

**GRANDVIEW WOLVES**



**ATHLETICS**

**SUMMER  
SPORTS CAMPS  
2019**



# GRANDVIEW HIGH SCHOOL 2019 SUMMER SPORTS CAMPS

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## GHS BASEBALL CAMP

**Program Description:** Grandview Baseball offers 4 teams in the spring (Varsity, Junior Varsity, Sophomore, and Freshmen).



Grandview Baseball will provide an outstanding experience to our student-athletes by committing to excellence in baseball as part of a larger commitment to excellence in education.

The guiding principle behind Grandview Baseball is our belief in its educational value for our student-athletes. High school athletics promotes the development of character traits that will lead to success later in life. These include the drive to take one's talents to the highest level of performance through deliberate practice; embracing the discipline needed to reach high standards; learning to work with others as a team in pursuit of a common goal; establishing leadership traits; and adherence to codes of sportsmanship.

Grandview Baseball aims for a level of athletic performance that will produce winning seasons and the opportunity to compete for Centennial League and Colorado State Championships.

We will have a player and parent meeting for anyone interested in participating in Grandview Baseball. This meeting is in September and will inform everyone of our offseason plans, our fundraising opportunities, how our try-outs are conducted in the spring, as well as our summer programs. We begin our off-season program in November with classroom sessions. In January and February, we will work out indoors several times per week.

Grandview Baseball also offers summer baseball programs for anyone who makes a team in the spring. We have traveled to Notre Dame, Oklahoma State, Wichita State, San Diego State, and more in the past few years. We will continue to travel to competitive tournaments throughout the country and compete in the most competitive local tournaments as well.

Contact: **Scott Henry** at [shenry5@cherrycreekschools.org](mailto:shenry5@cherrycreekschools.org)

## GHS BOYS & GIRLS BASKETBALL CAMP

**Program Description:** Campers will get the opportunity to work with the Boys and Girls players and coaches. Campers will work on ball handling, passing, rebounding and shooting.



Campers will also learn about fundamentals of defensive in addition to getting to play in many different competitions and games. Campers will have learn from the best and have a lot of fun!

<b>Open to:</b> Boys and Girls entering 3rd Grade thru HS	<b>Cost:</b> \$100 and \$75 for sibling discount
<b>Dates:</b> June10-13	<b>Staff:</b> Boys and Girls Basketball Coaching Staff and Players
<b>Time:</b> 1:00-3:00 pm	<b>Contact:</b> Josh Ulitzky <a href="mailto:julitzky@cherrycreekschools.org">julitzky@cherrycreekschools.org</a>
<b>Location:</b> Grandview Gyms	Michael Rogers <a href="mailto:mrogers21@cherrycreekschools.org">mrogers21@cherrycreekschools.org</a>
<b>Registration:</b> <a href="http://www.hometeamsonline.com/teams/default.asp?u=WOLVESBASKETBALL&amp;s=basketball&amp;p=home">http://www.hometeamsonline.com/teams/default.asp?u=WOLVESBASKETBALL&amp;s=basketball&amp;p=home</a>	

## GHS CHEERS

**Program Description:** The Grandview Cheer program focuses on supporting many different sports team at GHS and being spirit leaders for the student body by performing at games and during pep assemblies. It is also a competitive program that competes regionally and nationally. Our mission is to provide athletes with a successful and meaningful educational experience. Team members have personal goals of high academic achievements, increasing athletic ability, learning effective time management, and learning to become valuable team members.



<b>Open to:</b> 9 - 12 Grade	<b>Cost:</b>
<b>Dates:</b> Fall and Winter Seasons	<b>Staff:</b>
<b>Time:</b>	
<b>Location:</b>	
<b>Registration:</b>	<b>Contact:</b> Christina Maccarrone <a href="mailto:wsmock@cherrycreekschools.org">wsmock@cherrycreekschools.org</a>

## GHS CROSS COUNTRY SUMMER CAMP

**Program Description:** The goal of this pre-season camp is to give athletes time to progress into Cross Country shape. All levels of runners are welcomed. Consistent participation helps prevent injuries once the season begins. Cross Country is a wonderful sport for students beginning high school. It is no cut and very welcoming to all athletes.



<b>Open to:</b> High School Students including incoming 9th graders	<b>Cost:</b> \$75
<b>Dates:</b> June 3rd - Aug. 8th	<b>Staff:</b> Jim Thoumure
<b>Time:</b> 7:30am - 9:00am	
<b>Location:</b> Grandview High School	
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	<b>Contact:</b> Jim Thoumure: <a href="mailto:james.thomure@dcsdk12.org">james.thomure@dcsdk12.org</a>

## GHS FIELD HOCKEY CAMP

**Program Description:** Grandview Field Hockey is a fall sport. For information on summer camps and the 2019 fall season, please contact the Grandview Athletic Department.



<b>Open to:</b> 9 - 12 Grade	<b>Cost:</b> \$85.00
<b>Dates:</b>	<b>Staff:</b>
<b>Time:</b>	
<b>Location:</b>	
<b>Registration:</b>	<b>Contact:</b> Wesly Smock <a href="mailto:wsmock@cherrycreekschools.org">wsmock@cherrycreekschools.org</a>

## GHS FIELD HOCKEY SKILLS & CONDITIONING

**Program Description:** This camp is designed to develop fundamental field hockey skills in game play. The other focus is improving fitness, specifically strength and endurance for game play. This camp will support players who choose to attend the Rocky Mountain State Games Tournament July 20-22nd.



<b>Open to:</b> Current and Incoming GHS Students	<b>Cost:</b> \$125.00 (drop-in fee of \$10 if you attend 6 or less sessions)
<b>Dates:</b> June 26– July 26: Tuesdays and Thursdays	<b>Equipment:</b> field hockey stick, shin guards, eye protection, mouth guard and water bottle.
<b>Time:</b> 8:00 – 9:30 am	<b>Location:</b> Legacy Stadium (Cherokee Trail HS)
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	<b>Contact:</b> Desiree Crocker <a href="mailto:dcrocker2@cherrycreekschools.org">dcrocker2@cherrycreekschools.org</a> 617-448-7719

## GHS WOLVES FOOTBALL SUMMER PROGRAM

**Program Description:** The Grandview Football Tradition continues to be a COMMITMENT to team-work and growth. Our summer training camp is essential for TEAM building, and program UNITY as well as individual growth as a player.

Our Summer program consists of 5 weeks of speed and strength training, two weeks of CHSAA approved team camp, and one week of preseason conditioning. The calendar below shows the dates times and locations for all of our summer workouts. All workouts are at Grandview High School athletic facilities with the exception of the CHSAA summer Scrimmage day set for June 21st at a location TBD.



CAMP	DATE	TIME
Team Speed and Strength Training	June 3rd thru June 6th (Monday-Thursday)	Varsity/JV 7am -9am Freshman 9am-11am
TEAM CAMP	June 10th- June 21st (Monday-Friday)	All Levels 7:30am-10:30am
Team Speed and Strength Training	June 24th-June 27th (Monday-Thursday)	Varsity/JV 7am -9am Freshman 9am-11am
Team Speed and Strength Training	July 8th –July 25th (Monday-Thursday)	Varsity/JV 7am -9am Freshman 9am-11am
Preseason Testing and Conditioning	August 5th – August 9th (Monday-Friday)	All Levels 3:30pm-5:30pm

<b>Open to:</b> Grades 9-12	<b>Cost:</b> \$350
<b>Location:</b> Grandview High School	<b>Staff:</b> Grandview Football Coaches
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	<b>Contact:</b> Coach Schultz <a href="mailto:jschultz2@cherrycreekschools.org">jschultz2@cherrycreekschools.org</a>

## GHS BOYS GOLF CAMP

**Program Description:** The Boy's Golf Program here at Grandview High School strives to have athletes compete at the highest level. In order to do that, you have to spend time working on your game and competing. Athletes are encouraged to play in as many competitive tournament or league settings as they can be involved in throughout the spring and summer months. In Colorado there are numerous avenues to accomplish this. The best way to get involved around the state is through the Junior Golf Alliance of Colorado (<http://www.juniorgolfcolorado.org/>). Athletes can become a member and participate in tournaments that fit their skill level around the state all spring, summer, and fall. Meadow Hills Golf Course in Aurora also hosts a summer league for middle and high school aged students that provides lessons as well as a weekly match throughout the summer. This provides an opportunity to play in a tournament atmosphere locally. There are also many ways to get students out playing and practicing through some of the opportunities that the City of Aurora Golf Courses provide. The best thing they have is their Youth on Course Card or membership. You can call any Aurora course and ask about that information.



The best thing is for athletes to be practicing, playing, and working on their game to be ready to play the high school season. Get them involved with lessons and working with a teaching professional at your local course is a great start. Having players learn the rules and how to play will really benefit them for the tryouts in the fall. The Grandview Boys Team is partnering with Grant Jackson at Saddlerock Golf Course this summer. He will be running a summer schedule of practices alongside Coach Dodd.

**Contact:** Coach Will Dodd  
[wdodd3@cherrycreekschools.org](mailto:wdodd3@cherrycreekschools.org)

## GHS GIRLS GOLF CAMP

**Program Description:** Girls Golf takes place in the spring. The Girl's Golf Program here at Grandview High School strives to have athletes compete at the highest level. In order to do that, you have to spend time working on your game and competing. Athletes are encouraged to play in as many competitive tournament or league settings as they can be involved in throughout the summer and fall months. In Colorado, there are numerous avenues to accomplish this. The best way to get involved around the state is through the Junior Golf Alliance of Colorado (<http://www.juniorgolfcolorado.org/>). Athletes can become a member and participate in tournaments that fit their skill level around the state all spring, summer, and fall. Meadow Hills Golf Course in Aurora also hosts a summer league for middle and high school aged students that provides lessons as well as a weekly match throughout the summer. This provides an opportunity to play in a tournament atmosphere locally. There are also many ways to get students out playing and practicing through some of the opportunities that the City of Aurora Golf Courses provide. The best thing they have is their Youth on Course Card or membership. You can call any Aurora course and ask about that information.



The best thing is for athletes to be practicing, playing, and working on their game to be ready to play the high school season. Get them involved with lessons and working with a teaching professional at your local course is a great start. Having players learn the rules and how to play will really benefit them for the tryouts in the fall. Please contact the Grandview Athletic Department in the fall for information on the 2020 season.

**Open to:** 9 - 12 Grade

## GHS POMS CAMP

**Program Description:** The Grandview Poms program focuses on supporting many different sports teams at GHS and being spirit leaders for the student body by performing at half times and during pep assemblies. It is also a competitive program that competes regionally and nationally. Our mission is to provide dancers with a successful and meaningful educational experience. Team members have personal goals of high academic achievements, increasing dance ability, learning effective time management, and learning to become valuable team members.



**More information:** website [www.ghspoms.com](http://www.ghspoms.com)

<b>Open to:</b> 9th-12th grade	<b>Cost:</b>
<b>Dates:</b> April 2019-March 2020	<b>Staff:</b> Head Coach: Megan Mehl
<b>Time:</b> Year Round	
<b>Location:</b> Grandview	
<b>Registration:</b> <a href="http://www.ghspoms.com">www.ghspoms.com</a>	<b>Contact:</b> Megan Mehl <a href="mailto:grandviewpomcoach@gmail.com">grandviewpomcoach@gmail.com</a>

## GHS WOLVES SOCCER MTXE CAMP

**Program Description:** This conditioning and skills camp will prepare players for the upcoming fall soccer season. Plyometrics and agility exercises will be utilized for improving strength and speed. Technical exercises will occur with and without a soccer ball. Sessions will conclude with fitness work that will build on a players conditioning and prepare them for the fall season. This camp is open to athletes going into grades 8-12. The camp will be held indoors during inclement weather.



<b>Open to:</b> Boys & Girls, Going into Grades 8-12	<b>Cost:</b> \$75
<b>Dates:</b> July 29, July 30, Aug 1, Aug 5, Aug 6, Aug 8	
<b>Time:</b> 5:00 - 7:00 pm	<b>Staff:</b> GHS Soccer Coaches
<b>Location:</b> GHS Soccer Fields	<b>Contact:</b> Brian Wood 303-503-2970 (cell) or 720-886-6706 (office)
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	
<b>Equipment:</b> Athletes should wear running shoes and bring soccer cleats and a water bottle	

## GHS SOFTBALL CAMP

**Program Description:** Campers will develop and advance their softball skills through drills and instruction from Grandview coaching staff. Participants will also work on agility, speed and strength training, batting, slapping and bunting.



<b>Open to:</b> 5-12 Graders	<b>Cost:</b> \$100
<b>Dates &amp; Times:</b> August 5th - 9th / 6-8pm August 10th Scrimmage and BBQ for campers and families 10am - Noon	<b>Staff:</b> Grandview Coaches
<b>Location:</b> Grandview Softball Field	<b>Contact:</b> Erik Higenes <a href="mailto:emhigenes@comcast.net">emhigenes@comcast.net</a> 720-284-9497
<b>Registration:</b> <a href="http://www.grandviewsoftball.net">www.grandviewsoftball.net</a>	



## GHS GIRLS SWIM STROKE CLINIC

**Program Description:** The clinic is a four-week stroke progression with three one-hour sessions per week. Swimmers will practice each stroke, along with starts, breakouts and turns. The goal of the clinic is to help swimmers improve stroke technique and feel confident as they move into the high school girls swim season. Swimmers need to bring a suit, goggles, cap and towel.



<b>Open to:</b> Those trying out for Girls Swim	<b>Cost:</b> \$100
<b>Dates:</b> Oct. 7 - Nov. 8	<b>Staff:</b> Coach Karen
<b>Time:</b> MWF before School	<b>Contact:</b> Karen Ammon <a href="mailto:starskaren@aol.com">starskaren@aol.com</a>
<b>Location:</b> Grandview Pool	
<b>Registration:</b> email <a href="mailto:starskaren@aol.com">starskaren@aol.com</a>	

## GHS WOLVES TENNIS CAMP

**Program Description:** Instruction led by experienced coaches and former varsity players Instruction includes grip, forehand, backhand, serve, return of serve, lob, court positioning, control, form, pace, footwork and strategy. A GREAT WAY TO STAY IN TENNIS SHAPE. There will be a short parent meeting to answer any questions you may have about the camp at the beginning of the first practice for each session.



Payment due on first day of session. No refunds after first day of session

<b>Open to:</b> Open to elementary school, middle school and high school boys and girls	<b>Cost:</b> • \$115 for ONE session • \$210 for TWO sessions • \$315 for THREE session • \$400 for all FOUR sessions
<b>Dates:</b> June 4-7 and June 11-14 AND/OR July 9-12 and 16-19	<b>Staff:</b> Grandview Coaches and Former Varsity Athletes
<b>Time:</b> 8:30-10:30 AM	<b>Contact:</b> Jeff Ryan <a href="mailto:jryan10@cherrycreekschools.org">jryan10@cherrycreekschools.org</a> (303) 859-5756
<b>Location:</b> Grandview High School Tennis Courts	
<b>Registration:</b> <a href="http://MileHighSportsCamp.com">MileHighSportsCamp.com</a>	

## GHS TRACK & FIELD

**Program Description:** Track and Field (Boys and Girls): The Grandview Track and Field Program is a non-cut sport that offers opportunities for all types of athletes of all ability levels. We focus greatly on teaching athletes the proper mechanics of running, and improving their overall speed. A skill that can be carried over to almost every sport. We offer 18 different events that vary in skill set they include: short sprinting, distance running, throwing, jumping, vaulting, hurdling, and relays. For developing and beginner athletes we are prepared to teach them everything needed to be successful. No prior experience is required to join our team. For our advanced athletes we provide opportunities to compete against the best Track and Field athletes in the Country. Our very knowledgeable staff has worked with some the top Track and Field athletes that have ever come from Colorado, coaching multiple state champions and All-Americans.



<b>Open to:</b> 9-12 Grade	<b>Staff:</b>
<b>Dates:</b> Spring Athletic Season	<b>Head Coach-</b> John Reyes
<b>Location:</b> Grandview High School	<b>Hurdles and Vault Coach-</b> John Schultz
<b>Registration:</b> GHS Athletics Office	<b>Throws Coaches-</b> Erik Reagan and Scott Bond
	<b>Distance Coaches-</b> Kyle Lohman and James Thomure
	<b>High Jump Coach-</b> Dylan Baumgarten
<b>CONTACT:</b> Head Coach-John Reyes	<b>Long and Triple Jump Coach-</b> Stephon Roddey
<a href="mailto:jreyes24@cherrycreekschools.org">jreyes24@cherrycreekschools.org</a>	<b>Relays Coach-</b> Natalie Reyes

High School Track and Field is a Spring sport unlike the CCSD middle schools where Track and Field is contested in the Fall. Our official season runs from the last week of February until the third week of May for the athletes that qualify for State. We offer a free of charge pre-season conditioning program that begins in January when we return from Winter Break until the start of the official season.

## GHS MIDDLE SCHOOL VOLLEYBALL CAMP

**Program Description:** This camp is designed for incoming 6-8th graders who are looking at refining their technical skills while getting a chance to compete in fun games. All skill levels are welcome to join



<b>Open to:</b> Incoming 6-8 graders	<b>Cost:</b> \$80
<b>Dates:</b> Monday, June 24 - Thursday, June 27th	<b>Staff:</b> Grandview Volleyball Staff and Players
<b>Time:</b> 9-11 am	<b>Contact:</b> Rob Graham
<b>Location:</b> Grandview Main and Auxillary Gym	<a href="mailto:rgraham8@cherrycreekschools.org">rgraham8@cherrycreekschools.org</a>
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	

## GHS FRESHMAN SOPHOMORE VOLLEYBALL CAMP

**Program Description:** This camp is designed to work with prospective and current Grandview volleyball players to train them specifically for the upcoming season. This program is not required, yet recommended for those players wishing to improve their skills and participate in our volleyball program.

By participating in this training, you will have the opportunity to be invited to other summer team camps which will occur in July. Additionally, there will be an extra hour for setter training at no extra charge. This is available to all players wanting to set for the upcoming season.



<b>Open to:</b> Incoming 9-10 graders	<b>Cost:</b> \$150
<b>Dates:</b> M-TH June 3-13	<b>Staff:</b> Grandview Volleyball Staff and Players
<b>Time:</b> 9-11 am	<b>Contact:</b> Rob Graham
<b>Location:</b> Grandview Main and Auxillary Gym	<a href="mailto:rgraham8@cherrycreekschools.org">rgraham8@cherrycreekschools.org</a>
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	

## GHS JV/VARSITY VOLLEYBALL CAMP

**Program Description:** This camp is designed to give incoming Juniors and Seniors (as well as invited underclassmen) a chance to be seen prior to tryouts and camps. Our focus is to establish preseason objectives and start identifying strategy for the upcoming Cherry Creek and UNC invitational camps.



<b>Open to:</b> Incoming Juniors and Seniors (Potentially with invited Freshman & Sophmores)	<b>Cost:</b> \$80
<b>Dates:</b> Mon., June 24th – Thu., June 27th	<b>Staff:</b> Grandview Volleyball Staff
<b>Time:</b> 11:30 am - 1:30 pm	<b>Contact:</b> Rob Graham <a href="mailto:rgraham8@cherrycreekschools.org">rgraham8@cherrycreekschools.org</a>
<b>Location:</b> Grandview Main and Auxillary Gym	
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	

## GHS WRESTLING CAMP

**Program Description:** This is a 4-day camp designed for anyone interested in wrestling from beginner to elite. The camp instructors will be covering the fundamental techniques of wrestling from a variety of different positions including the feet, top, bottom and defense. Wrestlers will learn the technique drill it, coupled with live wrestling over the technique covered and more. The camp will move at a fast pace and revisit technique covered from previous sessions. Throughout the week wrestlers will be drilling at a high pace and wrestling live. Wrestlers should bring a snack as we will have a 10-15 minute break during the sessions.



<b>Open to:</b> K-8th Grade	<b>Cost:</b> \$100
<b>Dates:</b> June 3rd - June 6th	<b>Staff:</b> Ryan Budd, Dan Brascetta
<b>Time:</b> 9:00-12:00pm	<b>Contact:</b> Ryan Budd 720-886-6646 <a href="mailto:rbudd2@cherrycreekschools.org">rbudd2@cherrycreekschools.org</a>
<b>Location:</b> GHS – Wrestling Room	
<b>Registration:</b> <a href="http://MileHighSportsCamps.com">MileHighSportsCamps.com</a>	

