

GRANDVIEW WOLVES



ATHLETICS

**SUMMER
SPORTS CAMPS
2018**

GRANDVIEW HIGH SCHOOL 2018 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

Team Website: <http://www.hometeamsonline.com/teams/?u=WOLVESBASEBALL&s=baseball>

GHS BOYS & GIRLS BASKETBALL FUNDAMENTALS CAMP

Program Description: Campers will get the opportunity to work with the 5A Boys and Girls State Champion 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!



Open to: 3rd Grade and Up	Cost: \$100 per camper, \$75 for a sibling
Dates: June 4th -7th	Staff: Josh Ulitzky, Head Girls Basketball Coach
Time: 1:00-3:00 pm	Contact: Josh Ulitzky 720-886-6873 julitzky@cherrycreekschools.org
Location: Grandview Gym	
Registration: MileHighSportsCamps.com	

Each camper will receive a t-shirt and camp basketball.

GHS CROSS COUNTRY 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.



Open to: High School Students including incoming 9th graders	Cost: \$75
Dates: June 4th - Aug. 2nd	Staff: Allyson Robbins Kyle Lohman Jim Thoumure Donna Vallin
Time: 7:30am - 9:00am	
Location: Grandview High School	
Registration: MileHighSportsCamps.com	Contact: Allyson Robbins: arobbins2@cherrycreekschools.org

GHS FIELD HOCKEY BEGINNER'S CAMP

Program Description: This camp is designed to introduce players to the game of field hockey with no previous experience required. Field hockey is a unique sport and a great way to meet new people and learn something new. We welcome players who may play a spring sport but need an alternative activity to stay in shape.



Open to: Current and Incoming GHS Students	Cost: \$85.00
Dates: June 11th – 14th, Monday - Thursday	Equipment: field hockey stick, shin guards, eye protection, mouth guard and water bottle. We do have some equipment that can be borrowed but only in limited quantities.
Time: 8:00 – 10:00 am	
Location: Legacy Stadium (Cherokee Trail HS)	
Registration: MileHighSportsCamps.com	Contact: Desiree Crocker dcrocker2@cherrycreekschools.org 617-448-7719

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.



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

GHS WOLVES FOOTBALL FULL CONTACT TEAM CAMP

Program Description: This 10 day camp is designed to teach full contact football fundamentals in a controlled setting, with all equipment provided. The program will follow NFHS Heads-Up Football fundamental practices and preparation for contact drills. Players will learn proper blocking and tackling techniques in preparation for scrimmage situations in the camps final day. This is a team setting in which players will learn the basic plays on offense, defense and special teams from the Grandview football program. Full Contact Scrimmages will take place on the final Day of Camp at Regis HS.



Open to: Grades 9-12	Cost: Cost is covered through Weight Training & SAQ Registration
Dates, Times & Locations: Week 1: Tues. thru Sat. May 29th – June 2nd 8:00AM – 10:30AM @ GHS Athletic Fields Week 2: Mon. thru Thurs. June 4th – June 7th 8:00AM -10:30AM @ GHS Athletic Fields Friday June 8th 8am – 1pm @ Regis High School (SCRIMMAGE times TBD per level)	Staff: Coach Schultz
Registration: MileHighSportsCamps.com	Contact: Coach Schultz jschultz2@cherrycreekschools.org

The Grandview Football Tradition was founded on a COMMITMENT to teamwork and growth. Our summer training camp is essential for TEAM building, and program UNITY as well as individual growth as a player.

GHS WOLVES FOOTBALL WEIGHT TRAINING & SAQ

Program Description: Our camp is designed to improve Explosive Strength and Football-Specific Speed, Agility, and Quickness. 1st hour: Explosive Weight Lifting Program 2nd hour: SAQ/Football Specific Drills

These programs are safe and age-appropriate, emphasizing proper movement technique and movement efficiency. These proven programs are guaranteed to produce positive results in terms of overall athleticism, core stability, and performance test measurements; including: Bench Press, Squat, Power Clean, Dips, 40 yard sprint, vertical jump, and 20 yard shuttle.



Open to: Grades 9-12	Cost: \$350
Dates & Times: MONDAY THRU THURSDAY June 11th thru July 26th (We will take 4th of July WEEK OFF!) VARSITY LIFT and SAQ: 7:00AM – 9:00AM Junior Varsity LIFT and SAQ: 8:00AM - 10:00AM FRESHMAN LIFT and SAQ: 9:00AM - 11:00AM	Staff: Coach Schultz
Location: Grandview High School	Contact: Coach Schultz jschultz2@cherrycreekschools.org
Registration: MileHighSportsCamps.com	

GHS BOYS GOLF CAMP

Program Description: We will be running voluntary practices throughout the summer months leading into the season, but we do not have a specified camp. Contact Coach Dodd for information about the dates and locations of these practices.



Contact: Coach Will Dodd
720-886-6850
wdodd3@cherrycreekschools.org

GHS POMS CAMP

Program Description: The Grandview Poms program focuses on supporting many different sports team 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

Open to: 9th-12th grade	Cost: Varsity: Approx \$3,000 & JV: Approx \$2,000
Dates: April 2018-March 2019	Staff: Head Coach: Megan Mehl
Time: Year Round	
Location: Grandview	
Registration: Grandview Athletics	Contact: Megan Mehl grandviewpomcoach@gmail.com

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. .



Open to: Boys & Girls, Going into Grades 8-12	Cost: \$75
Dates: July 23, July 24, July 26, July 30, July 31 Aug 2	
Time: 5:00 - 7:00 pm	Staff: GHS Soccer Coaches
Location: GHS Soccer Fields	Contact: Brian Wood 303-503-2970 (cell) or 720-886-6706 (office)
Registration: MileHighSportsCamps.com	
Equipment: Athletes should wear running shoes and bring soccer cleats and a water bottle	

GHS SOFTBALL CAMP

Program Description: Depending on CHSAA Softball Vote in April, if the 4 game add on passes we will do camp July 30th Through August 4th same times and same location. Please check softball web-site for updates on camp.: www.grandviewsoftball.net



Open to: 5th Grade - 12th Grade	Cost: \$90
Dates: August 6th - 11th	
Times: M-F 5:30 PM - 7:30 pm Saturday 9:00 AM - 12:00 pm	Staff: High School Coaches
Location: Grandview High School	Contact: Dave Thies
Registration: www.grandviewsoftball.net	303-229-6533

GHS GIRLS SWIM STROKE CLINICS

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 season. Swimmers need to bring a suit, goggles and towel.



Open to: Fall 2018 high school girls	Cost: \$100
Dates: Oct. 5 to start of HS season (about Nov. 9)	Staff: Coach Karen Ammon
Time: MWF mornings before school	Contact: Karen Ammon starskaren@aol.com
Location: Grandview Pool	
Registration: email starskaren@aol.com	

GHS WOLVES BOYS & GIRLS TENNIS CAMP

Program Description: The camp will focus on skills for beginners, intermediate, and advanced players. Fundamentals of tennis such as strokes, footwork, positioning, strategy, scoring, conditioning, skills and more will be emphasized at each skill level. In addition the athletes will learn the rules and etiquette of the sport in a fun and competitive way.



Open to: Boys and girls ages 6 and up	Cost: \$120 per week (discount available for multiple sessions)
Dates: June 4-7 and June 11-14 AND/OR July 9-12 and 16-19	Staff: Grandview High School Coaches and former varsity players
Time: 8:00-9:30 am (ages 12 and under) 9:30-11:00 am (ages 13 and up)	Contact: Jeff Ryan jryan10@cherrycreekschools.org
Location: Grandview High School Tennis Courts	
Registration: MileHighSportsCamp.com	

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.



Open to: GHS Students	Cost:
Dates: Spring Athletic Season	Staff:
Location: Grandview High School	Head Coach- John Reyes
Registration: GHS Athletics Office	Hurdles and Vault Coach- John Schultz
	Throws Coaches- Erik Reagan and Scott Bond
	Distance Coaches- Kyle Lohman and James Thomure
CONTACT: Head Coach-John Reyes jreyes24@cherrycreekschools.org	High Jump Coach- Dylan Baumgarten
	Long and Triple Jump Coach- Stephon Roddey
	Relays Coach- 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 VOLLEYBALL SUMMER TRAINING CAMP

Program Description: The goal for our summer training is to work with prospective and current Grandview volleyball players to train them specifically for the upcoming season. Players will meet with GHS coaching staff three times a week, for four weeks to achieve targeted goals. This program is not required, yet highly recommended for those players wishing to improve their skills and participate in our volleyball program.



The format will be progressive training. If you have previously scheduled engagements (vacation, work, etc.) please let the coaching staff know ahead of time when you will be absent. By participating in this training, you will have the opportunity to be invited to other summer camps which will occur in July.

Mondays and Wednesdays are for Freshman and Sophomores. Fridays are for all grades and will be used to play doubles volleyball outdoors. Additionally, there will be an extra hour for setter training on Monday and Wednesday at no extra charge. This is available to all players wanting to set for the season.

Open to: Prospective and current Grandview volleyball players	Cost: \$20 per day
Dates: Monday, June 4th through Friday, June 29th.	Staff: GHS coaching staff
Schedule: Freshman and Sophomores: M and W: 9:00 AM -11:00 AM Friday Doubles: Grades: 6-8 9:30-12:00 Grades: 9-12 12:30-3:00 Setter training: M and W: 11:00-12:00	Contact: Rob Graham, head volleyball coach Cell: 303 886-4006 Email: rgraham8@cherrycreekschools.org Website: http://grandview.ccsdathletics.org/page/show/2775210-volleyball
	Registration: Please make checks payable to, "Grandview Volleyball"
Location: Monday and Wednesday: Grandview High School small gym Friday: Dove Valley Regional Park 7900 S. Potomac St., Centennial, CO 80112	Equipment: Appropriate attire, water bottle, knee pads, and ankle braces recommended.

Players are expected to be at the gym, dressed and ready to go, with nets set up, 15 minutes prior to their training schedule. You are also responsible for warming up and stretching before your scheduled time.

GHS WRESTLING PIN TO WIN CAMP

Program Description: This 4-day camp is designed for anyone interested in wrestling from beginner through advance. The camp instructors will be covering the fundamental techniques of the sport from a variety of positions including on the feet, top and bottom. Wrestlers will learn technique and drill it, coupled with live wrestling over the technique covered. The camp will move at a fast pace and constantly revisit technique covered from the previous sessions. Throughout the week, the wrestlers will be drilling at a high intensity and wrestling live. Wrestlers should bring a snack each day as there will be a 15-minute break.



Open to: Ages 6-15	Cost: \$100
Dates: June 4th through June 7th, Monday – Thursday	Staff: Dan Wrona, Ryan Budd
Time: 9:00-12:00pm	Contact: Ryan Budd 720-886-6646 rbudd2@cherrycreekschools.org
Location: GHS – Wrestling Room	
Registration: MileHighSportsCamps.com	

GHS WRESTLING WEIGHT TRAINING CAMP

Program Description: Wrestlers will be lifting with our JV football program. Our camp is designed to improve Explosive Strength and Wrestling-Specific Speed, Agility, and Quickness.



Open to: Wrestlers not playing football	Cost: \$50
Dates: Monday - Thursday June 11-26	Staff: GHS coaching staff
Time: 8:00 – 9:00 am	Contact: Ryan Budd 720-886-6646 rbudd2@cherrycreekschools.org
Location: GHS Weight Room	
Registration: MileHighSportsCamps.com	

GHS WOLVES YOUTH MULTI SPORT: SPEED-AGILITY-QUICKNESS

Program Description: Participants twice a week will develop and learn about:

- ▶ Dynamic Stretching & Flexibility
- ▶ Speed and Lateral Movement Mechanics
- ▶ Jumping Mechanics & Explosive Movements
- ▶ Core Strength & Stability

All participants will be tested and given results on 40-yard dash, 20 yard lateral agility, and vertical jump.



Open to: Boys and Girls grades 3-8.	Cost: \$60
Dates: Mondays and Wednesdays June 11-27	Staff: Nate Robinson, Mark Fisher, Nicky Fisher, Jen Smock, Wes Smock
Time: 11:30-12:30	Contact: Nate Robinson 720-886-6599 nrobinson@cherrycreekschools.org
Location: GHS Athletic Fields	
Registration: MileHighSportsCamps.com	

