Heritage Hall presents

Summer at the Hall 2018
Sports and Fitness
**MAY**

- **YOUTH TENNIS**
  Jenny Gray Ferguson '96 • May 29 - June 1 | 12:30 - 3:00 pm
  Location: Marnie Davis Kennedy Clubhouse and Betsy Braver Family Tennis Center
  Price: $125
  Age(s): Kindergarten - Grade 8

  Come play with the top boys’ and girls’ tennis players in the state. Learn basic or advanced tennis skills while having “lobs” of fun!
  - Include T-shirt size on enrollment form
  - Bring a racket, sunscreen, and water bottle each day

- **YOUTH SOFTBALL**
  Jon Dobbs and Varsity Softball players • May 30 - June 1 | 9:00 am - 12:00 pm
  Location: Softball Field
  Price: $125
  Age(s): Grades 1-8

  Learn the fundamentals of being a good softball player while having a blast with the HH coaches and players. Campers will work to develop individual talents and increase their passion for the game.
  - Bring glove, cleats, and water bottle each day

**JUNE**

- **SUMMER SWIM TEAM**
  Jared Prince • June 4 - Aug 1 (Monday and Wednesday) | 9:00 - 10:00 am
  Location: Pelican Bay Aquatic Center • 1034 S. Bryant Ave. - Edmond, OK
  Price: $180
  Age(s): Grades 1-6 **PREREQUISITE:** individuals must be able to swim one length of a pool without assistance.

  This innovative program is designed to introduce the sport of swimming and provide opportunities to attend various Saturday morning swim meets throughout the summer. Swimmers will learn the basics of competitive swimming techniques while developing skills to improve their swimming proficiency.
  - Bring sunscreen, towel, and water bottle each day
  - No practice on July 2nd

- **YOUTH BASKETBALL (BOYS)**
  Chris Hamilton and HH Coaching Staff • June 11-13 | 1:00 - 3:30 pm
  Location: McClendon Athletic Center (MAC) • Boghetich and Mathis Gym
  Price: $125
  Age(s): Grades 1-8

  Learn the fundamentals of basketball – dribbling, shooting, passing, defensive footwork, game concepts – while gaining an understanding of where and when to use these skills during daily team games.
  - Grade levels will be divided
  - Include T-shirt size on enrollment form

- **YOUTH VOLLEYBALL**
  Kimo Aweau • June 6-8 | 9:00 am - 12:00 pm
  Location: McClendon Athletic Center (MAC) • Boghetich Gym
  Price: $125
  Age(s): Grades 1-6

  Learn the fundamentals of being a good volleyball player from the HH coaches and players. Campers will learn the basic rules, develop individual skills, and increase their passion for the game.
**YOUTH BASEBALL**
Breck Draper and HH Varsity Baseball players • June 13-15 | 9:00 am - 12:00 pm
Location: Stephenson Fieldhouse  
Price: $125  
Age(s): Grades 1-8
Learn the fundamentals of being a good ball player while participating in the same drills Heritage Hall players use. Campers will work to develop individual talents and increase their passion for the game.  
• Bring a water bottle each day

**YOUTH BASKETBALL (GIRLS)**
Leslie Warner • June 18-21 | 1:00 - 3:30 pm
Location: McClendon Athletic Center (MAC) • Boghetich Gym  
Price: $145  
Age(s): Grades 1-8
Girls will build self-confidence, develop their skills and broaden their basketball knowledge in a fun, safe learning environment, performing various activities, drills, and games that emphasize the fundamentals of basketball.  
• Include T-shirt size on enrollment form

**YOUTH CHEER**
Mary Beth Braggs and HH Cheerleaders • June 18-21 | 10:00 am - 12:30 pm
Location: McClendon Athletic Center (MAC) • Cheer Room  
Price: $140  
Age(s): PreK-Grade 6  
• PreK-Grade 3 will focus on cheerleading basics - jumps, motions, cheers, chants, band chants  
• Grades 4-6 will focus on perfecting the proper jump, motion, and voice techniques for sideline cheerleading, plus HH cheers and chants; these skills will help campers prepare for Middle and Upper School cheer  
• Wear athletic shoes and comfortable clothes  
• Include T-shirt size on enrollment form  
• Snacks included

**BRITISH SOCCER CAMP (SESSION 1: MORNING)**
British Soccer Coaches • June 18-22 | 9:00 am - 12:00 pm
Location: Field North of Baseball Field, near the NW 122nd St. entrance  
Price: $169  
Age(s): Grades K-8 (levels will be divided)
This camp will emphasize agility, balance, and coordination. Drills and practices are designed to improve each player’s ball control, foot skills, technical drills, and core techniques - all taught within a framework of character development by a UK-trained coaching staff. **Players enrolling in both sessions may bring a lunch for supervised lunchtime.** Each player will receive a T-shirt, new soccer ball, and more.  
• Bring a labeled water bottle  
• Wear shin guards, cleats, and sunscreen  
• Bring a labeled soccer ball

**BRITISH SOCCER CAMP (SESSION 2: AFTERNOON)**
British Soccer Coaches • June 18-21 | 1:00 - 3:30 pm
Location: Field North of Baseball Field, near the NW 122nd St. entrance  
Price: $65  
Age(s): Grades 5-8 only (levels will be divided)  
This is a third-party camp. Please enroll directly at challengersports.com
Extended session from Session 1: Morning Camp for grades 5-8 only. Bring a lunch, shin guards, sunscreen, a labeled water bottle, and a labeled soccer ball.
CHARGER STRENGTH

Wesley Holloway ’08 • Sessions available (Monday - Thursday):

- 4-week June 4-28 Price: $250 9:00 - 10:30 am
- 7-week June 4-July 26 Price: $325 9:00 - 10:30 am

Location: McClendon Athletic Center (MAC) • Weight Room
Age(s): Grades: 9-12 (male and female)

Charger Strength is a high-intensity (volume), weight room-based workout program geared to give our athletes an edge. Campers will follow a specific training progression designed to enhance muscle mass and strength, with a focus on three core lifts: squat, clean, and bench.
- No camp the week of July 1-7
- Include T-shirt size on enrollment form

CHARGER IRON - PRE-SEASON FOOTBALL

Wesley Holloway ’08 • June 4 - July 26 (Monday - Thursday) | 6:30 - 8:45 am

Location: McClendon Athletic Center (MAC) • Weight Room
Price: $325
Age(s): Grades: 9-12 • Heritage Hall Football players

Championships are won in the summer! This 7-week course is designed to increase football-specific strength, power, and conditioning heading into the start of camp. All high school football players are expected to attend.
- No camp the week of July 1-7
- Include T-shirt size on enrollment form

CHARGER IRON - FUNDAMENTALS

Wesley Holloway ’08 • Sessions available (Monday - Thursday):

- 3-week June 11-28 Price: $200 10:30 am - 12:00 pm
- 3-week July 9-26 Price: $200 10:30 am - 12:00 pm
- 6-week June 11-July 26 Price: $300 10:30 am - 12:00 pm

Location: McClendon Athletic Center (MAC)
Age(s): Grades: 7-8 (male and female)

Charger Iron Fundamentals is our entry-level program for middle school athletes. Participants will focus on mobility and weight room techniques, while building an athletic foundation.
- No camp the week of July 1-7
- Include T-shirt size on enrollment form

CHARGER FIT

Wesley Holloway ’08 • Sessions available (Monday - Thursday):

- 3-week June 11-28 Price: $200 9:00 - 10:30 am
- 3-week July 9-26 Price: $200 9:00 - 10:30 am
- 6-week June 11-July 26 Price: $300 9:00 - 10:30 am

Location: McClendon Athletic Center (MAC)
Age(s): Grades: 9-12 (male and female)

ChargerFit is a high-energy, fast-paced workout, designed to improve muscle tone, flexibility, and overall fitness level. This camp will challenge your mind, challenge your body, and most importantly, make fitness fun.
- No camp the week of July 1-7
- Include T-shirt size on enrollment form

CHARGER FIT - ADULT VERSION

Wesley Holloway ’08 • June 11-July 26 (Mon, Tues, Thurs) | 6:30 - 7:30am or 10:30 - 11:30am

Price: $250
Location: McClendon Athletic Center (MAC)
Age(s): 18+ (male and female)

You’ve wanted it for years – it’s finally here! ChargerFit - Adult Version will be a boot-camp style workout designed to mimic the highly successful programs of our athletes. Daily workouts will challenge your mind, challenge your body, and most importantly, make fitness fun.
- No camp the week of July 1-7
- Include T-shirt size on enrollment form
JULY

- **YOUTH FOOTBALL CAMP**
  
  Brett Bogert ’05 and HH Football players • July 9-10 | 10:00 am - 12:30 pm
  
  **Location:** McClendon Athletic Center (MAC) • Entry
  
  **Price:** $75
  
  **Age(s):** Grades 1-6
  
  Learn the fundamentals behind the success of Charger football. Campers will be introduced to the basic techniques and skills of multiple positions before testing their skills in multiple competitions each day.
  
  • Wear cleats and comfortable clothes
  
  • Bring water bottle each day

- **MIDDLE SCHOOL FOOTBALL CAMP**
  
  Brett Bogert ’05 and HH Football players • July 11-13 | 12:30 - 3:00 pm
  
  **Location:** McClendon Athletic Center (MAC) • Entry
  
  **Price:** $125
  
  **Age(s):** Grades 7-8
  
  Learn the fundamentals behind Heritage Hall’s football success while jump-starting your knowledge before summer camp. Campers will learn basic techniques, formations, coverages, and plays straight from the Charger playbook. All campers will have the opportunity to learn multiple positions and test their skills in daily competitions.
  
  • Wear cleats and comfortable clothes
  
  • Bring water bottle each day

- **FC BARCELONA SOCCER CAMP**
  
  FC Barcelona Soccer Coaches • July 16-20 | 9:00 am - 3:00 pm
  
  **Location:** McClendon Athletic Center (MAC) • Entry
  
  **Price:** Register by March 31 - $449 • Register after March 31 - $499
  
  **Age(s):** Grades 1-12
  
  *This is a third-party camp. Please enroll directly at fcbarcelonasoccer.camp
  
  Take your soccer skills to the next level with FCB’s world-class methodology. Official FCB coaches will lead the camp. Each camper will receive a jersey, shorts, and socks.
  
  • Wear shin guards, cleats, and sunscreen
  
  • Bring a labeled water bottle each day
  
  • Bring a lunch (or sign up for the lunch option)

AUGUST

- **MIDDLE SCHOOL VOLLEYBALL**
  
  Kimo Aweau • August 1-3 | 9:00 am - 12:00 pm
  
  **Location:** McClendon Athletic Center (MAC) • Boghetich Gym
  
  **Price:** $125
  
  **Age(s):** Grades 7-8
  
  Learn the fundamentals behind our volleyball system while jump-starting your knowledge for the fall season. Players will learn basic techniques for success. All players will have the opportunity to learn multiple positions and test their skills in daily competitions.
NEW TO Heritage Hall presents

FULL-DAY LOWER SCHOOL OPTIONS AVAILABLE!
PRESCHOOL - GRADE 4

(For a full list of Preschool - Grade 4 camps, please visit heritagehall.com/summer)

MORNING CHARGER CLUB
7:45 - 9:00 am
Drop your kids off before camps start!
FREE (MON - FRI)

AFTERNOON CHARGER CLUB
3:00 - 5:00 pm
Don’t sweat leaving work!
Let the fun continue at camp!
$15/day or $60 (MON - FRI)

AFTERNOON ENRICHMENT
12:00 - 3:00 pm
Bring your lunch and get ready for
a fun and enriched afternoon!
$30/day or $100 (MON - THURS)

FRIDAY FUNDAY
9:00 am - 3:00 pm
Every Friday, join us for a full day of adventure!
$15/day or $60 (MON - FRI)

QUESTIONS?

CONTACT

CHRIS GFELLER

cgfeller@heritagehall.com or call 405.936.3178

Register online at heritagehall.com/summer or complete attached form and return to:

Heritage Hall Summer at The Hall
1800 NW 122nd St., Oklahoma City, OK 73120
ENROLLMENT FORM

Download additional enrollment forms at heritagehall.com/summer. Register and pay online at heritagehall.com/summer, or submit this form with a check made payable to Heritage Hall (memo: Summer at The Hall).

Each course requires a $50 non-refundable deposit with the balance due on or before the first class day. Deposit is included in total tuition. A $10 late fee will be assessed after the first day of course. Courses are not pro-rated for attendance.

Please use a separate form for each child.

Student Name (Last, First) ____________________________________________ Male / Female ______

Birthdate __________ School Attending Fall 2018 ______________________ Grade Fall 2018 ______

Parent or Guardian __________________________________________________________

Address _________________________________________________________________ City __________ State ______ ZIP ______

Home Phone ____________________ Cell Phone ______________________ Work Phone __________

Email _____________________________________________________________

Program Name Camp Date Tuition Minus Deposit or Payment Enclosed Balance Due

T-Shirt size for the following camps ONLY: Tennis, Basketball, Cheer, Charger Iron (Please indicate camp), Charger Strength, and Charger Fit

Select a size: YOUTH: S M L XL ADULT: S M L XL XXL

Cancellation and Refund Policy

Payments will be refunded if an activity/event is canceled by Heritage Hall School. If the event is NOT canceled by Heritage Hall, a refund (minus a $50 processing fee for each course) will be issued if the request to withdraw is made by email to cpryor@heritagehall.com at least two weeks before the first day of camp/class. A refund cannot be issued if a withdrawal is made less than two weeks prior to activity start date.

MEDICAL RELEASE:

In case of an emergency, I give permission for Heritage Hall to seek available medical treatment for my child.

Signature of parent of legal guardian __________________________ Date __________

MEDIA RELEASE:

☐ YES ☐ NO Heritage Hall has permission to display my child’s photograph on its website. (Name with photo will NOT appear on the website.)

☐ YES ☐ NO Heritage Hall has permission to use my child’s photo in school publications.

☐ YES ☐ NO Heritage Hall has permission to use my child’s photo in media and print advertising.