



OCONOMOWOC HIGH SCHOOL  
**ATHLETIC  
SUMMER CAMPS**



**RACCOONS**

**2021**



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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](http://www.oasd.org/OHSAthletics) and click the button for Athletic Summer Camps on the left.

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**Declaracion de Traduccion**

*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](mailto: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 – GIRLS

The Oconomowoc High School Girls Basketball Camp will offer sessions for girls entering grades four through eight. 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, and shooting.

The Oconomowoc Girls Basketball Camp will offer youth athletes:

- Focus on basic fundamentals and skill development
- Specific drills focusing on development of ball handling, shooting, and passing
- Sessions that include games and competitive drills
- Height appropriate hoops and age-appropriate basketball sizes
- Individual, small group, and large group instruction
- A great opportunity for players to learn individual and team basketball

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### FOR STUDENTS ENTERING GRADES 3-5

**Date:** June 14 – June 17

**Hours:** 8:00 – 9:30 a.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS Basketball Coaches

**Fee:** \$60 which includes a t-shirt

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### FOR STUDENTS ENTERING GRADES 6-8

**Date:** June 14 – June 17

**Hours:** 9:45 – 11:30 a.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS Basketball Coaches

**Fee:** \$60 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 May 27, 2021, are guaranteed to receive a t-shirt. Registrations after May 27 are not guaranteed a shirt.

For questions or more information, please contact OHS Basketball Coach Bob Shea at [SheaB@oasd.org](mailto:SheaB@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 12 – July 15

**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 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, 2021, 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 – 6

**Date:** July 19 – July 21  
**Hours:** 2:00 – 3:30 p.m.  
**Location:** OHS Rux Stadium & OHS Personal Development Center  
**Instructors:** OHS Football Coaches & Student Athletes  
**Fee:** \$50 which includes a t-shirt  
**Registration Deadline:** Online registration will be accepted through the [OASD Web Store](#) until June 1, 2021

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### YOUTH CAMP FOR STUDENTS ENTERING GRADES 7 – 8

**Date:** July 19 – July 21  
**Hours:** 4:00 – 5:30 p.m.  
**Location:** OHS Rux Stadium & OHS Personal Development Center  
**Instructors:** OHS Football Coaches & Student Athletes  
**Fee:** \$50 which includes a t-shirt  
**Registration Deadline:** Online registration will be accepted through the [OASD Web Store](#) until June 1, 2021

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

**Dates:** July 18 – July 22  
**Hours:** 6:00 – 9:00 p.m.  
**Location:** OHS Rux Stadium & OHS Personal Development Center  
**Instructors:** OHS Football Coaches  
**Fee:** \$50  
**Registration Deadline:** Please register online through the [OASD Web Store](#) as soon as possible

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For questions or more information, please contact OHS Football Coach Sal Logue at [LogueS@oasd.org](mailto:LogueS@oasd.org).



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## GYMNASTICS – GIRLS

Oconomowoc Girls Gymnastics Camp will offer a session for girls entering first and second grade and another session for girls entering third and fourth grade. The camp is open to girls of all skill-levels. Each day of camp will consist of warm-ups, individual skill work, games, and mock competitions. The camp will be led by the OHS gymnastics coaches and student-athletes.

### FEATURES OF THE GYMNASTICS CAMP

Girls will work on a variety of skills, including:

- Cartwheel
- Handstand
- Jumps on beam
- Pull-overs on bars
- Jump-ons on vault

Girls will also play games, including:

- Stick It – show your skills by sticking the landing
- Queen of the beam – don't fall off the beam
- Obstacle courses
- On Friday we will have a Mock Meet where girls get to show off their skills

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### FOR STUDENTS ENTERING GRADES 1 – 2

**Dates:** July 12 – July 16

**Hours:** 11:30 a.m. – 12:15 p.m.

**Location:** OHS Upper Gym

**Instructors:** OHS Gymnastics Coaches

**Fee:** \$60 which includes a t-shirt

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### FOR STUDENTS ENTERING GRADES 3 – 4

**Dates:** July 12 – July 16

**Hours:** 12:30 – 1:15 p.m.

**Location:** OHS Upper Gym

**Instructors:** OHS Gymnastics Coaches

**Fee:** \$60 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, 2021, are guaranteed to receive a t-shirt. Registrations after June 1 are not guaranteed a shirt. There will be a limit of 15 girls per session.

For questions or more information, please contact Jenifer Sunder-Bratz at [SunderbratzJ@oasd.org](mailto:SunderbratzJ@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:** July 12 – July 15

**Hours:** 5:00 – 7:00 p.m.

**Location:** OHS West Fields

**Instructors:** OHS Soccer Coaches

**Fee:** \$80 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, 2021, 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 girls or boys who will be entering grades 5K – 9 for the 2021 – 2022 school year. Please register for the grade your child will be entering in the 2021 – 2022 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 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 14 – June 17

**Hours:** 1:15 – 2:15 p.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS & OVBC Volleyball Coaches

**Fee:** \$50 which includes a t-shirt

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### FOR STUDENTS ENTERING GRADES 4 – 6

**Date:** June 14 – June 17

**Hours:** 2:30 – 4:00 p.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS & OVBC Volleyball Coaches

**Fee:** \$60 which includes a t-shirt

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### FOR STUDENTS ENTERING GRADES 7 – 9

**Date:** June 14 – June 17

**Hours:** 4:30 – 6:30 p.m.

**Location:** OHS Gale Douglas Fieldhouse

**Instructors:** OHS & OVBC Volleyball Coaches

**Fee:** \$70 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, 2021, are guaranteed to receive a t-shirt. Registrations after June 1 are not guaranteed a shirt.

**Registration will be closed once 100 students register for grades 5K-6, and 100 students register for grades 7-9.**

For questions or more information, please contact OHS Volleyball Coach Michelle Bruss at (262)-490-1263 or [BrussM@oasd.org](mailto:BrussM@oasd.org).