

2017
St. Charles North High School
Summer Athletic Camps



New this year – Online Check Payments Now Being Accepted!
Please visit <https://store.d303.org>

For more information please visit C.U.S.D.303 website or call us at 331-228-6218.

2017
St. Charles North High School
Summer Athletic Camp
Information

Boys Camp Programs:

BOYS' BASEBALL:

The SCN baseball coaching staff will be offering three quality camps for grades 5-9 during the summer. The **first camp** will be a position specific camp focused on improving defensive skills, throwing fundamentals and agility. The **second camp** is designed to help improve hitting mechanics, visual coordination, and base running fundamentals. The **third camp** will be a pitching and catching camp. Each camper should bring all their own position specific gear and bring both tennis shoes and baseball cleats.

Freshmen baseball players will have the opportunity to play in a competitive sophomore summer league. Game times will be 1pm or 2 pm. Most weeks will also include 1 day of practice to improve each player's skill set.

Varsity baseball players will also have the opportunity to play in a competitive summer league. Game will be on Tuesdays and start times will be 1pm or 2 pm, depending on location. Monday/Wednesday will be specialized workouts that will enhance player's skill by position with controlled scrimmages intended to improve game play.

**Each of these leagues will consist of 16-24 games with a single elimination tournament (sponsored by the IHSBCA) in mid-July. All games/practices will occur on Monday-Wednesday only until tournament play begins.

Camp Name	Camp #	Grades	Dates	Days	Time	Cost
Defensive Camp	BB-1	Incoming Freshman	June 12 –15	Mon – Thurs	8:00 – 9:30am	\$115.00
Defensive Camp	BB-2	5 – 8 Grade	June 12 –15	Mon – Thurs	9:30 – 11:00am	\$115.00
Offensive Camp	BB-3	Incoming Freshmen	June 19 – 22	Mon – Thurs	8:00 – 9:30am	\$115.00
Offensive Camp	BB-4	5 – 8 Grade	June 19 – 22	Mon – Thurs	9:30 – 11:00am	\$115.00
Pitching Camp	BB-5	5 – Incoming Freshmen	June 26 – 29	Mon – Thurs	8:00 – 10:00am	\$125.00
Catching Camp	BB-6	5 – Incoming Freshmen	June 26 – 29	Mon – Thurs	9:00 – 11:00am	\$125.00
Sophomore Summer League	BB-7	Sophomores	June 12 – July 15	Mon – Fri	12:30 – 4:00pm	\$185.00
Varsity Summer League/camp	BB-8	Juniors and Seniors	June 12 – July 22	Mon – Fri	12:30 – 4:00pm	\$235.00

BOYS BASKETBALL:

SCN's Boys Basketball staff will be offering intensive, high quality basketball camps for boys. Attention will be given to mastering the fundamental skills of basketball.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Boys Basketball	BBB-1	3 – 4	June 12 – 22	Mon – Thurs	8:00 – 9:30am	\$85.00
Boys Basketball	BBB-2	5 – 6	June 12 – 22	Mon – Thurs	12:30 – 2:00pm	\$90.00
Boys Basketball	BBB-3	7 – 8	June 12 – 22	Mon – Thurs	2:00 – 3:30pm	\$90.00
Boys Basketball	BBB-4	9 – 12	June 12 – 29	Mon – Thurs	10:00am – 12:00pm	\$100.00

BOYS' CROSS COUNTRY:

The North Star Boys' Cross Country coaching staff will conduct an organized training program for all interested athletes who will be in grades 7-12. For new and younger runners the goal of the camp is to introduce the principles and practices of high-quality training. For experienced runners the goals are to build a solid running foundation in preparation for the upcoming season.

Give cross country a try! In addition to the high school coaching staff, we hire several other coaches and create training groups to meet the needs of all athletes- from those who have never seriously run before all the way up to those who are training to be state-level athletes.

We meet five days per week. The cross country camp is Mondays, Wednesdays, and Fridays and you are automatically enrolled in a bonus track and field camp on Tuesdays and Thursdays. This manner of organization allows us to comply with IHSA rules that limit contact days during the summer.

We will meet in a variety of locations as will be distributed on the first day of the camp. On the first day we will meet on the track at St. Charles North. Quality running shoes are highly recommended.

High School campers are also welcome to attend the annual 5 day training/camping trip to Devil's Lake State Park and the Wisconsin Dells for an additional fee.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Boys Cross Country	BXC-2	7 – 12	June 12 – July 21	Mon – Fri	6:30 – 8:30am	\$160.00

No Camp Week of July 3-7

Locations will rotate. First day is at St. Charles North High School on the track.

Devil's Lake, Wisconsin Camping/Training Trip: July 24-28th. This camp is only for registered high school athletes and additional fees apply.

Boys Camp Programs:

FOOTBALL:

The SCN Football coaching staff and current SCN players will be running a football skills camp for 2nd-5th graders. The camp will focus on basic skill development and fundamentals, for both offensive and defensive play. Campers will receive beginner speed, agility and quickness training from trained certified staff. Campers should wear shorts, t-shirts and spikes. Mouthpieces are optional. No experience necessary, please bring water daily. Price of camp includes SCN camp T-shirt.

Camp Name	Camp#	Grade	Dates	Days	Time	Cost
Football 1	FB-1	2 - 5	June 12 – 15	Mon – Thurs	9:30-11:00am	\$135.00

The SCN Football coaching staff and current SCN players will be running a football skills camp for 6th-9th graders. The camp will focus on basic skill development and fundamentals, for both offensive and defensive play. Campers will receive beginner speed, agility and quickness training from trained certified staff. Campers should wear shorts, t-shirts and spikes. Mouthpieces are optional. No experience necessary, please bring water daily. Price of camp includes SCN camp T-shirt.

Camp Name	Camp#	Grade	Dates	Days	Time	Cost
Football 2	FB-2	6 – 9	June 12 – 15	Mon – Thurs	11:30 – 1:00pm	\$135.00

The SCN football coaching staff and current SCN players will be running a football quarterback and wide receivers camp. The camp will be geared toward individual skill development and fundamentals, for both Quarterbacks and Wide Receivers. Campers will receive top level instruction and video breakdown by SCN varsity staff. Campers should wear shorts, t-shirts and spikes. Mouthpieces are optional. No experience necessary, please bring water daily. Price of camp includes SCN camp T-shirt.

Camp Name	Camp#	Grade	Dates	Days	Time	Cost
Football 3 QB/WR	FB-3	1 – 12	June 12 – 15	Mon – Thurs	8:00 – 9:30am	\$135.00.

The SCN Frosh Football coaching staff will be running a freshman football developmental skills camp. The camp will focus on skill development and fundamentals, as well as team strategies for both offense and defense. 9th grade camp will also include comprehensive weight training and speed training by certified professionals. Campers should wear shorts, t-shirts and spikes. Mouthpieces are mandatory. Helmets and shoulder pads will be distributed during camp. Please bring water daily. Prices of camp include summer practice t-shirt.

Camp Name	Camp#	Grade	Dates	Days	Time	Cost
Football 4	FB-4	9	June 20 – June 22 June 26 – July 27	Tues – Thurs Mon – Thurs	TBD TBD	\$175.00
Week of 4th of July off						

The SCN Sophomore Football coaching staff will be running a football developmental team camp. The camp will focus on skill development and fundamentals, as well as team strategies for both offense and defense. 10th grade camp will also include comprehensive weight training and speed training by certified professionals. Campers should wear shorts, t-shirts and spikes. Helmet and shoulder pads will be distributed prior to camp, mouthpieces are mandatory. Please bring water and snack daily. Prices of camp include summer practice t-shirt.

Camp Name	Camp#	Grade	Dates	Days	Time	Cost
Football 5	FB-5	10	June 13 & June 15 June 19 – July 27	Tues & Thurs Mon – Thurs	7:00 – 10:00am 7:00 – 10:00am	\$190.00
Week of 4th of July off						

The SCN Varsity Football coaching staff will be running a football developmental team camp. The camp will focus on skill development and fundamentals, as well as team strategies for both offense and defense. 10th grade camp will also include comprehensive weight training and speed training by certified professionals. Campers should wear shorts, t-shirts and spikes. Helmet and shoulder pads will be distributed prior to camp, mouthpieces are mandatory. Please bring water and snack daily. Prices of camp include summer practice t-shirt.

Camp Name	Camp#	Grade	Dates	Days	Time	Cost
Football 6	FB-6	11 – 12 (10 by invite only)	June 13 & June 15 June 19 – July 27	Tues & Thurs Mon- Thurs	7:00 – 10:30am	\$200.00
Week of 4th of July off Select Tuesday's & all Thursday's 5:30pm -8:30pm						

LACROSSE:

SCN Lacrosse Coaches and alumni will be running a Lacrosse skills camp for all "Future SCN Lacrosse players" in grades 2-9. All positions and skill levels are welcome. We will have a coach on site that has playing experience at each position and we will also have a coach on site to work strictly with beginner players. Beginners will learn how to scoop, pass, catch, shoot, dodge, cradle, 2 vs 1's, and how to play 1 vs 1 defense. All experienced players will go through stick work drills that focus on players getting a maximum amount of touches and reps. Variations of 2 vs 1's and 3 vs 2's will be used to develop quick thinking and fast paced ball movement on offense. These situations will force a defensive players to rotate quickly and be as efficient as possible with their movements. Plenty of time will also be spent on offensive and defensive development for the individual player. Players should bring plenty of water with. All players should also bring their helmet, stick, shoulder pads, arm guards, cleats, cup, mouth guard, and gloves each day.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Lacrosse	LX -1	2 – 5	June 12 – 13	Mon – Tues	4:30 – 6:00 pm	\$65.00
	LX- 2	6 – 9	June 12 – 13	Mon –Tues	6:30 – 7:30 pm	\$65.00

Boys Camp Programs:

BOYS' SOCCER:

Our North Star camp is for boys at all high school grade levels. The camp is geared towards the youth player who aspires to improve in all areas of the game. The curriculum is designed to address the technical and tactical components of the game for all level players. The North Star philosophy on the style of play will also be addressed. Daily training will consist of technical sessions combined with small-sided games to focus on tactical development. Full – sided matches will be played as well. The North Star camp will assist all level players preparing for the high school season.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Boys Soccer	BS-1	8 – 12	June 19 – 30	Mon, Tues, Thurs	8:45 – 10:00am	\$225.00
			July 6, 7	Thurs – Fri	6:30 – 10:00 am	
			July 10 – 27	Mon – Thurs	6:30 – 10:00am	

BOYS TRACK & FIELD

SCN Boys Sprints coach Dan Duncan will be running a five day Track and Field camp. Events covered will include short sprints (100 meter, 200 meter, 400 meter), relays (4x100, 4x200), and jumps (long jump, triple jump). No experience necessary. Open to all middle school students and incoming freshmen interested in Track and Field. We will work on developing speed, as well as running and jumping with proper form. We will time events and have the opportunity to compete against each other and learn from current North Star sprinters. Please bring water, running shoes, track spikes (if you have them) and a positive attitude! Price of camp includes SCN camp t-shirt.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Track & Field	TF-1	6 – 9	July 10 – 14	Mon – Fri	8:00 – 9:30 am	\$60.00

BOYS' VOLLEYBALL:

SCN Boys Volleyball Staff will be running a three week session for high school players. Players will have the opportunities to condition, improve on their court skills, and scrimmage against potential future teammates. Focus will be on but not limited to defensive skills, first ball sideout, serving, blocking, and team ball control. Players should bring plenty of water, knee pads, and a positive attitude. Bring your "A" game!

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Volleyball – High School	VB-4	9 – 12	July 10 – 27	Mon & Wed	11:30am – 1:00 pm	\$95.00
				Tues & Thurs	12:00pm – 2:30 pm	

SCN Boys Volleyball Staff will be running a two week session for all middle school student athletes. No experience is needed! Players will have the opportunities to condition, improve on their court skills, and scrimmage against potential future teammates. Focus will be on but not limited to defensive skills, attacking, serving, and team ball control. Players should bring plenty of water, knee pads, and a positive attitude. Bring your "A" game!

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Volleyball – Middle School	VB-5	5 – 8	July 17 – 27	Mon & Wed	11:30am – 1:00 pm	\$70.00
				Tues & Thurs	12:00pm – 2:00 pm	

WRESTLING:

Get the edge on the competition! Learn basic and advanced techniques. Improve your strength, flexibility, and conditioning. We will work hard and have fun!

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Wrestling	WR – 1	5 – 12	June 12 – 16	Mon – Fri	5:00 – 7:00pm	\$50.00
	WR – 2	5 – 12	June 19 – 23	Mon – Fri	5:00 – 7:00pm	\$50.00

Boys & Girls Camp Programs:

SWIMMING LESSONS:

Class Information for all Sessions—(All ages & levels each hour) \$42 per class per week (Monday—Friday each week)

Class 1	10:00am – 10:30am
Class 2	10:40am – 11:10am
Class 3	11:20am – 11:50pm
Class 4	12:00pm – 12:30pm
Class 5	12:40pm – 1:10pm
Class 6	1:20pm – 1:50pm
Advance Camp (when offered)	1:20pm – 2:30pm (\$50 per week)

Session 1— June 12 – June 16

Class 1 _____ Class 2 _____ Class 3 _____ Class 4 _____ Class 5 _____ Class 6 _____

Session 2—June 19 – June 23

Class 1 _____ Class 2 _____ Class 3 _____ Class 4 _____ Class 5 _____ Class 6 _____

Session 3 –June 26 – June 30

Class 1 _____ Class 2 _____ Class 3 _____ Class 4 _____ Class 5 _____ Class 6 _____

Session 4– July 10 – July 14

Class 1 _____ Class 2 _____ Class 3 _____ Class 4 _____ Class 5 _____ Advance _____

Session 5—July 17 – July 21

Class 1 _____ Class 2 _____ Class 3 _____ Class 4 _____ Class 5 _____ Advance _____

Special Holiday Week Session (\$35)

Wednesday July 5—Saturday July 10

Class 1 _____ Class 2 _____ Class 3 _____

TENNIS:

Coach Masoncup along with the SCN Tennis Staff and former players will be offering an intense, high quality camp for both boys and girls grades 2-12. These camps will be for all ability levels. Instructors will focus on fundamentals of the game. It will be a fun and energetic camp. All players will need is their own racket: court shoes are recommended. The camp will meet each day at the St. Charles North High School Tennis Courts.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Boys' & Girls' Tennis	TN-1	2 – 4	June 13 – 30	Tues, Thurs, Fri	8:00 – 9:00am	\$75.00
Boys' & Girls' Tennis	TN-2	5 – 8	June 13 – 30	Tues, Thurs, Fri	9:00 – 10:00am	\$75.00
Girls Tennis	TN-3	9 – 12	June 13 – 30	Tues, Thurs, Fri	10:00 – 11:30am	\$125.00
Boys Tennis	TN-4	9 – 12	June 13 – 30	Tues, Thurs, Fri	11:45am – 1:30pm	\$125.00

WATER POLO:

This summer we are excited to be offering High School Water Polo through St. Charles Aquatics. For information please visit www.stcswim.com or contact Chris Cloy at christopher.cloy@d303.org.

Girls Camp Programs:

GIRLS BASKETBALL:

SCN's coaching staff will be offering an intense, high quality camp for girls entering grades 3-12. Specific attention will be given to developing and mastering the fundamental skills of basketball through drills and competition.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Girls Basketball	GBB-3	3 - 5	June 12 - 22	Mon - Thurs	10:15 - 11:15am	\$85.00
Girls Basketball	GBB-4	6 - 8	June 12 - 22	Mon - Thurs	11:30am - 1:00pm	\$85.00
Girls Basketball	GBB-5	9 - 12	June 12 - 29	Mon - Thurs	8:00 - 10:00am	\$100.00

CHEERLEADING

Come learn the fundamentals of cheerleading including motions, jumps, stunts, and tumbling. For the greatest benefits and consistency in stunts, attendance at all sessions is highly encouraged. All girls and boys entering grades 9-12 are invited!

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Cheerleading	CH-1	9 - 12	June 13 - 29	Tues - Thurs	8:00 - 10:00am	\$100.00
	CH-2	9 - 12	July 5 - 7	Wed - Fri	8:00 - 10:00am	\$100.00
			July 11 - 13	Tues - Thurs	8:00 - 10:00 am	
			July 17-19	Mon-Wed	8:00 - 10:00 am	

GIRLS' CROSS COUNTRY:

The North Star Girl's Cross Country coaching staff will conduct an organized training program for both the high school and middle school students. The goal of the camp is to learn fundamentals of cross country training and competing with an emphasis on developing strength for the fall season. We will meet and run in a variety of locations. Quality running shoes are highly recommended.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Girls Cross Country	GXC-1	7 - 12	June 12 - July 21	Mon - Fri	6:30 - 8:00am	\$100.00
			NO CAMP July 3 - 7			

Location: St. Charles North High School, D303 Administration Building, Le Roy Oakes and Great Western Trail

DRILL TEAM:

Come learn the fundamentals of dance and drill team technique. This camp is for experienced and intermediate dancers. You do not need to be a member of the drill team, but have some prior dance experience.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Drill Team	DRILL-1	9 - 12	June 12 - 29	Mon - Thurs	7:30 - 9:30am	\$100.00
			July 10 - 27	Mon - Thurs		

Location: Bell-Graham Elementary School

GIRLS' SOCCER

The North Star girls' soccer camp is for girls 8th grade and all High School. The camp is geared towards the youth player who aspires to improve in all areas of the game. The curriculum is designed to address the technical and tactical components of the game by combining sessions focused on individual skills, team skills, and game play. The North Star Camp will assist all level of players preparing for soccer at the high school level.

Camp Name:	Camp #	Grade	Dates	Days	Time	Cost
Girls Soccer	GS-1	8 - 12	July 10 - 13	Mon - Thurs	10:00 - 12:00 pm	\$170.00
			July 17 - 20	Mon - Thurs	10:00 - 12:00 pm	
			July 24 - 27	Mon - Thurs	10:00 - 12:00 pm	

SOFTBALL:

The St. Charles North softball coaching staff will be offering a skill camp for grades 3-8. The camp will focus on offensive and defensive fundamentals to succeed at any level. Players should bring a glove and a water bottle. Bats and helmets are optional.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Softball	SB-1	3 - 8	June 12 - 15	Tues - Thurs	9:30 - 11:00am	\$50.00
			June 19 - 21	Mon - Wed	9:30 - 11:00am	

GIRLS' VOLLEYBALL:

Play volleyball!!! The SCN volleyball staff and players will run a two week informational fun and intense camp. Campers will learn the basic individual and team fundamentals that they need to be successful at any level. Campers will also get a chance to use what was learned in real game-like situations. We are excited to see you! Please remember to wear practice clothes (shorts, t-shirts, knee pads) and gym shoes.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Volleyball - Individual	VB-1	5 - 8	July 10 - 27	Mon - Thurs	10:00 - 11:30am	\$100.00

HIGH SCHOOL VOLLEYBALL PLAYERS

Play volleyball!!!! We will be running a three week-long camp during the month of July for all high school players, including incoming freshmen. Players will have the opportunity to condition, brush up on their court skills, as well as have multiple opportunities to scrimmage with and against their potential future teammates. On Mondays and Wednesdays, camp will run for double sessions to get more court time and practice. Session 1 will run from 7:30-10am and session 2 from 1-3pm. Come ready to work hard and play at every session.

Camp Name	Camp #	Grade	Dates	Days	Time	Cost
Volleyball - High School	VB-2	9 - 12	July 10 - 27	Mon & Wed	7:30 - 10am; 1-3pm	\$130.00
				Tues & Thurs	7:30 - 10am	

Online Credit Card/Debit Card and Check payments now being accepted!

Please visit <https://store.d303.org>

Mail-in summer camp registration also being accepted. Please mail your registration to:

CUSD 303 Summer Athletics – SCN
St. Charles North High School
Attn: D. Brannon– Athletic Dept.
255 Red Gate Rd.
St. Charles, IL 60175

***Registration deadline is June 9th**

For camps with a beginning date in June

***Registration deadline is June 30th**

For camps with a beginning date in July

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ST. CHARLES NORTH H.S. 2017 SUMMER ATHLETIC CAMP

STUDENT/ATHLETE'S NAME: _____ BIRTH DATE: _____

ADDRESS: _____

HOME PHONE NUMBER: _____ CELL NO: _____

E-MAIL ADDRESS: _____

EMERGENCY CONTACT NAME: _____ PHONE NO: _____

CAMP NAME: _____ CAMP NO: _____ AMOUNT: \$ _____

CAMP NAME: _____ CAMP NO: _____ AMOUNT: \$ _____

CAMP NAME: _____ CAMP NO: _____ AMOUNT: \$ _____

Year in School (2016-17): _____ AMOUNT ENCLOSED: \$ _____

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The Board of Education recognizes that participation in school activities is a privilege. Students participating in summer camps are expected to be an honorable representative of District 303 at all times in appearance, language, conduct and attitude. Participants shall practice good citizenship in all environments respecting the property and the right of others. Participants are held accountable for these rules and the rules of the coach.

STUDENT/ATHLETE'S NAME: _____ STUDENT ID#: _____

Please include the following information so that your son/daughter may receive proper care in the event of an emergency:

Family Physician: _____

Address: _____

Phone: _____

Please List:

Medical condition(s): _____

Medications Taken & Why: _____

Allergies: _____

Please Note: There will not be a nurse on site during the summer camp hours. Medications will not be administered during camp hours.

Emergency Contact (if parents cannot be reached):

Name: _____

Home Phone: _____

Cell: _____

Work: _____

Insurance Coverage/Medical Release:

I realize that my son/daughter must be covered by our family accident/health insurance coverage for all treatment expenses. I/we give permission for the above named student to participate in organized activities, realizing that such activity involves the potential for injury which is inherent in all sports.

Parent Signature: _____

Date: _____

Student Signature: _____

Date: _____

Concussion Protocol:

I agree to abide by all conduct rules and will behave in a sportsmanlike manner. I agree to follow the coaches' instructions, playing techniques, and training schedule as well as all safety rules.

I understand that Board policy 7:305, Student Athlete Concussions and Head Injuries, requires, among other things, that a student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion or head injury must be removed from practice or competition at that time and that the student will not be allowed to return to play or practice until he or she has successfully completed return-to-play and return-to-learn protocols, including having been cleared to return by the treating physician licensed to practice medicine in all its branches or a certified athletic trainer under the supervision of a physician.

Parent Signature: _____

Date: _____