

2018
St. Charles North High School
Summer Athletic Camps



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

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

2018
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Summer Athletic Camp
Information

BADMINTON:

Badminton basic components of both types of service rules and the various strokes. Campers will learn how to keep score.

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
Badminton	BD-1	5-6	July 23-26	Mon-Thur	5:00-7:00 pm	\$60.00

Badminton 2 is for the camper that has some experience with racket sports in the backyard or on the court. Campers will learn the rules of the game stroke techniques, footwork and how to keep score.

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
Badminton	BD-2	7-9	July 23-26	Mon-Thur	5:00-7:00 pm	\$60.00

Badminton 3 is for the camper that has played at least one year of competitive badminton. The focus will be on advanced footwork, racket strokes and game play strategy.

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
Badminton	BD-3	10-12	July 23-26	Mon-Thur	7:00-9:00 pm	\$60.00

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/turf shoes and baseball cleats.

Freshman 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. Games will be on Tuesdays and start times will be 1pm or 2pm, depending on location. Mon/Wed 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, until tournament play begins.

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
Baseball - Defensive Camp	BB-1	Incoming H.S. Freshman	June 11-14	Mon-Thur	8:00-9:30 am	\$115
Baseball - Defensive Camp	BB-2	4-8 Grade	June 11-14	Mon-Thur	9:30-11:00 am	\$115
Baseball - Offensive Camp	BB-3	Incoming H.S. Freshman	June 18-21	Mon-Thur	8:00-9:30 am	\$115
Baseball - Offensive Camp	BB-4	4-8 Grade	June 18-21	Mon-Thur	9:30-11:00 am	\$115
Baseball-Pitching Camp	BB-5	Incoming H.S. Freshman	June 25-28	Mon-Thur	8:00-10:00 am	\$135
Baseball-Catching Camp	BB-6	4-8 Grade	June 25-28	Mon-Thur	9:00-11:00 am	\$135
Sophomore Summer League	BB-7	Sophomores	June 11-July 12	Mon-Thur	12:30-4:00 pm	\$200
Varsity Summer League with Camp	BB-8	Juniors And Seniors	June 11-July 19	Mon-Thur	12:30-4:00 pm	\$245

IHSBCA PLAYOFFS
 BEGIN ON MONDAY, JULY 9TH

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 11-21	Mon-Thur	8:00-9:30 am	\$85.00
Boys Basketball	BBB-2	5-6	June 11-21	Mon-Thur	12:30-2:00 pm	\$95.00
Boys Basketball	BBB-3	7-8	June 11-21	Mon-Thur	2:00-3:30 pm	\$95.00
Boys Basketball	BBB-4	9-12	June 11-28	Mon-Thur	10:00 am-12:00 pm	\$110.00

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 11-21	Mon-Thur	10:15-11:15 am	\$100.00
Girls Basketball	GBB-4	6-8	June 11-21	Mon-Thur	11:30-1:00 pm	\$100.00
Girls Basketball	GBB-5	9-12	June 11-28	Mon-Thur	8:00-10:00 am	\$110.00

BOWLING:

SCN's coaching staff will teach bowling basics, as well as assist advanced bowlers. The camp will be held at St Charles Bowl 2520 W. Main St. St. Charles. Lane and shoe fees included in the program cost. Bowling balls available at the bowling center, if you do not have your own. All boys and girls entering 6th - 12th grade are welcome.

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
Boys and Girls Bowling	BGB-1	6-12	June 25-28	Mon-Thur	9:00 am-12:00 pm	\$100

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 12- July 12 No camp July 3-5	Tues-Thur	8:00 -11:00 am	\$125

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 (usually collegiate athletes) 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 who meet mileage and time baselines 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-1	7-12	June 11-July 20	Mon-Fri	6:30-8:30 am	\$185

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 11 - July 20 No Camp July 2 - 6	Mon-Fri	6:30 - 8:00 am	\$125.00

Location: St. Charles North High School, D303 Administration Building, LeRoy 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 11-28 July 9-26	Mon-Thurs	7:30-9:30 am	\$125.00

Location: Bell-Graham Elementary School Gym

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
SCN U Stars	FB-1	2 - 5	June 11 -14	Mon- Thur	9:45-11:00 am	\$150.00

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
SCN Junior Stars	FB-2	6-9	June 11 -14	Mon- Thur	11:30 am-1:00 pm	\$150.00

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
SCN U QB/WR	FB-3	1st -12th	June 11 -14	Mon - Thur	8:00-9:30 am	\$150.00
SCN U Lineman	FB-4	1st -12th	June 11 -14	Mon - Thur	8:00-9:30 am *COULD CHANGE BASED ON COACH AVAILABILITY	\$150.00

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
SCN Freshman Camp	FB-5	9	June 18- July 26	Mon-Thur	6/18-6/21 12:30-2:30 pm 6/25-7/26 7:30 10:30 am	\$190.00

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
SCN Soph/Varsity Camp	FB-6	10-12	6-12 & 6-14 6-18-7-26	Tues- Thur Mon-Tue-Thur Wed.	5:00-8:30 pm 5:00-8:30 pm 7:00-10:30 am	\$215.00

ALL TIMES AND DATES ARE SUBJECT TO CHANGE. DOES NOT INCLUDE 7 ON 7 SCHEDULE OR OL TRAINING
NIU OVERNIGHT CAMP WILL BE A SEPARATE COST

LACROSSE:

SCN Lacrosse High School Coaches will be offering a skills and developmental camp for rising freshman- seniors (Graduate Years 2022-2019). All positions and skills are welcome. The camps focus is on players getting maximum amount of touches and reps. Variations of 4v3, 3v2, and live scrimmages will also be incorporated. We will also be focused on position specific training with our goalies, attack, midfielders, and defenders daily. Players should bring water, and full equipment (helmet, sticks, shoulder pads, arm guards, cleats, cup, mouth guard, gloves, and a reversible penny).

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
SCN Lacrosse	LX-1	9-12	June 11- 28	Mon & Thur	10:30 am-12:00 pm	\$90.00

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. Exhibition Games and a Summer Tournament will be played. Players can register to play at a cost.

CAMP NAME	CAMP#	GRADE	DATES	DAYS	TIME	COST
NS Soccer Camp	BS-1	8	June 18,19,21 25,26,28 July 9-26	Mon-Tues-Thur	8:30-10:00 am	\$225.00
		9-12		Mon-Thur	7:00-10:30 am	
NS Exhibition Games	BS-2	9-12	TBA (June & July)	4-8 days		\$40.00 Guarantee 2 games

GIRLS' SOCCER:

The North Star girls' soccer camp is for girls 2nd grade through High School. The camp is geared towards the youth player who aspires to improve in all areas of the game and who wants to have fun developing their soccer skills. The curriculum is designed to address the technical and tactical components of the game by combining sessions focused on individual skills, team skills, game play, and enjoyment for the game. The North Star Soccer Camp will assist all level of players preparing for soccer at the next level.

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
Girls Soccer	GS-1	2-4	July 16-19	Mon-Thur	8:00-9:30 am	\$60.00
	GS-2	5-7		Mon-Thur	8:00-9:30 am	\$60.00
	GS-3	8-12	July 23-26	Mon- Thur	9:30-11:30 am	\$75.00

LOCATION GS-1, GS-2 SCN SOUTHFIELD, GS-3 SCN STADIUM

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	3-9	June 11 -13 June 18-20	Mon-Wed Mon-Wed	9:30-11:00 am 9:30-11:00 am	\$55.00

SWIMMING LESSONS: SCN Swim School offers a 3 to 1 student to teacher ratio. Open age for all lessons. The level of lesson based on ability of the swimmer.

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

We will offer a Holiday week (July 4th) \$34 per class and

Advance Camp July 9-12 and July 16 -19 for \$80

CAMP NAME	CAMP #	GRADE	DATES	DAYS	TIME	COST
SESSION #1	CLASS 1 CLASS 2 CLASS 3 CLASS 4 CLASS 5 CLASS 6	ALL	June 11- 15	Mon - Fri	10:00-10:30 am 10:40-11:10 am 11:20-11:50 am 12:00- 12:30 pm 12:40- 1:10 pm 1:20- 1:50 pm	\$42.00 PER CLASS
SESSION #2	CLASS 1 CLASS 2 CLASS 3 CLASS 4 CLASS 5 CLASS 6	ALL	June 18-22	Mon - Fri	10:00-10:30 am 10:40-11:10 am 11:20-11:50 am 12:00- 12:30 pm 12:40- 1:10 pm 1:20- 1:50 pm	\$42.00 PER CLASS
SESSION # 3	CLASS 1 CLASS 2 CLASS 3 CLASS 4 CLASS 5 CLASS 6	ALL	June 25- 29	Mon - Fri	10:00-10:30 am 10:40-11:10 am 11:20-11:50 am 12:00- 12:30 pm 12:40- 1:10 pm 1:20- 1:50 pm	\$42.00 PER CLASS
HOLIDAY SESSION	CLASS 1 CLASS 2 CLASS 3	ALL	July 2- July 5-6	Mon - Thur-Fri	10:00-10:30 am 10:40-11:10 am 11:20-11:50 am	\$34.00 PER CLASS
SESSION #4	CLASS 1 CLASS 2 CLASS 3 CLASS 4 CLASS 5	ALL	July 9-13	Mon - Fri	10:00-10:30 am 10:40-11:10 am 11:20-11:50 am 12:00- 12:30 pm 12:40- 1:10 pm	\$42.00 PER CLASS
SESSION # 5	CLASS 1 CLASS 2 CLASS 3 CLASS 4 CLASS 5	ALL	July 16-20	Mon - Fri	10:00-10:30 am 10:40-11:10 am 11:20-11:50 am 12:00- 12:30 pm 12:40- 1:10 pm	\$42.00 PER CLASS
ADVANCE CAMP			July 9-12 July 16-19	Mon - Thur	1:00-2:00 PM	\$80.00

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 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 11-22	Tues-Thur-Fri	8:00-9:00 am	\$80.00
Boys & Girls Tennis	TN-2	5-8	June 11-22	Tues-Thur-Fri	9:00-10:00 am	\$80.00
Girls Tennis	TN-3	9-12	June 11-29	Tues-Thur-Fri	10:00-11:30 am	\$125.00
Boys Tennis	TN-4	9-12	June 11-29	Tues-Thur-Fri	11:45 am- 1:30 pm	\$125.00

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.

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 Individual	VB-1	K-8	July 9-19	Mon-Thur	10:00-11:30 am	\$100.00
Volleyball High School	VB-2	9-12	July 9-26	Mon & Wed Tues & Thur	7:30-10:00 am 1:00-3:00 pm 7:30-10:00 am	\$130.00

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 side out, 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 9-26	Mon & Wed Tues & Thur	11:30 am-1:00 pm 12:00 - 2:30 pm	\$95.00
Volleyball Middle School	VB-5	5-8	July 16-26	Mon & Wed Tues & Thur	11:30 am-1:00 pm 12:00- 2:00 pm	\$70.00

WATER POLO:

All water polo programming for the summer season is run through St. Charles Water Polo.

Two programs will be offered this summer:

- Youth Program - Ages 8-13 - Open to both boys and girls - no experience necessary, but a swimming background is encouraged
- High School - Ages 14-18 - Will run a boys and a girls program - no experience necessary, but many participants will have experience playing at the high school level

Please visit www.teamunify.com/recscwp for all information.

Any questions can be directed to Coach Cloy at christopher.cloy@d303.org

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 11 - 15	Mon - Fri	5:00 - 7:00 pm	\$50.00
Wrestling	WR-2	5 - 12	June 18 - 22	Mon - Fri	5:00 - 7:00 pm	\$50.00

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 7th
For camps with a beginning date in June
*Registration deadline is June 28th
For camps with a beginning date in July

ST. CHARLES NORTH H.S. 2018 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 (2017-18): _____ AMOUNT ENCLOSED: \$ _____

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: _____