RIVERSIDE BROOKFIELD HIGH SCHOOL

2012 SUMMER ATHLETIC PROGRAMS

Riverside Brookfield High School
Department of Athletics
160 Ridgewood Road
Riverside, IL 60546
Phone: 708.442.8319 Fax: 708.442.1096
www.rbhs208athletics.org

RBHS SUMMER ATHLETIC CAMPS 2012

All grades listed are for Fall of 2012

Boys' Varsity Summer League
Boys' Baseball Camp

Boys' Basketball Camp, Incoming Freshmen
Boys' Basketball Camp, Incoming Sophomores & Varsity
Boys' Basketball Camp, grades 4-8
Boys' Basketball Camp, grades 4-9, Offensive Skills Camp
Girls' Basketball Camp, grades 9-12
Girls' Basketball Camp, grades 5-8

Boys' Golf Camp, grades 9-12
Girls' Golf Camp, grades 9-12

Gymnastics Camp, Incoming Freshmen and 8th Grade

Boys' Running Camp, grades 9-12
Girls' Running Camp, grades 1-8 & grades 9-12

Boys' Soccer Camp, grades 9-12
Girls' Soccer Camp, grades 9-12

Football Sports Conditioning/Weight Training Camp, grades 9-12 & 5-8

Boys' Tennis Camp, grades 6-12
Coed Tennis: Experienced High School Camp, grades 10-12
Coed Tennis: Skill Development for High School Camp, grades 9-12
Coed Tennis Camp, grades 7-8
Coed Tennis Camp, grades 3-6
Tennis Team Warm-up Camp

Boys' Volleyball Camp, grades 9-12 & grades 5-8
Girls' Volleyball Camp, grades 9-12 & grades 5-8

Grade School Wrestling Camp, grades 4-8
High School Wrestling Camp, grades 9-12

Girls Competitive Dance Camp, grades 9-12

Boys' & Girls' Swimming, grades 9-12

SUMMER CAMP GENERAL INFORMATION

All fees are due prior to the first day of camp participation. Refunds will be issued on a case-by-case basis. Students who wish to take camps conflicting with Summer School Classes, should contact Mr. Passarella to see if this arrangement is possible.

Campers should come dressed appropriately with any needed equipment and ready to actively participate.

Absences from camp should be reported to the coach by phone or email. Email addresses are last name, first initial @rbhs208.net

CONTACTS FOR SUMMER CAMP INFORMATION

Athletic Director	Art Ostrow	708.442.9563 (office) or 708.305.5434 (cell)
Administrative Assistant	Terry Cavanaugh	708.442.8319
Baseball	Dallas Till	708.442.7500 #2236
B Basketball	Mike Reingruber	708.442.7500 #2320
	Tom McCloskey	708.363.2947 (cell)
G Basketball	Dallas Till	708.442.7500 #2236
B Golf	Larry Rocco	708.715.3504 (cell)
G Golf	Neil Dugetti	708.738.7099 (cell)
B Running	Larry Forberg	708.442.7500 #2221
G Running	Kristi Sterling	708.442.7500 #2312 or 847-533-5710 (cell)
B Soccer	Danny Makaric	708.769.4141 (cell)
G Soccer	Danny Makaric	708.769.4141 (cell)
FB/Conditioning	Brendan Curtin, Varsity	708.915.0410 (cell)
FB/Conditioning	TBA, Sophomore	
FB/Conditioning	Tim Olson, Freshman	312.307.7260 (cell)
B Tennis	Brennan Denny	630.606.7625 (cell)
Tennis	Robert Hegner	708.296.0864 (cell)
Volleyball	Dan Bonarigo	708.442.7500 # 2350 or 847.951.9554 (cell)
Gymnastics	Tom Sisulak	708.447.3767
Wrestling	Mike Bertoni	773.818.4010 (cell)
G Competitive Dance Camp	Mo Gorman	708.442.7500 #2334
B & G Swimming	Todd Fridrych	708.903.4130 (cell)

2012 SUMMER CAMPS

BOYS' VARSITY BASEBALL SUMMER LEAGUE

Dallas Till, Head Varsity Coach, Assistant Coaches

For RB students entering 10th (invite only) 11th & 12th grade during the 2012-2013 school year. Participants will compete in the Near West Summer League against other local schools. T-shirt included.
Dates: June 12 –July 28
Time: TBA
Fee: $160

BASEBALL SUMMER CAMP

For RB students entering 9th and 10th grade during the 2012-2013 school year. Camp focuses on fundamental skill development and strategy. Camp will be held at the baseball field behind the school and/or fieldhouse. T-shirt is included
Dates: June 11 – June 15 (Monday-Friday)
June 18 – June 21 (Monday-Thursday)
Time: 9:30 am-11:30 am
Fee: $85.00

PLEASE CHECK WWW.RBHS208ATHLETICS.ORG/BASEBALL.HTML FOR ANY UPDATES OR CHANGES TO DATES/TIMES/LOCATIONS. CONTACT COACH TILL AT TILLD@RBHS208.ORG WITH QUESTIONS.

BOYS' BASKETBALL CAMPS

Tom McCloskey, Head Boys' Basketball Coach, Boys' Assistant Coaches and players

Grades 4th-8th Camp (Fall of '12)

This camp has a fun atmosphere. All skill levels are encouraged to attend. Campers will participate in stations covering fundamentals such as shooting, passing, ball handling, rebounding, etc. There will also be contests and games each day.
Dates: June 11-15, 18-21
Time: 12:00 – 1:45 pm Location: Main Gym, Fieldhouse and East Gym - Meet in Fieldhouse
Fee: $100 includes t-shirt

Offensive Skills Camp for 4th-9th Grade (Fall '12)

This camp will focus on all offensive skills with an emphasis on shooting. Players will go through a variety of stations covering passing, ball handling, shooting off screens, shooting off the move, shooting off the dribble, stationary shooting, free throw shooting, one on one moves, screening, cutting, etc. Players will also participate in games in each day.
Grades: 4th-9th (Fall of '12)
Dates: June 25-28
Time: 10:30 am- 12:00 pm Location: Fieldhouse and East Gym
Fee: $60 includes t-shirt

Incoming Freshman Camp (Fall of '12)

All skill levels are encouraged to attend. Campers will participate in stations covering fundamentals such as shooting, passing, ball, handling, rebounding, etc. Players will participate in a number of drills and games to get them ready to try out for the freshman basketball team.

Dates: June 11-15, 18-21
Time: 2:00 – 3:30 pm Location: Fieldhouse or East Gym
Fee: $100 includes t-shirt

Incoming Sophomore and Varsity Camp (Fall of '12)

Players will participate in a number of drills and games to get them ready to try out for the sophomore and varsity basketball team. This camp has a practice like atmosphere.

Dates: June 5, 6, 8, 11, 12, 14, 18, 19, 21, 25, 26, 28
Time: 2:00 – 3:30 pm Location: Main Gym and Fieldhouse
Fee: $100 includes t-shirt

GIRLS' BASKETBALL CAMPS

Dallas Till, Varsity Basketball Coach
708. 442.7500 # 2236 for more information

All girls' basketball campers will receive instruction in all areas of the game and participate in contests and 5 on 5 action each day.

High School Division- Grades 9 through 12 (Fall of '12)

Dates: June 4-7, 11-14
Time: 9:00 am - 10:30 am Location: Main Gym, East Gym, and Fieldhouse
Fee: $100 includes t-shirt

Grades 5 through 8 Division (Fall of '12)

Dates: June 4-7, 11-14
Time: 10:30 am – 12:00 noon Location: Fieldhouse; meet in the Main Gym on the first day
Fee: $100 includes t-shirt

BOYS' GOLF CAMP

Larry Rocco, Head Coach
708.715.3504 for more information

All golfers will receive one hour of teaching instruction at the driving range. Thursday will be spent golfing. We will meet at RB in front of the school at 12:30 p.m. and take busses to the driving range or golf course. Please bring your own golf clubs each day. Grades 9-12 (Fall of '12)

Dates: June 11 – June 14 Monday through Thursday
Times: 12:30 pm - 2:30 pm Monday through Wednesday
12:30 pm - 4:00 pm (time may change) Thursday
Fee: $95 includes range balls & golf fees on Thursday

GIRLS' GOLF CAMP

Neil Dugetti, Head Coach
708.738.7099 for more information

Dates: June 25 and 26 (Fresh meadows Driving range)
June 27 and 28 (two rounds of golf)
Times: 9:00am – 11:00am (June 25th & 26th)
10:00am tee time (June 27th & 28th)

Fee: $55 includes range balls & two rounds of golf

BOYS' AND GIRLS' GYMNASTIC CAMP

Tom Sisulak, Head Coach
708.447.3767 for more information

No previous gymnastics experience required. Just a willingness to listen, learn, and try hard to improve your gymnastics skills. Open to any upcoming 7th, 8th, or 9th grade students. Girls and boys welcome. *Limited to the first 20 gymnasts to sign up!*

Girls' events will include Vaulting, Uneven Bars, Balance Beam, and Floor Exercise. Boys' events will include Floor Exercise, Pommel Horse, Still Rings, Vaulting, Parallel Bars, and High Bar. A wonderful opportunity to develop gymnastics skills, strength, flexibility, confidence, and have a lot of fun in the process! Wear or bring your own workout clothes, socks and running shoes.

RBHS Gymnastics Coach Tom Sisulak and special guest coaches and special guest gymnasts throughout the week.

Dates: July 23-27 Monday through Friday
Times: 9:00 am - 12:00 pm Location: Gymnastics Gymnasium
Fee: $85.00

BOYS' RUNNING CAMP

Larry Forberg, Head Boy's Cross Country Coach

This camp is open to high school students, including incoming freshmen, seventh and eighth graders. Participants will develop running skills and an appreciation for distance running.
Dates: June 18 – July 26 Monday/Tuesday/Wednesday/Thursday
Time: 8:00 am – 10:00 am Location: Meet at old front doors on Ridgewood
Fee: $90 includes one t-shirt & transportation costs for running trips

GIRLS' RUNNING CAMP

Kristi Sterling, Girls' Cross Country Coach

This camp is open to high school students, including incoming freshmen, seventh and eighth graders. Participants will develop running skills and an appreciation for distance running. If you are thinking about joining cross country in the fall, the running camp will help you to be more successful when the season starts.

Dates: June 18 – July 26 Monday/Tuesday/Wednesday/Thursday
Time: 8:00 am – 10:00 am Location: Old front of the school off Ridgewood Rd.
Fee: $90 includes one t-shirt & transportation costs for running trips

BULLDOG SOCCER CAMP

Danny Makaric, RB Soccer Coaches

This camp is open to all boys and girls entering grades 9-12. This camp will provide players with basic through advanced skills and instruction specifically tailored to the RB Soccer programs. Campers must have shin guards, water bottles and comfortable clothing.

Dates: June 25-29 (Girls) July 9-13(Boys) Monday through Friday
Times: *Girls 5:00*-7:00pm *Boys* 6:00-8:00 pm Location: Stadium
Fee: $95 includes a t-shirt

FOOTBALL SPORTS CONDITIONING AND WEIGHT TRAINING CAMP

Brendan Curtin, Head Varsity Coach, TBA, Head Sophomore Coach
Tim Olson, Head Freshman Coach

This program is open to high school students including incoming freshmen. Daily work consists of weight training, agility conditioning and individual offensive and defensive drills. The conditioning portion will help students develop football skills.

Seniors & Juniors & Sophomores

Dates: June 11th – June 29th Monday through Friday
July 9th – July 27th Monday through Friday
Time: 2:00pm-7:00pm Monday through Thursday Location: Stadium
8:00am-12:00pm Fridays
Fee: $130

Incoming Freshmen (Fall '12)

Dates: June 18-21, June 25-28, July 9-12
Time: 12:00 - 2:30 pm Location: Shuey Stadium
Fee: $95

Grade School Camp (entering 5th, 6th, 7th, or 8th grade) – No weight training

Dates: July 9-12
Time: 11:00 am-1:00 pm Location: Shuey Stadium
Fee: $80

BOYS TENNIS CAMP

Brennan Denny, Boys' Tennis Coach

This camp is open to all boys entering grades 6-12. This camp will provide players with basic through advanced skills and instruction specifically tailored to the RB tennis program.

Dates: June 11th – June 22nd Monday through Friday
Time: 9:00am – 11:00am
Fee: $110 Location: RB Tennis Courts

COED TENNIS CAMPS

Bob Hegner, Girls' Tennis Coach

Tennis everyone! The RB coed tennis camp will be divided into four classes this summer. All camps will work on the five basic strokes of tennis: serve, volley, ground stroke, overhead and lob. Beginning players will also learn scoring and tennis court vocabulary and experienced players will also work on the mental aspects of the game. Each session will feature drills, games, and fun!

Dates: 3 weeks, 15 days, Weekdays, July9-13, 16-20 & 23-27
Class Numbers: Minimum 12, Maximum 28 participants (each camp)
Location: RB Tennis Courts (class moved indoors in event of inclement weather)
Fee: $110 lessons; free camp t-shirt if registered by Friday, June 1st

Camp 1. *8:00-9:25 am* High school boys and girls with team competition experience and entering their junior or senior year.

Camp 2. *9:30-10:55 am* All other high school boys and girls, including incoming freshmen, who may lack team experience but want to learn/develop tennis skills and perhaps join an RB tennis team in the coming school year. (Note: It is a good opportunity for incoming freshmen not only to develop skills but also to see if playing tennis would be fun for them.)

Camp 3. *11:00 am-12:25 pm* Junior high (grades 7 & 8, fall '12) boys and girls who would like to learn/develop tennis skills.

Camp 4. *12:30-1:55 pm* Other grade school (grades 3-6 fall '12) boys and girls who would like to learn to play tennis.

TENNIS TEAM WARMUP

Bob Hegner, Girls' Tennis Coach

This one week camp is for all RB students, including incoming freshmen who are either planning or considering joining one of the tennis teams this school year. It is intended to offer a preview of team routine and practice activities for incoming freshman and an extra week of preseason preparation for returning team members.
Dates: June 25--29 Monday through Friday
Time: 8:00 -10:00 am
Class Numbers: Minimum 12, Maximum 24 participants Location: RB Tennis Courts
Fee: $35 for the five days (10 hours)

BOYS' & GIRLS' VOLLEYBALL SKILLS CAMP

Dan Bonarigo, Head Boys' and Girls' Volleyball Coach

Camps will include daily instruction in all volleyball skills from head coach, Dan Bonarigo and girls' and boys' volleyball assistant coaches. The cost of the camp will include a t-shirt.

Junior High Girls and Boys (Grades 5-8 Fall of '12)

Dates: June 18-22, 25-29
Time: 9:15-10:30 am Location: Main Gym
Fee: $95.00

High School Girls (Grades 9-12 Fall '12)

Dates: June 18-22, 25-29
Time: 7:00 - 9:00 am Location: Main Gym & Fieldhouse
Fee: $105.00

High School Boys (Grades 9-12 Fall '12)

Dates: June 18-22, 25-29
Time: 11:00 am – 1:00 pm Location: Main Gym
Fee: $105.00

WRESTLING CAMP

Mike Bertoni, Head Wrestling Coach

Grade School Wrestling Camp (Grades 4-8 Fall of '12)

Dates: July 23-27
Time: 5:30pm -6:30pm Location: Wrestling room
Fee: $50.00 & includes t-shirt

High School Wrestling Camp (Grades 9-12 Fall '12)

Dates: July 23-27
Time: 6:30pm-7:30pm Location: Wrestling room
Fee: $50.00 & includes t-shirt

GIRLS COMPETITIVE DANCE CAMP

Mo Gorman, Head Coach
708-442-7500 ext. 2334 for more information

Girls Competitive Dance Camp, grades 9-12
Participants will learn and practice the dance skills necessary for the Pupettes Competitive Dance Team. Intermediate to advanced dance background is required. Strength training and conditioning will be done daily to improve muscle groups needed for specific skills and increase cardiovascular endurance to get through high energy routines.

Dates: June 4-July 26
Time: Monday 6:30-9:00 am, Tuesday 5:00-7:30 pm, & Thursday 6:30-9:00 am
Location: East Gym Fee: $60.00

Riverside Brookfield High School

Swim Conditioning & Weight Training

Summer 2012

When: Monday, June 4th – Saturday, July 28th

Time: Swim → *Monday – Friday 6 - 8am; Sat. 8-10am*
Weights → *Monday, Wednesday, Friday 8-9am*

Where: Riverside Brookfield High School Aquatic Center

Cost: $185 per person (Grades 9-12)

Riverside Brookfield High School will be running a conditioning program for competitive swimmers. The program is designed to train and increase aerobic and anaerobic levels, enhance stroke technique, and improve starts and turns. The program is being offered to current and incoming high school swimmers. ***There will be no swim meets offered with this program. This program is being run through the high school and is not USS affiliated.***

Name(s) _____

_____

_____

Address _____

Phone Home #_____
Swimmer(s) Cell #
Swimmer 1 - Name _____ #_____
Swimmer 2 - Name _____ #_____
Swimmer 3 - Name _____ #_____

Total Swimmers _____
Total Cost _____
Amount Enclosed _____

Payment Due: *Friday, May 11, 2012*

Checks made payable to Riverside Brookfield High School

RBHS 2012 SUMMER ATHLETIC REGISTRATION FORM

Student's Name_____ Gender M ____ F ____

Age_____ Birthdate_____ Grade entering Fall '12 FR SO JR SR Other:_____

School Attending Fall 2012_____

Parent's
Name_____

Address_____
Street City Zip Code

Home Phone_____ Work Phone_____Cell Phone_____

Student's T-shirt size (circle for sports camps): Adult S M L XL
Child S M L

Camp Title_____

Date(s) _____ Fee paid_____

Camp Title_____

Date(s) _____ Fee paid_____

Camp Title_____

Date(s) _____ Fee paid_____

As the parent of a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the sole risk of any injury, including death, damages or loss which may be sustained as a result of participating, in any manner in any and all activities connected with or associated with such program. I further recognize and acknowledge that athletic activities may involve strenuous exertion, potential body contact, may be hazardous and involve substantial risk of injury. I agree to waive and relinquish any and all claims that I may have as a result of my child's participating in the program against Riverside Brookfield High School. I understand the nature of the program for which I am registering, and have read and fully understand this waiver.

Parent Signature_____Today's Date_____

Please return registration form and payment to RBHS Business Office.
Checks can be made payable to RBHS.

☐ I would like to request a parking permit for Rockefeller Road. The Assistant Principals' office will contact you to inform you of your request. Due to limited summer parking space if denied, you will need to make appropriate accommodations to avoid being ticketed.