12 TH	July 17- 21	6:00 – 8:00 PM	HS Tennis Complex	\$60

VOLLEYBALL

HHS Coaches and Team Members will instruct students in a fun atmosphere with an emphasis on exercise and basic volleyball techniques. Camp will provide introductory instruction and training including passing, setting, attacking and serving. This is an excellent opportunity for young players to interact with the HHS varsity team and discover the excitement of playing volleyball.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
VB-035	Volleyball	3 RD -5 TH	June 26- 29	10:30 AM-NOON	Holland High	\$40
VB-068	Volleyball	6 TH -8 TH	June 26- 29	12:30 – 2:00 PM	Holland High	\$40

WRESTLING

The HPS coaches will instruct participants in a range of skills needed to be successful in wrestling, including set – ups and takedowns, top position riding and turning, and bottom position escapes and reversals.

CODE	SPORT	GRADE	DATE	TIME	LOCATION	COST
WR-035	Wrestling	3 RD -5 TH	June 19- 21	10:00 AM-NOON	Holland High	\$25
WR-068	Wrestling	6 TH -8 TH	June 19- 21	10:00 AM-NOON	Holland High	\$25