



OCONOMOWOC HIGH SCHOOL
**ATHLETIC
SUMMER CAMPS**



RACCOONS

2025

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REGISTRATION

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.

For additional information on OHS Athletics Summer Camps and access to the OASD Web Store, please visit www.oasd.org/OHSAthletics and click the button for Athletic Summer Camps on the left.

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.

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.

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 emphasize the importance of teamwork, hard work, and having fun playing the game of basketball. There will also be competitions and games to test their 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, Greg Jefferies, and Bobby Janowiak, JV Coach, Ryan Kase, Freshmen Coaches, Jonah Samp and James Monogue, 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.

FOR STUDENTS ENTERING GRADES 3-5

Date: June 9 – June 12

Hours: 10:30 – 11:45 a.m.

Location: OHS Gale Douglas Fieldhouse

Instructors: OHS Basketball Coaches

Fee: \$70.00 includes a t-shirt

FOR STUDENTS ENTERING GRADES 6-8

Date: June 9 – June 12

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

REGISTRATION DEADLINE

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however, students who register by May 24, 2025, are guaranteed to receive a t-shirt. Registrations after May 25 are not guaranteed a shirt.

For questions or more information, please contact OHS Basketball Coach Jay Benish at BenishJ@oasd.org.

BASKETBALL – GIRLS

The Oconomowoc High School Girls Basketball Camp will offer sessions for girls entering grades 1-8. The camp for grades 1-5 will be structured in a four-day, one-week camp. Each day of camp will consist of a warm-up, individual skill work, team play, and competitions. The focus of the camp is to introduce and improve upon individual fundamentals like ball handling, passing, shooting, defense, and overall knowledge of the game.

Girls entering grades 6, 7, and 8 will have the opportunity to attend 1 or 2 sessions consisting of three weeks each throughout the summer in combination with the O-Power program set for our middle school students. 6th-grade students are able to register for the basketball sessions, however, there is not a corresponding time for O-Power available for their grade level. These basketball 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
- 3 v 3 play to develop game awareness and practice of skills in game-like situations
- Individual, small-group, and large-group instruction

FOR STUDENTS ENTERING GRADES 1-3

Date: June 9 – June 12

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 4 & 5

Date: June 9 – June 12

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

FOR STUDENTS ENTERING GRADES 6-8

Session 1 Dates: June 16-July 3

Session 2 Dates: July 7-24 (no camp July 10)

Hours: 9:30 - 10:30 a.m. Monday-Thursday prior to 7/8 O-Power

Location: OHS Gale Douglas Fieldhouse

Instructors: OHS Basketball Coaches

Fee: \$215.00 for both sessions & includes a t-shirt, \$120 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 25, 2025, are guaranteed to receive a t-shirt. Registrations after May 25th are not guaranteed a shirt.

For questions or more information, please contact OHS Basketball Coach Kim Mueske at oconomowocgirlsbasketball@gmail.com.

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 lifetime 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

Date: July 14-July 17, 2025

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

REGISTRATION DEADLINE

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however, students who register by June 1, 2025, are guaranteed to receive a t-shirt. Registrations after June 1 are not guaranteed a shirt.

FOOTBALL

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 and 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.

YOUTH CAMP FOR STUDENTS ENTERING GRADES 5 – 8

Date: July 21 – July 23

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

HIGH SCHOOL CAMP – FOR STUDENTS ENTERING GRADES 9 – 12

Dates: July 21 – July 24

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

REGISTRATION DEADLINE

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however, students who register by June 25, 2025, 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.

SOCCER – BOYS & GIRLS

STUDENTS ENTERING GRADES K – 4 FOCUS

The K-4 Soccer Camp at Oconomowoc High School is designed for young athletes looking to develop their skills in a fun and supportive environment. Focused on teaching the fundamentals of soccer through games, drills, and teamwork, this camp offers kids the opportunity to work with current OHS players. **Attendees should bring all necessary equipment: ball, shin guards, soccer cleats, and water.**

STUDENTS ENTERING GRADES 5 – 8 FOCUS

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 cleats, and water.**

FOR STUDENTS ENTERING GRADES K – 8

Date: July 21st - July 24th (25th is a makeup date)

Hours: 5:00 – 7:00 p.m.

Location: OHS West Fields

Instructors: OHS Soccer Coaches/Players

Fee: (\$80 K-4th) (\$90.00 5th-8th) which includes a t-shirt (*walk-in registrants will be charged \$110*)

REGISTRATION DEADLINE

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however, students who register by July 1, 2025, are guaranteed to receive a t-shirt. Registrations after July 1 are not guaranteed a shirt.

For questions or more information, please contact either of the OHS Soccer Coaches, Jacob Stemper at StemperJ@oasd.org or Haddie Holz at HolzH@oasd.org.

GIRLS VOLLEYBALL

Oconomowoc Girls Volleyball Camps are open to female students in grades 5K – 9 for the 2025 – 2026 school year. Please register for the grade your child will be entering in the 2025 – 2026 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 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 tryouts 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.

FOR STUDENTS ENTERING GRADES 5K – 3

Date: June 16 – June 19

Hours: 1:30 – 2:30 p.m.

Location: OHS Gale Douglas Fieldhouse

Instructors: OHS Volleyball Coaches & Players

Fee: \$60.00 which includes a t-shirt

FOR STUDENTS ENTERING GRADES 4 – 6

Date: June 16 – June 19

Hours: 3:00 – 4:30 p.m.

Location: OHS Gale Douglas Fieldhouse

Instructors: OHS Volleyball Coaches & Players

Fee: \$70.00 which includes a t-shirt

FOR STUDENTS ENTERING GRADES 7 – 9

Date: June 16 – June 19

Hours: 5:00 – 6:30 p.m.

Location: OHS Gale Douglas Fieldhouse

Instructors: OHS Volleyball Coaches & Players

Fee: \$70.00 which 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 June 1, 2025, 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.

BOYS VOLLEYBALL

Oconomowoc Boys Volleyball Camps are open to male students in grades 3 – 9 for the 2025 – 2026 school year. Please register for the grade your child will be entering in the 2025 – 2026 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 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 tryouts 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. All players will receive age-appropriate instruction in a sequential manner to ease learning of skill progression. All players will also participate in daily tournament play and have opportunities for camp awards.

FOR STUDENTS ENTERING GRADES 3 – 5

Date: June 9th-12th

Hours: 2:00–3:00 p.m.

Location: OHS Gale Douglas Fieldhouse

Instructors: OHS & OVBC Volleyball Coaches

Fee: \$60.00 which includes a t-shirt

FOR STUDENTS ENTERING GRADES 6 – 9

Date: June 9th-12th

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

REGISTRATION DEADLINE

Online registration will be accepted through the [OASD Web Store](#) until the start of camp, however, students who register by June 1, 2025, are guaranteed to receive a t-shirt. Registrations after June 1 are not guaranteed a shirt.

For questions or more information, please contact OHS Boys Volleyball Coach Tyler Domenoski at DomenoskiT@oasd.org.

GIRLS SOFTBALL

The Oconomowoc Softball Youth Camp welcomes young girls in grades 2-8 to participate in our camp. In this camp, you will be taught & work on the fundamentals of softball such as hitting, fielding, catching, & pitching. While being taught the fundamentals, you will also see how hard work, discipline, work ethic, being focused, & of course having fun help you on & off the field. At this camp, you meet the coaches along with some of the players in the OHS Softball program who will help you learn more about softball. **Attendees should bring their own equipment including a glove, bat, helmet & water to the camp.**

FOR STUDENTS ENTERING GRADES 2 – 4

Date: June 23rd

Hours: 9:00 - 11:00 a.m.

Location: OHS West Fields

Instructors: OHS Softball Coaches & Athletes

Fee: \$40.00 which includes a t-shirt

FOR STUDENTS ENTERING GRADES 5 – 8

Date: June 23rd

Hours: 11:15 - 1:15 p.m.

Location: OHS West Fields

Instructors: OHS Softball Coaches & Athletes

Fee: \$40.00 which 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 April 16, are guaranteed to receive a t-shirt. Registrations after April 16 are not guaranteed a shirt.

For questions or more information, please contact OHS Softball Coaches Auxier and Sabel at AuxierC@oasd.org and SabelS@oasd.org.