

2009  
*St. Charles North High School  
Summer Athletic Camps*



*On-line Credit Card/Debit Card payment is now being  
accepted! Please visit <http://north.d303.org>*

*For more information please visit our website at [www.athletics2000.com/scn](http://www.athletics2000.com/scn)  
or call us at 443-3450*

2009  
*St. Charles North High School*  
*Summer Athletic Camp*  
*Information*

**BOYS' BASEBALL:**

The SCN baseball coaching staff will be offering two intense mini camps for grades 4-9 during the summer season. The first camp will be a position specific camp focused on improving defensive skills, fundamentals and agility. The second camp is designed to help improve visual coordination, hitting mechanics and base running fundamentals. Both camps will include video analysis and game like situations.

| Camp Name                 | Camp # | Grade | Dates           | Days             | Time              | Cost |
|---------------------------|--------|-------|-----------------|------------------|-------------------|------|
| Baseball – Defensive Camp | BB-1   | 9     | June 10-12 & 15 | Wed-Fri & Monday | 8:00am – 9:30am   | \$50 |
| Baseball – Defensive Camp | BB-2   | 4-6   | June 10-12 & 15 | Wed-Fri & Monday | 9:30am – 11:00am  | \$50 |
| Baseball – Defensive Camp | BB-3   | 7-8   | June 10-12 & 15 | Wed-Fri & Monday | 11:00am – 12:30pm | \$50 |
| Baseball – Offensive Camp | BB-4   | 9     | June 16-19      | Tuesday – Friday | 8:00am – 9:30am   | \$50 |
| Baseball – Offensive Camp | BB-5   | 4-6   | June 16-19      | Tuesday – Friday | 9:30am – 11:00am  | \$50 |
| Baseball – Offensive Camp | BB-6   | 7-8   | June 16-19      | Tuesday – Friday | 11:00am – 12:30pm | \$50 |

**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 15- June 25 | Monday-Thursday | 8:00am – 9:30am   | \$85  |
| Boys Basketball | BBB-2  | 5-6   | June 15- June 25 | Monday-Thursday | 12:30pm - 2:00pm  | \$85  |
| Boys Basketball | BBB-3  | 7-8   | June 15- June 25 | Monday-Thursday | 2:00pm - 3:30pm   | \$85  |
| Boys Basketball | BBB-4  | 9-12  | June 15- July 2  | Monday-Thursday | 10:00am - 12:00pm | \$100 |

**GIRLS' BASKETBALL:**

SCN's coaching staff will be offering an intense, high quality camp for girls entering grades 3-12. The focus will be on basic skills and fundamentals, shooting drills and competition.

| Camp Name        | Camp # | Grade | Dates            | Days              | Time             | Cost  |
|------------------|--------|-------|------------------|-------------------|------------------|-------|
| Girls Basketball | GBB-3  | 3-5   | June 15- June 18 | Monday – Thursday | 10:30am-12:00pm  | \$50  |
| Girls Basketball | GBB-4  | 6-8   | June 15- June 18 | Monday – Thursday | 12:00pm - 1:30pm | \$50  |
| Girls Basketball | GBB-5  | 9-12  | June 15- July 2  | Monday – Thursday | 8:00am – 10:00am | \$100 |

## BOYS' CROSS COUNTRY:

The North Star Boy'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. High School campers are also welcome to attend the annual 4-day camping/training trip to Devil's Lake, WI for an additional fee. We will meet and run in a variety of locations. Quality running shoes are highly recommended.

| Camp Name          | Camp # | Grade | Dates            | Days              | Time          | Cost  |
|--------------------|--------|-------|------------------|-------------------|---------------|-------|
| Boys Cross Country | BXC-1  | 6-8   | June 15- July 30 | Monday - Thursday | 6:30am-8:30am | \$100 |
| Boys Cross Country | BXC-2  | 9-12  | June 15- July 30 | Monday - Thursday | 6:30am-8:30am | \$100 |

\* No camp the week of June 29<sup>th</sup>

Location: TBA but will include: St. Charles North HS, Haines MS, Pottawattamie Park, LeRoy Oakes and The Great Western Trail Devil's Lake, WI Camping/Training Trip – TBA - open to all high school campers. Additional Fee Required

## 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  | 9-12  | June 15-30 | Monday - Friday | 6:00am-8:00am | \$50 |
| Girls Cross Country | GXC-2  | 9-12  | July 6-24  | Monday - Friday | 6:00am-8:00am | \$50 |
| Girls Cross Country | GXC-3  | 6-8   | June 15-30 | Monday - Friday | 8:00am-9:30am | \$50 |

Location: St. Charles North High School, Haines Middle School, 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   | Site        | Time           | Cost  |
|------------|---------|-------|---|-------------|----------------|-------|
| Drill Team | DRILL-1 | 9-12  | June 10, 11, 15-18, 22-26<br>July 6-9, 13-16, and 20-23 | Bell Graham | 8:00am-10:00am | \$100 |

## FOOTBALL:

The Football coaching staff will be running a football skills camp. The camp will be broken into three age groups, Grades 6-8, 9, & 10-12. The camps will focus on skills and fundamentals, as well as team strategies for both offense and defense. High School camp will also include weight training along with speed, agility and quickness training. Campers should wear shorts, t-shirts, and spikes. Mouthpieces are optional.

| Camp Name | Camp # | Grade | Dates             | Days              | Time              | Cost  |
|-----------|--------|-------|-------------------|-------------------|-------------------|-------|
| Football  | FB-1   | 6-8   | June 22 – June 25 | Monday - Thursday | 10:30am – 12:30pm | \$50  |
| Football  | FB-2   | 9     | June 22 – July 23 | Monday - Thursday | 7:00am – 10:00am  | \$100 |
| Football  | FB-3   | 10-12 | June 10 – July 23 | Monday - Thursday | 7:00am – 10:00am  | \$125 |

\* No camp the week of June 29<sup>th</sup>

## 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 10 – June 18 | Monday - Thursday | 9:30am – 11:00am | \$50 |

## GIRLS' VOLLEYBALL:

Play volleyball!!! The SCN volleyball staff and players will run a two week intense, fun 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   | 5-7   | July 13 – July 17 | Monday - Friday | 8:00am – 9:30am  | \$50 |
| Volleyball - Individual | VB-2   | 8-9   | July 13 – July 17 | Monday - Friday | 9:45am – 11:15am | \$50 |
| Volleyball - Team       | VB-3   | 5-7   | July 20 – July 24 | Monday - Friday | 8:00am – 9:30am  | \$50 |
| Volleyball – Team       | VB-4   | 8-9   | July 20 – July 24 | Monday - Friday | 9:45am – 11:15am | \$50 |

### VOLLEYBALL RETURNEES - Girls and Boys

Play volleyball!!!! We will be running a camp for all high school players on Wednesday evenings throughout the summer in conjunction with our week long camp at the end of July. 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. Come ready to work hard and play at every session.

| Camp Name                | Camp # | Grade | Dates             | Days            | Time             | Cost  |
|--------------------------|--------|-------|-------------------|-----------------|------------------|-------|
| Volleyball – High School | VB-5   | 10-12 | June 17 – July 15 | Wednesday       | 5:00pm – 7:00pm  | \$100 |
|                          |        |       | July 20 – July 24 | Monday - Friday | 11:30am – 1:30pm |       |

## WATER POLO:

WP-1: For 2<sup>nd</sup> – 8<sup>th</sup> grade students interested in learning the fundamentals and how to play the game of water polo. This camp is for experienced and non-experienced players. You do not need to be a member of a swim team, but you should be comfortable with the water and be able to swim.

WP-2: For high school students with experience playing water polo. This camp will have a competition focus with athletes competing in tournaments throughout the summer.

| Camp Name  | Camp # | Grade | Dates             | Days             | Time             | Cost  |
|------------|--------|-------|-------------------|------------------|------------------|-------|
| Water Polo | WP-1   | 2-8   | June 15 – July 22 | Monday/Wednesday | 6:30pm – 7:45pm  | \$50  |
| Water Polo | WP-2   | 9-12  | June 15 – July 22 | Monday/Wednesday | 7:45pm – 9:00pm  | \$100 |
|            |        |       | June 16 – July 23 | Tuesday/Thursday | 6:30pm – 9:00pm* |       |

\* Practice time will be broken up evenly between boys and girls.

\* Additional Fees for tournaments and USA Water Polo membership.

## WRESTLING:

Get the edge on the competition! Wrestlers will learn the techniques for the novice and experienced high school wrestler. Each wrestler will be introduced to freestyle and Greco roman wrestling. Come ready to work hard.

| Camp Name | Camp # | Grade | Dates             | Days             | Time              | Cost |
|-----------|--------|-------|-------------------|------------------|-------------------|------|
| Wrestling | WR-1   | 2-8   | June 16 – July 30 | Tuesday/Thursday | 11:00am – 12:30pm | \$75 |

Mail-in summer camp registration is now being accepted. Please mail your registration along with a check payable to **CUSD 303 Summer Athletics – SCN** to:

St. Charles North High School  
Attn: Chris Eigenhauser  
255 Red Gate Rd.  
St. Charles, IL 60175

On-line registration is also being accepted at this time. Please log onto [www.d303.org](http://www.d303.org) or [www.athletics2000.com/scn](http://www.athletics2000.com/scn) for registration information. Questions? Please call us at 630-443-3450.

**\*Registration deadline is Friday, June 5<sup>th</sup>**

For camps with a beginning date in June

**\*Registration deadline is Friday, July 3<sup>rd</sup>**

For camps with a beginning date in July

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**ST. CHARLES NORTH H.S. 2009 SUMMER ATHLETIC CAMP**

STUDENT/ATHLETE'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE NUMBER: \_\_\_\_\_ CELL NO: \_\_\_\_\_

EMERGENCY NAME: \_\_\_\_\_ & PHONE NO: \_\_\_\_\_

CAMP NAME: \_\_\_\_\_ CAMP NO: \_\_\_\_\_

CAMP NAME: \_\_\_\_\_ CAMP NO: \_\_\_\_\_

CAMP NAME: \_\_\_\_\_ CAMP NO: \_\_\_\_\_

Year in School (2008-09) \_\_\_\_\_

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.