



OCONOMOWOC HIGH SCHOOL  
**ATHLETIC  
SUMMER CAMPS**



**RACCOONS**

**2024**



# TABLE OF CONTENTS

Basketball – Boys ..... 3

Basketball – Girls ..... 4

Cheer – Boys & Girls..... 5

Cross Country – Boys & Girls ..... 6

Football – Boys..... 7

Soccer – Boys & Girls ..... 8

Volleyball – Boys & Girls ..... 9

# REGISTRATION INFORMATION

Registration for OHS Athletic Summer Camps is separate from the OASD Summer School registration. Registration will occur online through the OASD Web Store and full payment is due at the time of registration.

**Click or scan to reach the  
OASD Webstore & Register!**

For more information on OHS Athletics Summer Camps, please visit [www.oasd.org/SportsCamps](http://www.oasd.org/SportsCamps).

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**Declaracion de Traducccion:** *Estamos trabajando diligentemente para traducir nuestros documentos al español. Por favor comuníquese con la escuela de su hijo para aclaración. Si todavía necesitas aclaración, por favor comuníquese con Translate@oasd.org.*

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**Nondiscrimination:** *The Oconomowoc Area School District provides assurance that no student is discriminated against because of the student's sex, race, color, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability.*

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## **BASKETBALL – BOYS**

The Oconomowoc High School Boys Basketball Team will be conducting a camp to help youth basketball players work on the fundamentals of basketball. During these sessions, we will be working on shooting, dribbling, passing, defense, and teamwork. We will work on fundamentals to be a successful player and to have fun playing the game of basketball. There will also be competitions and games to test skills and show the importance of sportsmanship. This will be a great opportunity for each player to get individual attention from our players and coaches and to have fun learning the fundamentals of basketball.

Staff for this clinic will include Varsity Boys Coach, Jay Benish, Varsity Assistant Coaches, Jon Fischer and Greg Jefferies, JV Coach, Tyler Enright, Freshmen Coaches, Austin Gifford and Ryan Kase, as well as the Oconomowoc High School players. All players who register before the deadline will receive an Oconomowoc Basketball shirt and the camp fee also includes the summer shooting program.

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### **FOR STUDENTS ENTERING GRADES 3-6**

**Date:** June 10 – June 13

**Hours:** 10:30 – 11:45 a.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS Basketball Coaches

**Fee:** \$70.00 includes a t-shirt

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### **FOR STUDENTS ENTERING GRADES 7-8**

**Date:** June 10 – June 13

**Hours:** 11:45 a.m. – 1:00 p.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS Basketball Coaches

**Fee:** \$70.00 includes a t-shirt

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### **REGISTRATION DEADLINE**

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however students who register by May 24, 2024, are guaranteed to receive a t-shirt. Registrations after May 24 are not guaranteed a shirt.

For questions or more information, please contact OHS Basketball Coach Jay Benish at [BenishJ@oasd.org](mailto:BenishJ@oasd.org).



## **BASKETBALL – GIRLS**

### **GRADES 3 – 6**

The camp for grades 3 – 4, and grades 5 – 6 will be structured as a four-day camp. Each day of camp will consist of warm-up, individual skill work, team play, and competitions. The focus of the camp is to improve individual fundamentals like ball handling, passing, shooting, defense, and overall knowledge of the game.

#### **FOR STUDENTS ENTERING GRADES 3 & 4**

**Date:** June 10 – June 13

**Hours:** 8:00 – 9:15 a.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS Basketball Coaches and players

**Fee:** \$70.00 which includes a t-shirt

#### **FOR STUDENTS ENTERING GRADES 5 & 6**

**Date:** June 10 – June 13

**Hours:** 9:15 – 10:30 a.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS Basketball Coaches and players

**Fee:** \$70.00 which includes a t-shirt

### **GRADES 6 – 8**

Girls entering grades 6, 7, and 8 will have the opportunity to attend 1 or 2 camp sessions that are each three weeks long. These sessions will be focused on the following skills to build fundamentals and overall skill development:

- Specific drills focusing on development of ball handling, shooting, and passing
- Sessions that include game situations and competitive drills
- Individual, small group, and large group instruction

**Basketball camp times will allow 7<sup>th</sup> and 8<sup>th</sup> grade students to participate in the OASD Summer School O-Power program. Registration for 7<sup>th</sup> and 8<sup>th</sup> grade O-Power occurs through the separate Summer School registration process. Visit [www.oasd.org/SummerSchool](http://www.oasd.org/SummerSchool) for information on Summer School registration and the O-Power course.**

6<sup>th</sup> grade students can register for either basketball camp session, however the Summer School O-Power program is not offered for 6<sup>th</sup> grade students.

#### **FOR STUDENTS ENTERING GRADES 6-8**

**Date:** June 17 – July 3 (Session 1) & July 8 – 25 (Session 2)

**Hours:** 9:30 - 10:30 a.m. Monday-Thursday (prior to the 7<sup>th</sup>-8<sup>th</sup> grade O-Power program)

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS Basketball Coaches

**Fee:** \$200.00 for both sessions & includes a t-shirt, \$110 for one session & includes a t-shirt

### **REGISTRATION DEADLINE**

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however students who register by May 24, 2024, are guaranteed to receive a t-shirt. Registrations after May 24 are not guaranteed a shirt. For questions or more information, please contact OHS Basketball Coach Kim Mueske at [conomowocgirlsbasketball@gmail.com](mailto:conomowocgirlsbasketball@gmail.com)



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## **CHEER – BOYS & GIRLS**

The Oconomowoc High School Cheer Team will host a clinic for kids entering grade 1 – 5. Kids will learn cheers and a short dance while having fun. The group will then join the Oconomowoc Independence Day Parade along with the varsity cheerleaders on June 29, 2024.

### **FOR STUDENTS ENTERING GRADES 1 – 5**

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**Date:** June 28

**Hours:** 5:30 – 7:30 p.m.

**Location:** OHS Field House

**Instructors:** OHS Cheer Coaches

**Fee:** \$50.00 which includes a t-shirt, bow, and poms

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### **REGISTRATION DEADLINE**

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however students who register by June 12, 2024, are guaranteed to receive a t-shirt. Registrations after June 12 are not guaranteed a shirt.

For questions or more information, please contact OHS Cheer Coach Nicole Sidesky at [SideskyN@oasd.org](mailto:SideskyN@oasd.org).



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## **CROSS COUNTRY – BOYS & GIRLS**

The goal of Cross Country Camp is to help develop each individual as a runner and an athlete. The camp will focus on many areas that are important to distance runners like endurance running, stretching, core training, nutrition, speed work, training logs, form, cross-training, mental imagery, and racing tactics. The camp culminates with a Fun Run on the final day of camp, utilizing part of the Nature Hill Intermediate Cross Country Course.

### **HIGH SCHOOL ATHLETES:**

Preparation is the key to success, particularly in running. This camp provides a great opportunity for the high school runner to develop the physical and mental edge needed to be competitive in the upcoming season.

### **ATHLETES IN GRADES 6 – 8:**

For the younger runner, camp offers the chance to begin developing the skills and conditioning that will help athletes learn and grow as runners. Workouts will be appropriate for each athlete’s experience and condition.

High school athletes are at the camp in preparation for the upcoming season but are also a resource for younger athletes to learn more about the high school running experience. Our hope is that each athlete will learn about running and training, and at the same time find enjoyment in the freedom of running as a life-time pursuit.

### **FEATURES OF CROSS COUNTRY CAMP:**

- Each day athletes will receive instruction before they go out for a group run and/or activity.
- Athletes will be placed in groups based on age, ability, and experience.
- All Pre-Registered Campers will receive a Cross Country Camp T-Shirt.

## **FOR STUDENTS ENTERING GRADES 6 – 12**

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**Date:** July 15 – July 18

**Hours:** 5:30 – 8:00 p.m.

**Location:** Nature Hill Intermediate School, 850 Lake Drive, Oconomowoc

**What to Bring:** running shoes, water, a snack like an energy bar or apple, clothing for inclement weather

**Instructors:** OHS Cross Country Coaches

**Fee:** \$60.00 which includes a t-shirt

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## **REGISTRATION DEADLINE**

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however students who register by June 1, 2024, are guaranteed to receive a t-shirt. Registrations after June 1 are not guaranteed a shirt.



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## **FOOTBALL – BOYS**

Thank you for your interest in Oconomowoc Football Camps. At OHS, we reflect the community’s commitment to greatness by helping our athletes discover the grit and drive that is essential to maximizing potential. Football’s demands—discipline, passion, and selflessness— will benefit you as a football player and will carry you to even more significant achievements later in life. We can’t wait to work with you this summer.

Campers will be working in a focused, fun environment to improve athleticism and basic football skills in all positions. Over the three-day camp, each player will gain experience on offense, defense, and special teams. Camp time will include everything from classroom instruction to full competition.

The Youth Football Camp starts with a focus on individual skills, then adds the group and team components to each athlete’s training. All phases of the game will be covered, from inside/outside run game on offense to defending the pass on defense. Fast and fun, this camp is what football is about.

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### **YOUTH CAMP – FOR STUDENTS ENTERING GRADES 5 – 8**

**Date:** July 22 – July 24

**Hours:** 1:00 – 2:30 p.m.

**Location:** OHS Rux Stadium & OHS PDC

\*\*Athletes should wear shorts/t-shirt and cleats. Mouthguards are NOT required. Bring a water bottle.

**Instructors:** OHS Football Coaches & Student Athletes

**Fee:** \$65.00 which includes a t-shirt

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### **HIGH SCHOOL CAMP – FOR STUDENTS ENTERING GRADES 9 – 12**

**Dates:** July 22 – July 25

**Grades 10-12 Hours:** 6:00 – 9:30 a.m.

**Grade 9 Hours:** 7:00 – 10:30 a.m.

**Location:** OHS Rux Stadium & OHS Personal Development Center

\*\*Athletes should wear shorts/t-shirt and cleats. Mouthguards ARE required. Bring a water bottle.

**Instructors:** OHS Football Coaches

**Fee:** \$75.00

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### **REGISTRATION DEADLINE**

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however students who register by June 25, 2024, are guaranteed to receive a t-shirt. Registrations after June 25 are not guaranteed a shirt. For questions or more information, please contact OHS Football Coach Sal Logue at [LogueS@oasd.org](mailto:LogueS@oasd.org).



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## **SOCCER – BOYS & GIRLS**

The Oconomowoc Soccer Development Academy is a skill development program for players looking to compete at the high school level. The OHS Boys and Girls Varsity Soccer coaches will concentrate on individual skill training and teaching tactical awareness.

Each day will have a different focus, with take home points and skills training that can be honed individually well after camp. **Attendees should bring all necessary equipment: ball, shin guards, soccer boots, and water.**

### **FOR STUDENTS ENTERING GRADES 4 – 9**

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**Date:** June 24 – June 27

**Hours:** 5:00 – 7:00 p.m.

**Location:** OHS West Fields

**Instructors:** OHS Soccer Coaches

**Fee:** \$80.00 which includes a t-shirt (*walk-in registrants will be charged \$90*)

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### **REGISTRATION DEADLINE**

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however students who register by June 1, 2024, are guaranteed to receive a t-shirt. Registrations after June 1 are not guaranteed a shirt.

For questions or more information, please contact OHS Soccer Coach Mike Beatty at [BeattyM@oasd.org](mailto:BeattyM@oasd.org).





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## **VOLLEYBALL – BOYS & GIRLS**

Oconomowoc Volleyball Camps are open to any boys or girls who will be entering grades 5K – 9 for the 2024 – 2025 school year. Please register for the grade your child will be entering in the 2024 – 2025 school year. By attending an Oconomowoc Volleyball Camp, your child will learn and improve on the fundamental skills of playing volleyball. Volleyball camps are an excellent way to build teamwork, interact with the coaches and players, and learn the offense and defense used by the Oconomowoc High School teams. The camps will prepare your child for Intermediate School and High School play. All camps are run by the Oconomowoc Boys and Girls Volleyball coaching staff and assisted by members of the Oconomowoc High School JV1, JV2 and Varsity teams. By participating in the camp, ninth graders will be prepared for try-outs and for their freshman year of high school volleyball.

Participants will receive individual instruction on developing fundamental skills: serving, passing, setting, hitting, and blocking. Drills will involve both individual skills and game-like situations. Younger players will learn how to run a 4-2 or 6-2 offense and defensive coverage. All players will receive age-appropriate instruction in a sequential manner to ease learning of skill progression. Older players will learn how to run a 5-1 or 6-2 offense and both defensive coverages. All players will also participate in daily tournament play and have opportunities for camp awards.

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### **FOR STUDENTS ENTERING GRADES 5K – 3**

**Date:** June 10 – June 13

**Hours:** 1:30 – 2:30 p.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS & OVBC Volleyball Coaches

**Fee:** \$60.00 which includes a t-shirt

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### **FOR STUDENTS ENTERING GRADES 4 – 6**

**Date:** June 10 – June 13

**Hours:** 3:00 – 4:30 p.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS & OVBC Volleyball Coaches

**Fee:** \$70.00 which includes a t-shirt

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### **FOR STUDENTS ENTERING GRADES 7 – 9**

**Date:** June 10 – June 13

**Hours:** 5:00 – 6:30 p.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS & OVBC Volleyball Coaches

**Fee:** \$70.00 which includes a t-shirt

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## **REGISTRATION DEADLINE**

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however students who register by June 1, 2024, are guaranteed to receive a t-shirt. Registrations after June 1 are not guaranteed a shirt.

**Registration will be closed once 75 students register per session.**

For questions or more information, please contact OHS Volleyball Coach Darin Danelski at (262)-434-0404 or [DanelskiD@oasd.org](mailto:DanelskiD@oasd.org).