

## SOCCKER

**YOUTH CO-ED** — Camp will focus on the fundamentals and techniques that are taught with the H-F soccer program. Please wear shin guards and bring a soccer ball. *Directors: Jim Boswell, jboswell@hf233.org & Chris Reid, creid@hf233.org; Location: H-F Stadium*

### Entering Grades K-6

Dates: June 13-16  
Day/Time: M-Th, 11 a.m.-12:30 p.m.  
Fee: \$50

**J.H. & H.S. CO-ED** — Receive advanced and specific training in technical and tactical elements to get your game to the next level. This camp will teach individual techniques, skills and tactics through creative and motivating drills designed to increase your passion for the game. *Directors: Jim Boswell, jboswell@hf233.org & Chris Reid, creid@hf233.org; Location: H-F Stadium*

### Entering Grades 7-12 — One week

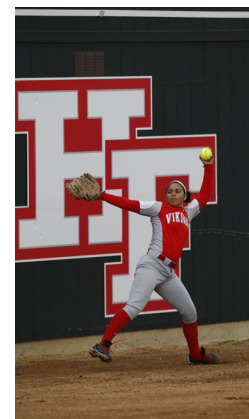
Dates: June 6-9  
Day/Time: M-Th, 1:30-3:30 p.m.  
Fee: \$55

### Entering Grades 7-12 — Two weeks

Dates: June 6-16  
Day/Time: M-Th, 1:30-3:30 p.m.  
Fee: \$110

### Entering Grades 7-12 — Three weeks

Dates: June 6-23  
Day/Time: M-Th, 1:30-3:30 p.m.  
Fee: \$155



## SOFTBALL

Camp focuses on helping you develop your fundamentals, while at the same time improving upon your skills. You will get one-on-one instruction to improve both your offensive and defensive skills. Camp Goals: Defense (develop infield and outfield skills, including ground balls, fly balls, bunt coverage, throwing technique, and fielding technique); Hitting (campers will improve hitting, bunting, and slapping techniques); and Pitching (basic mechanics and technique, pitch location and styles). *Director: Katie Rice, krice@hf233.org; Location: Varsity Softball Field*

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### Girls entering Grades 3-5

Dates: June 13-17  
Day/Time: M-F, 12:30-2:30 p.m.  
Fee: \$75

### Girls entering Grades 6-9

Dates: June 13-17  
Day/Time: M-F, 2:30-4:30 p.m.  
Fee: \$75

## SPEED SCHOOL

Get prepared for your season and reduce your risk of injury while improving your speed, explosiveness, agility and flexibility. This camp includes ladder drills, sled work, acceleration-deceleration drills, multi-directional speed drills, balance drills and plyometrics. This is an outstanding workout if you are looking to excel in any sport! *Directors: Nate Beebe, nbeebe@hf233.org; Rob Assise, rassise@hf233.org; Location: Fieldhouse*

### Boys & girls entering Grades 9-12

Dates: June 13-30  
Day/Time: M, Tu & Th, 6-7:45 a.m.  
Fee: \$150

## TRACK & FIELD

Camp provides you with an intro to the different areas of track and field. Opportunities for instruction in all events — except pole vault — will be available. A huge emphasis will be put on proper form and technique. Opportunities for competition will exist throughout camp. Discount for families with multiple participants. *Director: Rob Assise, rassise@hf233.org; Location: H-F Stadium*

### Boys & girls entering Grades K-8

Dates: June 13-17  
Day/Time: M-F, 9-10:45 a.m.  
Fee: \$55



## VOLLEYBALL

**BOYS** — Camp goals: develop the fundamentals of each player; challenge each player to play at a higher level; and have each player gain valuable game play experience. *Director: Bob St. Leger, rstleger@hf233.org; Location: Fieldhouse*

### Boys entering Grades 9-12

Dates: July 7-28  
Day/Time: Tu & Th, 3-5 p.m.  
Fee: \$85

**SETTING CAMP** — Get the repetitions needed to increase your setting skill level. This camp will meet three days per week in order to get high repetition training in the important skills of setting. Setters will work on their footwork, hand-work, arm-work and shaping the ball. *Director: Bob St. Leger, rstleger@hf233.org; Location: Fieldhouse*

### Boys & girls entering Grades 6-9

Dates: July 11-14  
Day/Time: M-Th, 1:30-2:30 p.m.  
Fee: \$75

**GIRLS** — Experience Viking Volleyball! Camp goals: develop the fundamentals of each player; challenge each player to play at a higher level; and have each player gain valuable game play experience. *Director: Aubrey Dondlinger, adondlinger@hf233.org; Location: Fieldhouse*

### Girls entering Grades 6-8

Dates: July 18-27  
Day/Time: M-W, 11:30 a.m.-1:30 p.m.  
Fee: \$80

### Girls entering Grades 9-12

Dates: July 11-28  
Day/Time: M-Th, 2:30-4:30 p.m. (7/11-14)  
M-Th, 9-11:30 a.m. (7/18-28)  
Fee: \$150

## WATER POLO

**BOYS** — Competitive skills, drills, strategies and techniques will be taught along with game play. H-F aquatic alumnus are invited to participate; participants must be able to swim for 90 minutes in the deep end to participate. *Director: Eric Olson, eolson@hf233.org; Location: Natatorium*

### Boys entering Grades 7-12

Dates: May 31-July 7  
Day/Time: Varies, 6:30-8 a.m.  
Fee: \$155

**GIRLS** — The focus of this camp is to introduce young swimmers to competitive water polo. You will receive instruction from current coaches in the basic skills, rules and strategies of the sport. You must be able to swim at least one half-hour in the deep end of the pool. *Director: Patrick Duignan, pduignan@hf233.org; Location: Natatorium*

### Girls entering Grades 3-8

Dates: June 13-17  
Day/Time: M-F, 9-11 a.m.  
Fee: \$55



## WRESTLING

Camp goals will be: daily technique, structured drills, skill development in all positions, controlled live wrestling, mental preparation, and good drilling techniques. *Director: Brett Geijer, bgeijer@hf233.org; Location: Varsity Wrestling Room*

### Boys entering Grades 5-12

Dates: May 31-July 27  
Day/Time: Varies, 1-3 p.m.  
Fee: \$100



# Homewood-Flossmoor High School SPORTS CAMPS 2016



H-F Summer Sports Camps will provide student-athletes in our community with a foundation of fundamental skills, knowledge, character, leadership and love for athletics. Recognizing that while skills and drills are critical to the improvement of an athlete, making the sport fun is essential to developing the passion for the game. We hope you'll join the tradition of H-F athletics this summer by training and learning from some of the best coaches in high school athletics in some of the best facilities in the country!

999 Kedzie, Flossmoor • 708-335-5004 • Register now at: [hf.8to18.com/dashboard](http://hf.8to18.com/dashboard)

## ATHLETIC TRAINING

Learn about anatomy, medical terminology, thermal modalities and taping. Also to be discussed will be emergency care, concussions, fractures and sprains. Athletic Training Aides will be given the opportunity to test for proficiency in the skill areas outlined on the Athletic Training Aides Proficiency Check-off form at the end of camp and throughout the school year. Training of this sort will allow them to receive instruction that will allow them to function in a capacity that enables them to assist the Certified Athletic Trainers with the care of the student-athletes. *Director: Brad Kleine, bkleine@hf233.org; Location: North Athletic Classroom*

### Boys & girls entering Grades 9-12

Dates: July 18-22  
Day/Time: M-F, 8-10 a.m.  
Fee: \$65

## BADMINTON

Open to beginners and advanced players, this camp provides you with instruction in the core fundamentals and singles/doubles strategy. Camp will include developing skills, such as: movements on the court, stroke technique and strategy. You will have playing opportunities with daily challenge matches and a fun tournament at the end of the week. T-shirt included! *Director: Rachel Fassl, rlfassl@gmail.com; Location: Fieldhouse*

### Girls entering Grades 3-12

Session 1: June 6-9  
Day/Time: M-Th, 4-6 p.m.  
Fee: \$75  
Session 2: June 20, 22, 27 & 29  
Day/Time: M & W, 3-5 p.m.  
Fee: \$75

## BASEBALL

**YOUTH** — Join H-F coaches and former players in this structured camp! You will receive personalized instructions in hitting, pitching, infield and outfield play, throwing and more. You will have the opportunity to learn, and demonstrate your skills in front of the H-F staff in what promises to be an outstanding summer experience for all! *Director: Todd Sippel, 708-335-5597, tsippel@hf233.org; Location: Varsity Field & Turf Room*

### Boys entering Grades 1-3

Dates: June 20-23  
Day/Time: M-Th, 10 a.m.-Noon  
Fee: \$80

### Boys entering Grades 4-6

Dates: June 27-30  
Day/Time: M-Th, 10 a.m.-Noon  
Fee: \$80

**H.S.** — Campers will build upon their fundamentals by starting off the camp with a “Pro-Style” tryout. Campers will have the rare chance to receive one-on-one instruction from our hitting coaches. In addition, each camper will practice learned skills by hitting hundreds of baseballs. We will work on short game, contact hitting, power

swinging and strike-zone awareness. Campers will also work on proper throwing technique, infield & outfield fundamentals, catching fundamentals, turning the double play, drills for infield play, drills for outfield play, drills for catching, live ground balls, footwork, relays and defense. Each position will be broken down and analyzed by using a variety of defensive specific drills. *Director: Todd Sippel, 708-335-5597, tsippel@hf233.org; Location: Varsity Field & Turf Room*

### Boys entering Grades 7-9

Dates: July 11-14  
Day/Time: M-Th, Noon-2 p.m.  
Fee: \$80



## BASKETBALL

**YOUTH BOYS** — H-F is proud to bring you a camp that will prepare you for the next level. The emphasis is on learning team concepts along with individual skill development. You will develop shooting, ball handling, passing, rebounding and offensive movement skills in a variety of games and drills. Daily agenda includes competitive games, contests and skill development. Fun opportunities are included to improve basketball and leadership. *Director: Andy Gaus, agaus@hf233.org; Location: Fieldhouse*

### Boys entering Grades 4-8

Dates: June 13-24  
Day/Time: M-F, 8-10 a.m.  
Fee: \$105

**H.S. BOYS** — Program offers: 1) individual skill training and development; 2) strength and agility training; 3) open gym game play; and 4) summer league/shootouts/team camp experiences. Our coaches strongly encourages your participation in the complete summer program. *Directors: Marc Condotti, mcondotti@hf233.org & Andy Gaus, agaus@hf233.org; Location: Fieldhouse*

### Boys entering Grades 9-12

Dates: June 13-24  
Day/Time: M-F, 10:30 a.m.-12:30 p.m.  
Fee: \$105

**GIRLS** — The emphasis will be on individual skill development. You will develop shooting, ball handling, passing, rebounding and offensive-movement skills in a variety of games and drills. You will become familiar with offensive and defensive concepts. Summer League play is also included, but selection for participation is at the discretion of the coach. Camp will culminate with a day of competitive, skill-based games and a picnic. T-shirt included! *Director: Tony Smith, asmith@hf233.org; Location: Fieldhouse & North Gym*

### Girls entering Grades 5-12

Dates: June 6-17  
Day/Time: M-F, 1-3 p.m.  
Fee: \$150

## CHEERLEADING

**LEVEL 1** — This cheer camp is designed for the future cheerleader. Each day will be filled with activities to help develop skills in jumps, cheer motions, stunts and tumbling. Memories created are promised to last lifetime! *Director: Zenia Boyd, zsmith@hf233.org; Location: North Cheer Room*

### Boys & girls entering Grades K-2

Session 1: June 7-9  
Day/Time: Tu-Th, 5-7 p.m.  
Fee: \$60  
Session 2: June 28-30  
Day/Time: Tu-Th, 5-7 p.m.  
Fee: \$60

**LEVEL 2** — This camp is designed for beginners, intermediate and, hopefully, future H-F cheerleaders! Each day will consist of activities to enhance cheer skills in jumps, cheer motions, stunts and tumbling. You can expect to be taught by former and current college cheerleaders in a safe and fun environment. New material will be covered each session. *Director: Zenia Boyd, zsmith@hf233.org; Location: North Cheer Room*

### Boys & girls entering Grades 3-5

Session 1: June 14-16  
Day/Time: Tu-Th, 5-7 p.m.  
Fee: \$60  
Session 2: July 12-14  
Day/Time: Tu-Th, 5-7 p.m.  
Fee: \$60

**LEVEL 3** — Exhibit your enthusiasm learning the fundamentals of cheerleading. Experienced, highly trained staff will teach partner stunts, sidelines, tumbling, proper safety, various techniques and much more! This memorable camp will help set the “MAT” for future cheerleaders! *Director: Zenia Boyd, zsmith@hf233.org; Location: North Cheer Room*

### Boys & girls entering Grades 6-8

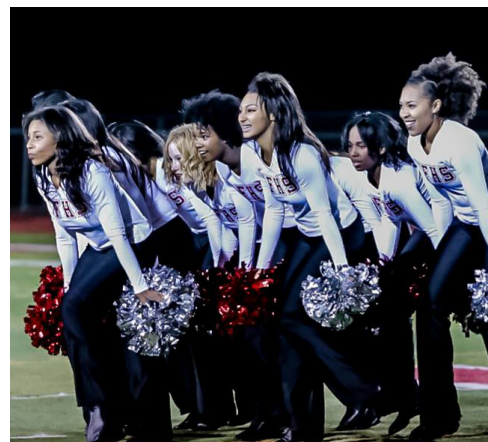
Session 1: June 21-23  
Day/Time: Tu-Th, 5-7 p.m.  
Fee: \$60  
Session 2: July 19-21  
Day/Time: Tu-Th, 5-7 p.m.  
Fee: \$60

## CROSS-COUNTRY

**H.S. CO-ED** — Camp will focus on running techniques, effective training habits, endurance, strength and conditioning. You will receive a running log and mileage t-shirt, celebrating a summer of hard work and fitness. *Directors: Mary Kate Pack, mpack@hf233.org & Carolyn Scanlon, cscanlon@hf233.org; Location: H-F Stadium*

### Entering Grades 9-12

Dates: June 14-30, Tu-Th  
July 6-28, W & Th  
Friday, July 29  
Time: 1:30-3:30 p.m.  
Fee: \$60



## DANCE

**YOUTH CO-ED** — This energetic camp combines poms, jazz and hip-hop styles fused with the latest pop music! Excellent starting point for campers who are interested in exploring up-tempo dance styles. Learn skills and a short routine to perform on the last day of camp for friends and family. T-shirt included! *Director: Nikki Smith, nikkilazuka@gmail.com; Location: North Dance Studio*

### Entering Grades 3-5

Dates: July 5-7  
Day/Time: Tu-Th, 10:30 a.m.-12:30 p.m.  
Fee: \$65

**YOUTH CO-ED** — This spirited camp focuses on developing skills in poms, jazz and hip-hop styles. Moving to upbeat, energetic songs, you will learn how to properly execute leaps, jumps, turns, choreography and more! On the last day, you will demo your routine for parents or friends. T-shirt included! *Director: Nikki Smith, nikkilazuka@gmail.com; Location: North Dance Studio*

### Entering Grades 6-8

Dates: July 11-14  
Day/Time: M-Th, 10:30 a.m.-12:30 p.m.  
Fee: \$80

**H.S. CO-ED** — Camp is ideal for incoming freshmen who wish to try out for Viking Dance. Learn poms, jazz and hip-hop skills that will wow your coaches, and proper stretching and strengthening techniques to make you a safer, stronger dancer. T-shirt included! *Director: Nikki Smith, nikkilazuka@gmail.com; Location: North Dance Studio*

### Entering Grade 9

Dates: July 5-8  
Day/Time: Tu-F, 1:30-4:30 p.m.  
Fee: \$110

**H.S. CO-ED** — Camp will focus on taking your ability to the next level! Camp will emphasize performance and strength. It will combine conditioning with technique, tricks, flips, turns and leaps. T-shirt included! *Director: Nikki Smith, nikkilazuka@gmail.com; Location: North Dance Studio*

### Entering Grades 10-12

Dates: July 11-15  
Day/Time: M-F, 1:30-4:30 p.m.  
Fee: \$135

## FIELD HOCKEY

**INTRO** — Develop an understanding about the basic fundamentals of Field Hockey. Our staff will break down individual skills and techniques required to play the game. No previous experience necessary! *Director: Julie Gaham, jgaham@hf233.org; Location: North Turf Field*

### Girls entering Grades 6-12

Dates: June 13-17  
Day/Time: M-F, 1:30-3:30 p.m.  
Fee: \$75

**H.S.** — Has it been awhile since you've picked up a stick? Come get a refresher on the basic fundamentals, in addition to learning more advanced skills! *Director: Julie Gaham, jgaham@hf233.org; Location: North Turf Field*

### Girls entering Grades 10-12

Session 1: July 11-15  
Day/Time: M-F, 1:30-3:30 p.m.  
Fee: \$75  
Session 2: July 18-22  
Day/Time: M-F, 1:30-3:30 p.m.  
Fee: \$75

\* You can sign up for both camps for \$105!

## FOOTBALL

This camp is non-contact and non-padded with the emphasis placed on fundamental skills and developing a love for the game. *Director: Tom Cicero, tcicero@hf233.org; Location: H-F Stadium*

### Boys entering Grades K-6

Dates: July 11-14  
Day/Time: M-Th, 9-10:15 a.m.  
Fee: \$60

### Boys entering Grades 7-8

Dates: July 11-14  
Day/Time: M-Th, 10:30 a.m.-Noon  
Fee: \$60

**H.S.** — You will receive expert instruction and an opportunity to receive fundamental football skills. During each camp, we will be implementing our team offense, defense and special teams. The Friday camp dates will serve as the “Rain Out Date” for each week. *Director: Tom Cicero, tcicero@hf233.org; Location: H-F Stadium, North & West Fields*

### Boys entering Grades 9

Dates: June 9-23  
Day/Time: M, Tu & Th, 1:30-4 p.m.  
Fee: \$150

### Boys entering Grades 10-12

Dates: June 6-30, M/Tu/Th, 4-9 p.m.  
July 11-15, M-F, 4-9 p.m.  
July 18-28, M-Th, 4-9 p.m.  
Fee: \$250

## GOLF

**CO-ED** — Interested in learning the life-long sport of golf? All are welcome to participate in a fun-filled, two-week camp, where the H-F Golf staff will teach the basic techniques needed to play the game! *Directors: Chris Stiglic, cstiglic@hf233.org; bkain@hf233.org; Location: Turf Room (June 20 & 23) & Coyote Run Golf Course*

### Boys & girls entering Grades 6-12

Session 1: June 20-23  
Day/Time: M-Th, 1-3 p.m.  
Fee: \$100  
Session 2: June 27-30  
Day/Time: M-Th, 1-3 p.m.  
Fee: \$100

\* You can sign up for both camps for \$175!

## GYMNASTICS

Develop your strength, flexibility and overall knowledge of gymnastics. You will condition, work through skill progressions, and work on the skills in each event. *Director: Carrie Kliver, ckliver@hf233.org; Location: North Gymnastics Room*

### Girls entering Grades 6-12

Session 1: June 21-July 7  
Day/Time: Tu-Th, 1:30-3:30 p.m.  
Fee: \$90  
Session 2: July 12-28  
Day/Time: Tu-Th, 1:30-3:30 p.m.  
Fee: \$90

\* You can sign up for both camps for \$160!

## LACROSSE

Lacrosse combines the best of football, basketball, hockey and soccer. Learn techniques and to improve your game. *Director: Mark Thompson, hllacrosse@gmail.com; Location: North Turf Field & H-F Stadium*

### Boys entering Grades 1-8

Dates: June 22-July 23  
Day/Time: W & F, 6-7:30 p.m.  
Sat. 10 a.m.-Noon  
Fee: \$150

### Boys entering Grades 9-12

Dates: June 13-July 23  
Day/Time: M/Tu/F, 6-8 p.m.  
Sat. 10 a.m.-Noon  
Fee: \$150

