

Sabre Football Camp (Entering 9th through 12th Grades)

All athletes will learn the fundamentals necessary to be successful in the Sabre Football Program. Every athlete will participate in a weight room program provided to them by the coaching staff. The athletes will be able to watch themselves on film every week to help improve their performance. Each athlete will participate in drills related to their position on Offense, Defense and Special Teams.

Session	Day	Date	Time	Fee \$100.00
Grades 9-12	T-TH	June 4-27	8am – 11am	
	T-TH	July 9-18	8am – 11am	
	M-F	July 29-Aug 2	8am – 11am	
Grades 10-12	T-TH	July 23- 25	College Visit at Monmouth (Contact Coach for more info)	

Location: Millennium Field and Bartlett High School

Boys Cross Country and Track Conditioning Camp

This camp will prepare and train athletes for the upcoming season. It will consist of long distance running. There will be no focus on field events during this camp. Speed and endurance will be the focus. Please bring a water bottle.

Session	Day	Dates	Time	Fee \$80.00
Grades 9-12	M-TH	June 3-20 & July 8-25	7:00-8:30 AM	

Location: Stairs to Millennium Field

Girls Cross Country and Track Conditioning Camp

This camp will prepare and train athletes for the upcoming season. It will consist of long distance running. There will be no focus on field events during this camp. Speed and endurance will be the focus. Please bring a water bottle.

Session	Day	Dates	Time	Fee \$80.00
Grades 9-12	M-TH	June 3-20 & July 8-25	6:30-8:30 AM	

Location: Stairs to Millennium Field

Boys and Girls Bowling Camp

All levels of bowlers welcome. We will have some Pro bowlers assisting us with this camp. Bowlers will work on learning the basics of bowling. Mini competitions will take place. This camp includes 3 games per day. Bowling shoes will be provided.

Session	Day	Dates	Time	Fee: \$60.00
Grades 8-12	M-W	June 3-5	5:00-7:00 pm	
Grades 8-12	TH	June 6	4:00-6:00 pm	

Location: Streamwood Lanes 1232 Irving Park Rd. Streamwood
Bowlers must be picked up promptly.

Boys and Girls Soccer

The Soccer campers will have the opportunity to learn basic and advanced soccer fundamentals essential for high school development. Campers will focus on trapping, kicking, dribbling, small sided games, and team concepts.

Session	Days	Date	Time	Fee: \$65.00
Grades 9-12	M-TH	July 8-18	8:00-10:00 AM	

Location – Millennium Field

Girls Basketball

The Girls Basketball camp will have focus on basic basketball fundamentals. Offensive skills will be taught in small groups in teaching stations. The camp will also feature team play concepts on a daily basis. Camps will be coached by SHS coaches and former SHS players. This camp includes a t-shirt.

Session	Days	Date	Time	Fee: \$60.00
Grade 8	M-TH	June 3-13	8:00-10:30 AM	

Session	Days	Date	Time	Fee: \$120.00
Grades 9-12	M-TH	June 3-27	8:00–10:30 AM	

Location: Canton Middle School

Boys Basketball

The Boys Basketball Camp will focus on the fundamentals of offense, defense, and individual improvement. Team concepts of all facets of the game will also be taught. Basic offensive and defensive sets will be taught and applied during summer league play.

Session	Days	Date	Time	Fee: \$100.00
Grades 9-12	T/TH	June 4-27	4:30-6:00 PM	

Location: Bartlett High School Main Gymnasium

Boys and Girls Volleyball

The Volleyball Camp will focus on individual skills (passing, hitting, serving and etc.) footwork, offense, defense and team concept. High school athletes will be taught offensive and defensive concepts for summer league and high school tournaments.

Session	Days	Date	Time	Fee: \$60.00 inc. T-Shirt
Grades 7-8	M-TH	July 8-18	2:30-4:00 PM	

Session	Days	Date	Time	Fee: \$90.00 inc. T-Shirt
Grades 9-12	M-TH	July 8-18	4:00-6:00 PM	

Location: Bartlett High School Main Gymnasium

Girls Softball

Softball camp will consist of working on infield, outfield, hitting and base running drills. Athletes will also play game type scenarios and softball mini games.

Session	Days	Dates	Time	Fee: \$55.00
Grades 9-12	M-TH	June 3-6	8:00- 11:00 AM	

Location: Streamwood High Varsity Softball Field

Girls Gymnastics

Contact Mary Kate Brooks for more information at Marykatebrooks@u-46.org

Session	Days	Dates	Time	Fee: \$50.00
Grades 9-12	W/F	June 19 – July 12	9:30- Noon	

Location: Gymkhana 6622 Barrington Road, Hanover Park

Athletic Strength and Conditioning Program

ALL athletes attending summer camp are encouraged to attend this camp. Streamwood High School will utilize a national strength and conditioning program called Volt Athletics in order to develop athletic potential through weight training.

ELITE TRAINING FOR EVERY ATHLETE

<https://www.voltathletics.com/>

Session	Day	Dates	Time	Fee: FREE
Grades 9-12	T-TH	June 3-August 2	Noon-2:00 PM	
*Closed week of July 4th				

Location: Bartlett High School weight room

Sport Physical Locations

Minute Clinics

Bartlett

630-372-3120

South Elgin

847-695-7193

Schaumburg

847-885-1326

Greater Elgin Family Care Center

847-608-1344

***This sport physical will be good for all sports for the
2019-2020 school year!***

SHS CAMP REGISTRATION FORM

Please mail or drop off registration form with fee by May 30th to:

Lee Beattie, Athletic Director Secretary
Streamwood High School
701 W. Schaumburg Road, Streamwood, IL 60107

Please note: Separate registration forms must be used for each athlete and each camp your student attend. Please PRINT clearly as this is used in an emergency.

Make checks payable to: **Streamwood High School**

Last Name First Name

Address

City Date of Birth

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Home Phone Work Phone Cell Phone

Emergency Contact

Emergency Phone # including Area Code

Camp Attending: _____

Dates Attending: _____ Time _____

School now attending: _____

Grade in school this fall: _____ Age: _____

Note: * Indicates camp T-shirts included with registration.

CIRCLE T-SHIRT SIZE: S M L XL XXL

(T-shirts are men's sizes)

INSURANCE

The undersigned parent/guardian hereby consents to the participation of the child named above in a SHS Summer Camp. The undersigned parent/guardian further agrees to indemnify and hold District U-46 and its officers, agents and employees harmless from any and all medical claims, losses, damages which may arise out of injury or loss to the child of the undersigned named above, while said child is in attendance at Streamwood High School Summer Camp. Furthermore, said child is NOT insured by School District U-46. All Athletes must be covered under parents' insurance in order to participate in camp.

Parents Signature Date

Streamwood High School

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**701 West Schaumburg Road,
Streamwood, IL 60107**

2019 Athletic Summer Camps

Boys/Girls Basketball
Boys/Girls Bowling
Football
Boys Cross Country & Track
Girls Cross Country & Track
Girls Gymnastics
Boys / Girls Soccer
Girls Softball
Boys /Girls Volleyball



***PLEASE CHECK LOCATION OF CAMP
NOT ALL CAMPS WILL BE AT SHS**

Mark your Calendar

IMPORTANT DATES

Fall Athletic Registration Dates:

July 31st & August 1st ~8-Noon

Aug. 2nd ~1- 3:30 pm

Aug. 2nd ~ 7- Noon and 1-3:30

Aug. 6th & 8th ~7-Noon

Season Start date: Monday, August 12th, 2019

Football, Boys and Girls Golf

Boys and Girls Cross Country, Boys Soccer,
Girls Swimming, Girls Tennis, Girls Volleyball

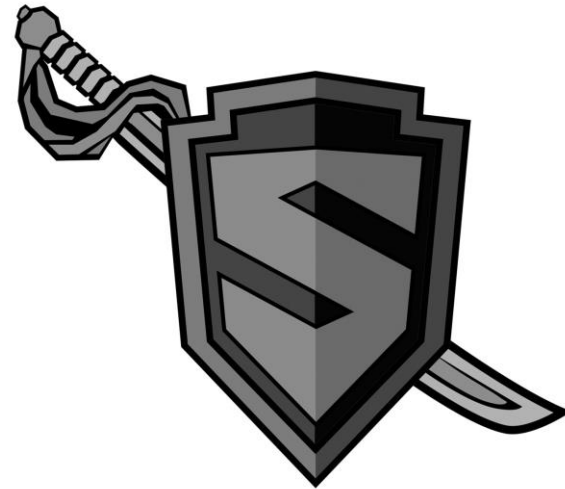
Team Meetings: Dates will be determined by coach.
Attendance is mandatory for athletes and parents.

Team Picture Day: August 24th, 2019

**All fines and fees, including school fees for
the 2019-2020 school year, must be paid
prior to registration. See the treasurer for a
clearance slip prior to registering.**

Visit our athletic website at: www.athletics2000.com/Streamwood

SABRE



PRIDE