

OEHS 2021 Summer Camp Catalog

SPORT	NAME OF CAMP	SEX	DATES	DAYS OF WEEK	TIME	GRADE	COST	T-shirt/ Other	DESCRIPTION	LOCATION
ALL SPORTS	Wolves Strength & Speed Camp	Girls	July 12-July 29	M, T, W, Th	8:00am-9:30am	9-12	\$55	No	ALL ATHLETES WELCOME! This summer camp is primarily focused on female athletes improving their athletic ability within the weight room & through specific sprint techniques/training. Please check out our website to find out more information. <a href="https://sites.google.com/view/oesch/home">https://sites.google.com/view/oesch/home</a>	Door 41, Weight Room & Inside/Outside Track
ALL SPORTS	Wolves Strength & Speed Camp	Boys	July 12-July 29	M, T, W, Th	9:00am-10:30am	9-12	\$55	No	ALL ATHLETES WELCOME! This summer camp is primarily focused on younger male athletes improving their athletic ability within the weight room & through specific spring techniques/training. Please check out our website to find out more information. <a href="https://sites.google.com/view/oesch/home">https://sites.google.com/view/oesch/home</a>	Door 41, Weight Room & Inside/Outside Track
Basketball Boys	Wolves Boys Basketball High School Team Camp	Boys	June 2-June 24	M, T, W, Th	10:00am-12:00pm	9-12	\$130	tshirt	This camp is designed for all high school boys interested in playing basketball at Oswego East.	Door 41, Main Gym
Basketball Boys	Junior Wolves Boys Basketball Camp	Boys	June 14-June 17	M, T, W, Th	8:00am-10:00am	6-8	\$100	tshirt	This camp is designed for junior high boys who enjoy playing basketball and want to improve their skills while working with high school players & coaches. The camp will consist of skill development, offensive & defensive concepts & game play.	Door 41, Main Gym
Basketball Boys	Little Wolves Boys Basketball Camp	Boys	June 21-June 24	M, T, W, Th	8:00am-9:30am	1-2	\$60	tshirt	This camp is designed for boys who love playing basketball and want to improve their skills while working with high school players & coaches. The camp will consist of skill development, offensive, and defensive work & contests.	Door 41, Main Gym
Basketball Boys	Future Wolves Boys Basketball Camp	Boys	June 21-June 24	M, T, W, Th	8:00am-10:00am	3-5	\$65	tshirt	This camp is designed for boys who love playing basketball and want to improve their skills while working with high school players & coaches. The camp will consist of skill development, offensive, and defensive work & contests.	Door 41, Blue Gym
Basketball Girls	Lady Wolves High School Basketball Camp	Girls	June 7-June 17	M, T, W, Th	8:00am-10:00am	9-12	\$110	tshirt	This camp is designed for all high school girls interested in playing competitive basketball at OEHS. Along with our camp, Frosh/Soph/JV/Varsity will have summer league games on Wednesdays, June 10-24 from 6pm-8pm.	Door 41, Main Gym, Blue Gym
Basketball Girls	Lady Wolves Junior High Basketball Camp	Girls	June 7-June 10	M, T, W, Th	10:00am-11:45am	6-8	\$60	tshirt	This camp is designed for junior high girls to learn the fundamentals of the game, system of OEHS & character of an OEHS girls basketball player in the future.	Door 41, Main Gym, Blue Gym
Basketball Girls	Lady Wolves Elementary Basketball Camp	Girls	June 7-June 10	M, T, W, Th	12:00pm-1:30pm	1-5	\$50	tshirt	This camp is to learn the fundamentals of basketball & the characteristics of an OEHS girls basketball player/learn.	Door 41, Main Gym
Badminton	Wolves Badminton Camp	Girls	June 21-June 24	M, T, W, Th	1:00pm-3:00pm	5-12	\$65	tshirt	This camp is designed for any girl interested in playing badminton. Coaches will teach technique & drills that will help develop & improve their overall skills.	Door 41, Blue Gym
Football	The Pack Futures Football Camp	Boys	June 21-June 24	M, T, W, Th	3:00pm-5:00pm	1-8	\$55	tshirt	The Pack Football Futures Camp is a 4 day instructional football camp designed to teach campers the fundamentals of football. The camp will focus on basic skill development for every position on the field. Instruction will be given by the OEHS coaching staff & Varsity players. In case of inclement weather, all activities will take place inside OEHS. Please be sure to have gym shoes in the event activities are moved inside.	OEHS Practice Field
Football	The Pack Football Freshman Team Camp	Boys	July 6-July 29	M, T, W, Th	8:00am - 11:00am	9	\$150	tshirt	The Pack Football Freshman Team Camp is a 4 week instructional football camp designed to develop the TOTAL football player. The OEHS coaching staff will utilize on-field practice time to teach proper football fundamentals & techniques along with OEHS offensive & defensive schemes. Athletes will also participate in a variety of team building activities. In case of inclement weather, all activities will take place inside OEHS. Please be sure to have gym shoes in the event activities are moved inside. Once team camp starts in July, Freshmen will lift as part of the football camp.	OEHS Practice Field

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Football	The Pack Varsity & Sophomore Team Camp	Boys	July 6 - July 29	M, T, W, TH (some Saturdays for 7v7)	6:00am-10:00am	10-12	\$175	Ishirt	The Pack Varsity & Soph Football training camp is a 4 week instructional football camp designed to develop the TOTAL football player. The OEHS coaching staff will utilize on-field practice time to teach proper football fundamentals & techniques along with OEHS offensive & defensive schemes. Athletes will also participate in a variety of team building activities. Additional dates for 7 on 7 tournaments will be added. Coaches will inform players of the 7 on 7 dates when they become available. *In case of inclement weather, all activities will take place inside OEHS. Please be sure to have gym shoes in the event activities are moved inside. Varsity & Sophomores do not need to register for Strength & Speed Camp. There will be open weight training from 6:00-8:00am and 4:00-6:00pm starting June 1st for Varsity & Soph players. The open lift times will be June 1-June 24 (Mon-Thurs), Wednesdays during June we will have 7v7 and Team Building Activities from 6:00-7:00pm.	OEHS Practice Field
Tennis	Wolves Tennis Camp	Co-Ed	June 14-June 17	M,T,W,Th	8:00am-11:00am	7-12	\$80	No	The Wolves Tennis Camp is designed to build upon already developing tennis skills through guided instruction from high school athletes. Conditioning, drills and match play will take place every day.	OEHS Tennis Courts
Wrestling	Wolves Wrestling Camp	Co-Ed	July 12-July 15 & July 19-July 22	M,T,W,Th	6:00pm-7:30pm	3-12	\$90	No	Athletes will work on techniques for takedowns, top & bottom positions. They will learn to drill correctly. Chain wrestling from all positions will be drilled daily.	Door 41, Wrestling Room
Cheer	East Cheer Camp Session 1	Co-Ed	June 7-July 1	M,T,W,Th	8:00am-11:00am	9-12	\$130	Ishirt	This camp is designed for competitive minded cheerleaders. An emphasis will be placed on perfecting basics in stunting, tumbling, jumping, and motions. As the camp progresses, skill sets will increase to incorporate higher levels of competitive techniques. Sport specific conditioning will be incorporated into sessions with an aim to give athletes a program to take with them to use for the remainder of the season. Participants will learn the EAST way of cheerleading.	Door 41, Silver Gym
Cheer	East Cheer Camp Session 2	Co-Ed	July 12-July 29	M,T,W,Th	8:00am-11:00am	9-12	\$130	Ishirt	This camp is designed for competitive minded cheerleaders. An emphasis will be placed on perfecting basics in stunting, tumbling, jumping, and motions. As the camp progresses, skill sets will increase to incorporate higher levels of competitive techniques. Sport specific conditioning will be incorporated into sessions with an aim to give athletes a program to take with them to use for the remainder of the season. Participants will learn the EAST way of cheerleading.	Door 41, Silver Gym
Cheer	Jr. Wolves Cheer Camp	Co-Ed	June 21-June 24	M,T,W,Th	12:30pm-2:30pm	6-8	\$80	Ishirt	This camp is designed for girls & boys who are interested in cheerleading & want to improve their skills while working with high school players & coaches. The camp will consist of tumbling, stunting, & jumping skill development, motions, sideline cheering, & an end of camp performance.	Door 41, Silver Gym
Soccer Boys	Wolves High School Soccer Camp	Boys	July 12-July 22	M,T,W,Th	8:00am-10:00am	9-12	\$85	Ishirt	This camp is designed for all boys interested in trying out for the boys soccer team at Oswego East in the Fall. The camp will focus on skill development, tactical play, as well as offensive & defensive strategies. The camp is highly recommended for all boys trying out in the Fall.	OEHS Varsity Soccer Field
Volleyball Boys	Wolves Boys Volleyball Jr. High Summer Skills Camp	Boys	July 19-July 22	M,T,W,Th	7:00pm-9:00pm	7-9	\$80	Ishirt	The OE Boys Volleyball Summer Camp is designed for student athletes going into 7th, 8th or 9th grade who are interested in participating in school volleyball. Individual & group training will be used to improve fundamental volleyball skills in passing, serving, hitting & blocking. The camp will be run by current OE Boys Volleyball staff. Players will begin to develop skills that will help them begin to move towards a more specific position as their playing career progresses. No prior volleyball experience necessary to attend. Each camper will receive a free tshirt for attending!	Door 41, Main Gym

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Volleyball Boys	Wolves Boys Volleyball Summer Skills Camp	Boys	July 19-July 22	M, T, W, Th	5:00pm-7:00pm	10-12	\$100	tshirt	The 2020 OE Boys Volleyball High School Camp has been modified from previous years based on the cancellation of the 2020 school season. We intend to provide all campers with a three-week "mini-season", barring any additional social distancing measures. Included with the camp will be a combination of individual and group training, as well as multiple tournaments against area schools. Players will be broken into teams predominately based on skill level for tournament play while working together as a program during player and team-specific drills. A more formalized tournament schedule will be provided to all registrants, closer to the start of camp.	Door 41, Main Gym
Volleyball Girls	Little Wolves Volleyball Camp	Girls	July 12-July 15	M, T, W, Th	8:00am-9:30am	3-6	\$50	tshirt	Girls will learn the basics such as passing, serving, setting, and attacking. Some fun drills & team concepts will also be taught. Each camper enrolled 2 weeks before camp will receive a shirt.	Door 41, Main Gym
Volleyball Girls	Junior Wolves Volleyball Camp	Girls	July 12-July 15	M, T, W, Th	10:00am-11:30am	7-8	\$50	tshirt	Girls will learn the basics such as passing, serving, setting, and attacking. Some fun drills & team concepts will also be taught. Each camper enrolled 2 weeks before camp will receive a shirt.	Door 41, Main Gym
Volleyball Girls	Wolves Volleyball Camp (Gr. 9)	Girls	July 12-July 15 & July 19-July 22	M, T, W, Th	Week 1: 12:00pm-2:00pm & Week 2: 8:00am-10:00am	Entering Gr. 9	\$100	tshirt	Oswego East Wolves Volleyball Camp is a great opportunity for players to improve their volleyball fundamentals & increase their skill & knowledge of the game as well. Camp coaches will provide a safe & enjoyable environment for all campers. This camp is meant to increase volleyball skills, but most importantly, the camp is designed for fun to be had by all participants. NOTE: this camp is for girls entering into their FRESHMAN year. Each camper enrolled 2 weeks before camp will receive a shirt.	Door 41, Main Gym
Volleyball Girls	Wolves Volleyball Camp (Soph-Senior)	Girls	July 12-July 15 & July 19-July 22	M, T, W, Th	Week 1: 2:00pm-4:00pm & Week 2: 10:00am-12:00pm	10-12	\$100	tshirt	Oswego East Wolves Volleyball Camp is a great opportunity for players to improve their volleyball fundamentals & increase their skill & knowledge of the game as well. Camp coaches will provide a safe & enjoyable environment for all campers. This camp is meant to increase volleyball skills, but most importantly, the camp is designed for fun to be had by all participants. NOTE: Previous volleyball experience is recommended. This is for girls entering their Sophomore, Junior or Senior year. Each camper enrolled 2 weeks before camp will receive a shirt.	Door 41, Main Gym
Volleyball Girls	Wolves Specialty Camps (Freshmen-Senior)	Girls	July 26-July 29	M, T, W, Th	1st contact: 8am-9am Setting: 9:15am-10:15am Front Row: 10:30am-11:30am	9-12	\$35	no	Wolves specialty camps are designed to focus on specific skills. 1st contact will be primarily passing, serve receive & defense. Setting will be all types of situations with setting. Front Row will be primarily arm swing, hitting blocking & footwork. NOTE: Previous volleyball experience AND attending the 2-week Wolves camp prior is recommended.	
Cross Country Boys	Running with the Wolves Summer Running Camp	Boys	June 14-July 30	M, T, W, Th, F	7:00am-9:00am	6-12	\$80	tshirt	This program includes both a high school and junior high school level, as well as being open to all members of the community looking to improve overall cardiovascular endurance. The program emphasizes a progressive building of endurance, proper running form, and stretching techniques. One day per week focuses on track work and instruction at the Oswego East High School track. Groups are appropriately formed based on experience and ability levels. Instruction and training is directed by the OE cross country staff and other experienced professionals. All range of ability levels are welcome. This program is run through Oswego East High School.	OEHS Outdoor Track

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Cross Country Girls	Junior Wolves Girls Cross Country Camp	Girls	June 21-July 29 (excludes July 5-9)	M,T,W,Th	7:00am-9:00am	6-8	\$80	tshirt	This program features a middle school level & is open to all members of the community looking to improve overall cardiovascular endurance. This camp is highly recommended for all runners, ages 6th grade & up! (High School age girls should sign up for the OEHS Girls' Cross Country Camp). The camp focuses on building fitness & endurance training for distance races & promotes passion for a fit & healthy lifestyle. Training will prepare the athletes for their Fall sports season & provide a mileage base for cross country. Please dress appropriately for the weather & wear good running shoes. Bring a water bottle. We will still hold camp as planned in the rain. In case of thunder/lightning, we may move the location to the indoor facility at OEHS.	Mondays at Wolf's Crossing Park & Tues-Thurs OEHS Outdoor Track
Cross Country Girls	OEHS Girls' Cross Country Camp	Girls	June 21-July 29 (excludes July 5-9)	M,T,W,Th	7:00am-9:15am	9-12	\$85	tshirt	This program is built for female high school athletes who enjoy running and/or intend to compete in the Fall cross country season. The camp focuses on building fitness & endurance training for distance races & promotes passion for a fit & health lifestyle. Training will prepare the athletes for their Fall sports season & provide a mileage base for cross country. Please dress appropriately for the weather & wear good running shoes. Bring a water bottle. We will still hold camp as planned in the rain. In case of thunder/lightning, we may move the location to the indoor facility at OEHS.	Mondays at Wolf's Crossing Park & Tues-Thurs OEHS Outdoor Track
Track	Wolves Summer Track Camp	Co-Ed	June 22-July 22	T,Th	5:00pm-6:00pm	1-8	\$25	tshirt	This program offers track & field training & techniques for beginners to the experienced track & field athletes. Form, coordination, and technique are taught with drills & games designed to encourage enjoyment of the sport. The junior high camp is geared more towards building strength & allows athletes to focus more on their specialized events.	OEHS Outdoor Track
Bowling Boys	OEHS Boys' Strike Wolves Camp	Boys	June 7-June 10	M,T,W,Th	3:00pm-5:00pm	9-12	\$95	tshirt	Program for incoming & experienced bowlers as a prelude to the 2021-2022 season. This camp will consist of drills to help improve skills of the bowler & a variety of games to promote those skills & have fun.	Parkside Lanes Aurora, IL
Bowling Girls	Wolves Girls' Bowling Camp	Girls	July 13-July 15	T,W,Th	10:00am-12:00pm	6-12	\$50	no	This camp is designed for both beginners to varsity level bowlers to learn basic fundamentals of the game and to advance techniques.	Parkside Lanes Aurora, IL