

SOCCER

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. *Director: Charlie Ward, cward@hf233.org; Location: North Field.*

Grades K-6

Dates: June 17-20
Day/Time: M-Th, 11 a.m.-12:30 p.m.
Fee: \$55/session

Grades 7-12

Session 1: June 10-13
Session 2: June 17-20
Session 3: June 24-27
Day/Time: M-Th, 1:30-3:30 p.m.
Fee: \$55/session

SOFTBALL

Camp focuses on helping future Vikings develop their fundamentals, while at the same time improving upon their skills. Each camper will have the opportunity for one-on-one instruction to improve both her offensive and defensive skills. The Viking Softball staff is eager to help take your skills to the next level! Camp goals: defense, hitting and pitching. *Director: Larry Dawson, ldawson@hf233.org; Location: Varsity Softball Field.*

Grades 4-8

Dates: June 17-19
Day/Time: M-W, 3-5:30 p.m.
Fee: \$75

TENNIS

GIRLS — Experience Viking Tennis! The goals of the camp are to develop the fundamentals of each camper from attacking, serving and serve receive. Coaches will challenge campers to expand their skills and to play at a higher level. *Director: Brendan Pontow, bpontow@hf233.org; Location: North Courts.*

Grades 9-12

Level 1 (Novice): July 15-18
Day/Time: M-Th, 5:30-7:30 p.m.
Fee: \$65
Level 2 (Adv.): July 22-25
Day/Time: M-Th, 5:30-7:30 p.m.
Fee: \$65

TRACK & FIELD

YOUTH CO-ED — Camp introduces different skills, areas and events in Track & Field. Opportunities for instruction in most events will be available. Proper form and technique will be emphasized. Fee includes a camp t-shirt! *Director: Nate Beebe, nbeebe@hf233.org; Location: Fieldhouse & Stadium.*

Grades K-8

Dates: June 13-19
Day/Time: Th-W, 10 a.m.-Noon
Fee: \$60

VOLLEYBALL

BOYS — Camp goals: develop the fundamentals of each player to play at a higher level; and have each player gain valuable game play experience. No experience is necessary. Varsity players will also compete in a league in the evenings. *Director: Bob St. Leger, rstleger@hf233.org; Location: Fieldhouse*

Grades 9-12

Dates: July 8-18
Day/Time: M, Tu & Th, 3-4:30 p.m.
Fee: \$65

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

Grades 3-8

Dates: July 8-11
Day/Time: M-Th, 11:30 a.m.-1 p.m.
Fee: \$55

Grades 9-12

Dates: July 8-11, 1:15-3:15 p.m., and July 22-25, 8-10 a.m.
Days: M-Th
Fee: \$120

GIRLS STRENGTH & CONDITIONING— Participate in strength and conditioning training to improve endurance and to prevent injuries. *Director: Tony Kruse, akruse@hf233.org. Location: South Weight Room.*

Grades 9-12

Dates: June 10-28
Day/Time: M, W, F, 6-7:30 a.m.
Fee: \$25

WATER POLO

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.*

Co-Ed Grades 2-7

Dates: June 11-14
Day/Time: Tu-F, 8:15-9:15 a.m.
Fee: \$45

Boys Grades 7-12

Dates: June 3-July 11
Day/Time: Varies, 6:30-8 a.m.
Fee: \$180

GIRLS WATER POLO

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: Pat Duignan, pduignan@hf233.org; Location: Natatorium.*

Grades 6-12

Dates: June 10-July 3
Day/Time: M-Th, 1:30-3:30 p.m.
Fee: \$115

WRESTLING

This camp is for in-district students, who are interested in learning, then mastering, the sport of wrestling. Students will be taught the H-F Wrestling curriculum by Head Coach Shannyn Gillespie and staff. High School campers will participate in a Summer League on Tuesday nights. *Director: Shannyn Gillespie, sgillespie@gmail.com; Location: Varsity Wrestling Room.*

Grades 4-12 (District 233 only)

Dates: June 10-July 12
Day/Time: M-F, 6-8 p.m.
Fee: \$200



Summer Sports Camps



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!

Homewood-Flossmoor Community High School
999 Kedzie, Flossmoor - 708-335-5004 - Register now at: il.8to18.com/hf

ATHLETIC TRAINING

Camp Goals: Anatomy (bones, muscle groups and ligaments), Medical Terminology (planes of motion and directional terms), Thermal Modalities (hot packs, ice bags and ice baths) and Taping (wrists, thumbs and ankles). Injuries to be discussed include ankle, knee, wrist, thumb and finger sprains; fractures; and concussions, along with emergency care. 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 the camp and throughout the school year. *Director: Brad Kleine, bkleine@hf233.org; Location: Fieldhouse Classroom.*

Grades 9-12

Dates: July 22-26
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.*

Grades 3-12

Session: June 3-6
Day/Time: M-Th, 4-6 p.m.
Fee: \$70 (\$35/current player)

BASEBALL

YOUTH — Players will join H-F Coach John McCarthy, along with some current and former H-F players. They will experience the opportunity to learn the fundamentals of baseball and passion for the game! Campers will learn how to work together in order to maximize your individual skill sets. *Director: John McCarthy, jmccarthy@hf233.org; Location: Varsity Field*

Grades 4-8

Dates: June 17-20
Day/Time: M-Th, 9-10:30 a.m.
Fee: \$80

Grades 5-8

Dates: June 11
Day/Time: Tu,10 a.m.-Noon
Fee: \$20

INCOMING FRESHMEN — This camp will be a high-energy and very informative session, which will cover the mental and physical aspects of baseball. The camp will cover in depth: hitting, fielding, bunting, speed training, and core strength. H-F Prospects Camp will get your son exposed to Viking coaches and give a first-hand look at H-F Baseball. *Director: John McCarthy, jmccarthy@hf233.org; Location: Varsity Field*

Grades 9

Dates: July 15-17
Day/Time: M-W, 9-10:30 a.m.
Fee: \$60

BASKETBALL

YOUTH BOYS — Hoop dreams? We are excited to offer this camp that will take you to the next level. Camp will focus on the fundamental skills needed to excel in the sport. Focus will be on ball handling, defense, rebounding, transitions, shooting and basic offensive sets. These will be taught through a variety of instructional talks, drills, competitions and game play. Competitions include Hot Shot, Free Throws, One-on-One, Three-on-Three and Five-on-Five. *Director: Marc Condotti, mcondotti@hf233.org; Location: Fieldhouse.*

Grades 5-8

Dates: June 10-21
Day/Time: M-F, 8-10 a.m.
Fee: \$110

H.S. BOYS — This camp offers individual skill training and development; strength and agility training; open gym game play; and summer league / summer shootouts / team camp experiences. These activities are led under the direction of the H-F coaching staff. Our coaching staff strongly encourages your participation in the complete summer program; selection for total number of events is at the discretion of the H-F coaching staff. *Director: Marc Condotti, mcondotti@hf233.org; Location: Fieldhouse.*

Grades 9-12

Dates: June 10-21
Day/Time: M-F, 10:30 a.m.-12:30 p.m.
Fee: \$110

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. 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.*

Grades 5-12

Dates: June 10-14
Day/Time: M-F, 1-3 p.m.
Fee: \$105

CHEERLEADING

PRESCHOOL — This camp is designed for the future cheerleader. Each day will be filled with activities to help develop cheer skills while having fun. A routine will be performed at the end of each week. T-shirt included! *Director: Zenia Boyd, zsmith@hf233.org; Location: North Cheer Room.*

Level 1: PreK-Grade 5

Session 1: June 10-13
Session 2: June 17-20
Session 3: July 8-11
Session 4: July 15-18
Day/Time: M-Th, 4:30-6 p.m.
Fee: \$55/session

YOUTH— This camp is geared towards cheerleaders at all skill levels. It will be recreational, as well as preparation for high school and competitive cheer. Each camper will enjoy cheering with the award winning H-F cheerleaders and a variety of college cheerleaders. A routine will be performed at the end of each week. T-shirt included! *Director: Zenia Boyd, zsmith@hf233.org; Location: North Cheer Room.*

Level 2: Grades 6-8

Session 1: June 10-13
Session 2: June 17-20
Session 3: July 8-11
Session 4: July 15-18
Day/Time: M-Th, 5-6:30 p.m.
Fee: \$55/session

INCOMING FRESHMEN— Welcome to the H-F Cheer program! Our goal is to prepare young athletes for the upcoming football season. Each cheerleader will condition, run, stretch and train to advance cheer skills in the areas of jumps, motions, stunting and tumbling. New material will be introduced every day. *Director: Zenia Boyd, zsmith@hf233.org; Location: North Cheer Room.*

Level 3: Grade 9

Dates: June 10-21 & July 8-19
Day/Time: M-F, 1:30-4:30 p.m.
Fee: \$210

HIGH SCHOOL — Both new and experienced cheerleaders will be welcomed into our disciplined and FUN program! Campers will learn cheers, chants, jumps and stunts. We will focus on basic fundamental skills and perfect them in progression to advanced skills. We will inspire, mentor and nurture athletes, while teaching the sport of cheer. *Director: Zenia Boyd, zsmith@hf233.org; Location: North Cheer Room.*

Level 4: Grades 10-12

Dates: June 10-21 & July 8-19
Day/Time: M-F, 1:30-4:30 p.m.
Fee: \$210

CROSS-COUNTRY

Camp will focus on strength and conditioning, endurance building, running technique and effective training habits. All student-athletes planning to join Cross Country or just looking to get in shape are welcome to attend! Fee includes a camp t-shirt! *Directors: Mary Kate Pack, mpack@hf233.org & Matt Gibson, mgibson@hf233.org; Location: South Building Door 12.*

Grades 6-12

Dates: July 15-25
Day/Time: M-Th, 1:30-3:30 p.m.
Fee: \$55

DANCE

Learn techniques in the styles of Jazz, Hip-Hop and Contemporary Dance. Session 1 will focus on learning and perfecting skills and technique. Session 2 will focus on using the skills learned into choreography. *Director: Kari-Lynn Burroughs, karilynnmb@gmail.com; Location: North Dance Studio.*

Grades 6-12

Session 1: July 8-11
Session 2: July 15-18
Day/Time: M-Th, 1:30-3:30 p.m.
Fee: \$80/session

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: Turf Room.*

Grades 6-12

Dates: June 10-14
Day/Time: M-F, 1:30-3:30 p.m.
Fee: \$75

BACK TO BASICS — 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: Turf Room.*

Grades 9-12

Dates: June 10-14
Day/Time: M-F, 3-5 p.m.
Fee: \$75

Game Time — Camp time will be split between strength and conditioning and “tournament” game play. *Director: Julie Gaham, jgaham@hf233.org; Location: North Field.*

Grades 9-12

Dates: July 8-12
Day/Time: M-F, 1:30-3:30 p.m.
Fee: \$75

FOOTBALL

The purpose of the Viking Football camps is to give our players and coaches a head start to the upcoming season. All athletes 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. *Director: Tom Cicero, tcicero@hf233.org. Location: West Field, Stadium & Turf Room.*

Grade 9

Dates: June 10-27 & July 8-18
Day/Time: M-Th, 1:30-4:30 p.m.
Fee: \$200

Grade 10

Dates: June 10-12, 17, 18, 20, 24, 25 & 27
July 8, 9, 11, 15, 16, 18, 23-25 & 29-31
Time: 2:30-5:30 p.m.
Fee: \$250

Grades 11 & 12

Dates: June 10, 11, 13, 17, 18, 20, 24, 25 & 27
July 8-11, 15-18, 22-25, 29 & 31
Time: 4-9 p.m.
Fee: \$250

GOLF

CO-ED — Camp is tailored to each individual's goals. Whether you are a beginner or an experienced golfer, all skill levels are welcome! Campers will work on a variety of skills including short game, iron play, drivers and woods, swing mechanics and much more! *Directors: Chris Stiglic, cstiglic@hf233.org; Matt Dreger, mdreger@hf233.org; Location: Coyote Run Golf Course & Turf Room*

Grades 5-12

Session 1: June 17-20
Day/Time: M-Th, 1-3 p.m.
Fee: \$100
Session 2: June 24-27
Day/Time: M-Th, 1-3 p.m.
Fee: \$100

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

LACROSSE

Learn techniques and drills to improve your game. Fee includes a rental for: helmet, gloves, shoulder pads & elbow pads. Please bring a lacrosse stick and wear cleats. Pizza lunch provided on Saturdays. *Director: Mark Thompson, hflacrosse@gmail.com; Location: Stadium, North Field & West Field.*

Grades 1-8

Dates: June 14-July 27
Day/Time: F 5:30-7 p.m. & Sat. 10 a.m.-Noon
Fee: \$95

Grades 9-12

Dates: June 12-July 27
Day/Time: Tu, W & F, 5:30-7 p.m. & Sat. 10 a.m.-1 p.m.
Fee: \$125