



GLENBARD NORTH
HIGH SCHOOL

SPORTS CAMPS

REGISTER



at Fountain View Recreation Center
Simkus Recreation Center
or csparks.org

COACHES

Badminton - Girls

Carolyn O'Donnell ◦ carolyn_odonnell@glenbard.org

Baseball

Rich Smelko ◦ richard-smelko@glenbard.org

Basketball - Girls

Steve Wit ◦ stephen_wit@glenbard.org

Basketball - Boys

Joe Larson ◦ joseph_larson@glenbard.org

Cross Country - Girls

Eric Day ◦ eric_day@glenbard.org

Cross Country - Boys

Mark Karwowski ◦ mark_karwowski@glenbard.org

Fishing

Eric Stark ◦ starke@ccsd93.org

Football

Ryan Wilkens ◦ ryan_wilkens@glenbard.org

Golf

Dino Petrin ◦ dino_petrin@glenbard.org
John Chamberlain ◦ john_chamberlain@glenbard.org

Soccer - Girls

Dave Stanfield ◦ david_stanfield@glenbard.org

Soccer - Boys

Spero Mandakas ◦ spero_mandakas@glenbard.org

Softball

Josh Sanew ◦ josh_sanew@glenbard.org

Tennis

Doug Clark ◦ douglas_clark@glenbard.org
Carrie Gonzalez ◦ caroline_gonzalez@glenbard.org

Track

Mark Karwowski ◦ mark_karwowski@glenbard.org
Keilan Bonner ◦ keilan_bonner@glenbard.org

Volleyball - Girls

Anne Bremner ◦ anne_bremner@glenbard.org

Volleyball - Boys

Dedra Debenedetti ◦ dedra_debenedetti@glenbard.org

Badminton Camp - Girls

Participants develop skills, speed, strength and stamina necessary to play. Emphasis on development of proper techniques.

Grade 5-9 — \$100 — Location: GBN Gym

M-F	11:00 AM-12:30 PM	Jun 17-Jun 28	16871
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Grade 10-12 — \$120 — Location: GBN Gym

M-F	12:30 PM-2:00 PM	Jun 17-Jun 28	16870
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Baseball Camp

Camp focuses on basic skills, pitching and hitting. Bring gloves, bat and proper footwear.

Grade 3-6 — \$50 — Location: GBN Freshman Baseball Field

M-Th	8:00 AM-10:00 AM	Jun 10-Jun 13	16846
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Grade 7-9 — \$50 — Location: GBN Freshman Baseball Field

M-Th	8:00 AM-10:00 AM	Jun 10-Jun 13	16847
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Basketball Camp - Girls

Players learn skills and drills they can use throughout the GBN season. Emphasis on ball handling, shooting and defense.

Grades 4-8 — \$70 — Location: FVRC Gym

M-F	10:00 AM-12:00 PM	Jun 10-Jun 14	16873
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Grades 9 — \$100 — Location: FVRC Gym

M-F	8:00 AM-10:00 AM	Jun 3-Jun 14	16874
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Grades 10-12 — \$100 — Location: FVRC Gym

M-F	8:00 AM-10:00 AM	Jun 3-Jun 14	16872
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Basketball Camp - Boys

Players learn skills and drills they can use throughout the GBN season. Emphasis on ball handling, shooting and defense.

Grade 4-6 — \$60 — Location: GBN Gym

M-F	10:30 AM-12:00 PM	Jun 3-Jun 7	16850
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Grade 7-9 — \$100 — Location: GBN Gym

M-F	10:00 AM-12:00 PM	Jun 3-Jun 14	16851
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Grade 10 — \$100 — Location: GBN Gym

M-F	8:00 AM-10:00 AM	Jun 3-Jun 14	16848
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Grade 11-12 — \$100 — Location: GBN Gym-

M-F	8:00 AM-10:00 AM	Jun 3-Jun 14	16849
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Bass Fishing Camp - Coed

Learn to fish and practice fishing techniques - tie knots, bait a hook, proper casting, identify your fish. Beginner to advanced students visit local lakes and rivers to fish. A fishing pole is required. Bring sack lunch or money for a drive-thru lunch.

Grade 5-12 — \$175 — Location: GBN Parking Lot

M-F	8:00 AM-3:00 PM	Jun 10-Jun 14	16861
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M-F	8:00 AM-3:00 PM	Jun 17-Jun 21	16862
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Cross Country Camp - Boys

This camp was created to help further the skills of distance runners. Runners learn various techniques to build endurance.

Grade 5-8 — \$40 — Location: Red Hawk Park

M,W,Th	7:00 AM-8:00 AM	Jun 17-Jul 25	16852
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Grade 9-12 — \$40 — Location: Red Hawk Park

M,W,Th	7:00 AM-8:30 AM	Jun 17-Jul 25	16853
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Distance Camp - Girls

Summer distance camp for girls interested in running cross-country or getting into better shape. Mondays at Glenbard North; Tuesdays at Camera Park; Wednesdays at Armstrong Park (Caboose); Thursdays at Redhawk Park; Fridays at Prairie Path. Bring a water bottle and wear running shoes. T-shirt for all participants.

Grade 5-8 — \$35 — Location: Participants meet daily at Weber Field

M-F	7:30 AM-8:30 AM	Jun 10-Jun 21	16887
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Grade 9-12 — \$50 — Location: Participants meet daily at Weber Field

M,W,F	7:30 AM-9:00 AM	Jul 8-Aug 2	16876
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Grade 9-12 — \$50 — Location: Participants meet daily at Weber Field

M-F	7:30 AM-9:00 AM	Jun 10-Jul 21	16875
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Football Camp

Players prepare for the upcoming season and focus on learning new skills and techniques fundamental to the GBN program.

Grade 9 — \$50 — Location: GBN Weber Field

M-Th	7:00 AM-9:00 AM	Jun 17-Jul 11	16856
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Grade 10 — \$100 — Location: GBN Weber Field

M-Th	7:00 AM-9:00 AM	Jun 17-Jul 11	16854
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Grade 11-12 — \$100 — Location: GBN Weber Field

M-Th	5:30 AM-9:30 AM	Jun 17-Jul 11	16855
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Golf Camp - Coed

Golfers alternate practice on the short game of chipping and putting for accuracy, and the long game to develop a swing for power and distance. Golfers learn club selection and golf etiquette while playing nine holes of golf.

Jul 10-12 - 9:30-10:30am - Green Valley Driving Range

Jul 16 - 9-10:30am - Green Valley Driving Range

Jul 17-18 - 9-11:30am - Glendale Lakes Gold Club

Grade 6-12 — \$120 Location: Glendale Lakes Golf Club/Green Valley
16863

Kayak Fishing Camp - Coed

Kayak fishing camps are single day camps at local area waters. Campers get great fishing experience from kayaks specifically designed for anglers and gain access to areas that shore fisherman cannot.

Grade 8-12 — \$100 — Location: Sites are TBD

M	8:00 AM-3:00 PM	June 24	16864
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W	8:00 AM-3:00 PM	June 26	16883
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F	8:00 AM-3:00 PM	June 28	16884
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Sprints and Jump - Coed

Speed is a vital part of sports success. Runners are instructed in sprint mechanics, drills, block starts, relay exchanges, acceleration and speed maintenance. Illinois All-State and NCAA Division 1 track athletes coach the long and triple jump, covering each phase in detail, from start to landing, to improve athletic technique.

Grade 6-12 — \$100— Location: GBN Weber Field

M-F	9:00 AM-11:00 AM	Jun 24-Jun 28	16860
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Speed Camp - Coed

Speed drills, games and activities for boys and girls in grades 3-8. Bring a water bottle and wear athletic shoes. T-Shirt for all participants.

Grade 3-5 — \$25— Location: Meet at Weber Field

M-W	12:30 PM-1:30 PM	Jun 10-Jun 19	16885
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Grade 6-8 — \$25— Location: Meet at Weber Field

M-W	1:45 PM-2:45 PM	Jun 10-Jun 19	16886
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Soccer Camp - Girls

Aspiring youth soccer players work to strengthen fundamentals and improve technique with a variety of drills and competitions designed to develop the GBN player for the school program.

Grade 6-12 — \$80 — Location: GBN Weber Field

M-F	10:00 AM-12:00 PM	Jul 8-Jul 12	16877
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Soccer Camp - Boys

Aspiring youth soccer players work to strengthen fundamentals and improve technique with a variety of drills and competitions designed to develop the GBN player for the school program.

Grade 3-7 — \$50 — Location: GBN Weber Field

M-F	9:30 AM-11:30 AM	Jul 15-Jul 19	16882
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Grade 8-12 — \$50 — Location: GBN Weber Field

M-F	10:00 AM-12:00 PM	Jun 17-Jun 21	16857
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Soccer Summer League - Boys

An off-campus summer league for GBN soccer players only. Detailed game dates, times and locations to be distributed by the coach. Non-GBN player participation requires coach approval.

Grade 10-12 — \$60 — Location: TBD

M-F	6:00 PM-8:00 PM	Jun 17-Aug 5	16858
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Softball Camp

Players focus on basic offense and defense skills in addition to hitting and pitching. Bring glove, bat and proper footwear.

Grade 5-12 — \$50 — Location: GBN Freshman Softball Field

M-Th	9:00 AM-11:00 AM	Jun 3-Jun 6	16878
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Tennis Camp - Coed

Players work on forehand, backhand, serve and footwork. Instructors address all skill levels, preparing each athlete for competition.

Grade 1-3 — \$60 — Location: GBN Tennis Courts

M-F	9:30 AM-10:30 AM	Jun 10-Jun 14	16865
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M-F	9:30 AM-10:30 AM	Jul 22-July 26	16866
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Grade 4-5 — \$60 — Location: GBN Tennis Courts

M-F	10:30 AM-11:30 AM	Jun 10-Jun 14	16867
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M-F	10:30 AM-11:30 AM	Jul 22-July 26	16868
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Grade 6-12 — \$115 — Location: GBN Tennis Courts

M-F	7:00 AM-9:00 AM	Jun 5-Jun 25	16869
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Volleyball Camp - Girls

Players practice serving, passing, setting and hitting the volleyball, refining skills for the GBN season.

Grade 3-5 — \$80 — Location: GBN Gym

M-F	9:00 AM-11:00 AM	Jul 8-Jul 12	16879
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Grade 6-8 — \$80 — Location: GBN Gym

M-F	9:00 AM-11:00 AM	Jul 8-Jul 12	16880
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Grade 9-10 — \$100 — Location: GBN Gym

M-F	11:30 AM-1:30 PM	Jul 8-Jul 12	16881
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Volleyball Camp - Boys

Players practice serving, passing, setting and hitting the volleyball, refining skills for the GBN season.

Grade 5-12 — \$80 — Location: GBN Gym

M-F	12:30 PM-2:30 PM	Jun 10-Jun 14	16859
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