OCONOMOWOC HIGH SCHOOL

ATHLETIC SUMMER CAMPS

RACCOONS

2018
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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 discuss what it takes to be a successful player and to have fun playing the game of basketball. There will also be some competitions 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 Boy’s Coach, Jay Benish, JV Coach Hunter Price, Freshmen Coaches Jon Fischer and Ryan Kase, as well as the Oconomowoc High School Players. All players who attend will also receive an Oconomowoc Basketball shirt.

Students entering grades 4-9
Date: June 18-June 21
Hours: 2:00pm - 4:00pm
Location: OHS Field House
Instructors: OHS Basketball Coaches
Fee: $60 t-shirt included

Online registration through the Web Store will be accepted until the start of camp, but registration by June 1st assures t-shirt.

For questions or more information, contact Jay Benish at benishj@oasd.org
BASKETBALL – GIRLS
Oconomowoc Girls Basketball Camp will offer sessions for girls entering grades four through nine. 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.

**Students entering grades 4-8**
**Date:** June 11-June 14
**Hours:** 8:00am - 10:00am
**Location:** OHS Field House
**Instructors:** OHS Basketball Coaches
**Fee:** $60 t-shirt included

Listed below are some of the features Oconomowoc Girls Basketball Camp has to offer:

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

Online registration through the Web Store will be accepted until the start of camp, but registration by June 1st assures t-shirt.

For questions or more information, contact Bob Shea at sheab@oasd.org
CROSS COUNTRY – BOYS AND GIRLS
The Goal of the 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, such as: Endurance Running, Stretching, Core Training, Nutrition, Speed Work, Using Training Logs, Form Running, Cross-Training, Mental Imagery and Racing Tactics, culminating with a Fun Run on the final day of camp.

Students entering grades 6-12
Date: July 16-July 19
Hours: 5:30pm - 8:00 pm
Location: Nature Hill Intermediate
Instructors: OHS Cross Country Coaches
Fee: $60
All pre-registered campers will receive a t-shirt.

FEATURES OF THE CAMP
Each day the 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.

THURSDAY’S FUN RUN
Thursday’s “Camp” will include a Camp “Fun Run” which will utilize part of the Nature Hill Cross Country Course
Awards will be presented after the race.

WHAT SHOULD WE BRING
Running Shoes
Clothing for inclement weather (jacket, sweatshirt)
A snack such as an energy bar or an apple
Water
Come dressed ready to run!

Preparation is always a key to success. 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.

For the younger runner, the Camp offers the chance to begin to develop the skills and conditioning that will help them to learn and grow as a runner. 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 at this camp as a resource for younger athletes to learn more about the high school running experience. It is the hope of the Camp Staff 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.

Online registration through the Web Store will be accepted until the start of camp, but registration by June 1st assures t-shirt.
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 through to even more significant achievements later in life. In the book Good to Great, Jim Collins wrote, “Greatness is not a function of circumstance. Greatness, it turns out, is largely a matter of conscious choice and discipline.” We choose greatness in everything we do.

**Youth Camp 1 ~ Individual Skills Camp**
Students entering grades 5-8
**Date:** June 12 - June 14  
**Hours:** 3:00pm - 4:45pm  
**Location:** Oconomowoc High School Stadium/PDC  
**Instructors:** OHS Football Coaches  
**Fee:** $60 ~ Chasing Greatness Discount: Both camps (6 days) for just $100 – includes t-shirt

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.

**Youth Camp 2 ~ Team Scheme Camp**
Students entering grades 5-8
**Date:** July 23 - July 25  
**Hours:** 3:00pm - 4:45 pm  
**Location:** Oconomowoc High School Stadium/PDC  
**Instructors:** OHS Football Coaches  
**Fee:** $60 ~ Chasing Greatness Discount: Both camps (6 days) for just $100 – includes t-shirt

The Team Scheme Camp builds on the individual skills from June, then adds the group and team components to each athlete’s skills 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.

Online registration through the [Web Store](#) is expected by June 1st. This is what good teams do.

**High School Camp**
Students entering grades 9-12
**Date:** June 11, June 18, June 26  
**Hours:** 3:00pm – 5:30 pm  
**Date:** July 16 and July 17  
**Hours:** 6:00pm – 8:30pm  
**Location:** Oconomowoc High School Stadium/PDC  
**Instructors:** OHS Football Coaches  
**Fee:** $35

Online registration through www.raccoonfootball.org is expected by June 1st. This is what good teams do. For questions or more information, contact Greg Malling at [mallingg@oasd.org](mailto:mallingg@oasd.org).
GYMNASTICS – GIRLS

Oconomowoc Girls Gymnastics Camp will offer sessions for girls entering grades three through eight. The camp is open to girls of all levels. Each day of camp will consist of warm-ups, individual skill work, games, and mock competitions. The staff will consist of the High School coaches and the High School girls gymnastics team competitors.

**Students entering grades 3-8**

**Date:** July 30-August 3  
**Hours:** 8:00am - 11:00am  
**Location:** OHS Upper Gym  
**Instructors:** OHS Gymnastics Coaches and Gymnasts  
**Fee:** $60 t-shirt included

Listed below are some of the features Oconomowoc Gymnastics Camp has to offer:

- **Skills worked on**
  - Cartwheel
  - Handstand
  - Jumps on Beam
  - Pull overs on Bars
  - Jump on’s on Vault

- **Games**
  - Stick It – show your skills by sticking the landing
  - Queen of the beam – don’t fall off the beam
  - Obstacle courses

- **End of the week Mock Meet**
  - On Friday we will be having a Mock Meet where girls get to experience competing in a gymnastics competition

Online registration through the Web Store will be accepted until the start of camp, but registration by June 1st assures a t-shirt.

For questions or more information, contact Jenifer Sunder-Bratz at sunderbratzj@oasd.org.
SOCCER – BOYS AND GIRLS

The Oconomowoc Soccer Development Academy is a skill development program for players looking to compete at the high school level. The staff will consist of Varsity coaching staff of the boys and girls program with concentration on individual skill training and teaching tactical awareness.

Students entering grades 4-9
Date: July 16-July 19
Hours: 5:00pm - 7:00 pm
Location: Oconomowoc High School – West Fields
Instructors: OHS Coaches
Fee: $80 t-shirt included (Walk-ups $90)

Each day will have a different focus, with take home points and skills training that can be honed individually well after camp. Attendees are encouraged to bring all necessary equipment: Ball, shin guards, soccer boots, and water.

Online registration through the Web Store will be accepted until the start of camp, but registration by June 1st assures t-shirt.

For questions or more information, contact Boys – Andrew Biebel at andrewbiebel@gmail.com or Girls – Brian Staus at brian.staus@gmail.com.
VOLLEYBALL – GIRLS

Oconomowoc volleyball camps are open to any girls or boys who will be entering grades 1 – 9 for the 2018 – 2019 school year. Please register for the grade your child will be in for the upcoming 2018 – 2019 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 the 9th graders will be prepared for try-outs and for their freshman year of high school volleyball.

Students entering grades 1-4
Date: June 11-June 14
Hours: 2:30pm - 4:00 pm
Location: Oconomowoc High School Field House
Instructors: OHS Coaches
Fee: $50 t-shirt included

Students entering grades 5-6
Date: June 11-June 14
Hours: 2:30pm - 4:00 pm
Location: Oconomowoc High School Field House
Instructors: OHS Coaches
Fee: $50 t-shirt included

Students entering grades 7-9
Date: June 11-June 14
Hours: 4:30pm - 6:30 pm
Location: Oconomowoc High School Field House
Instructors: OHS Coaches
Fee: $60 t-shirt included

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.

Online registration through the Web Store will be accepted until the start of camp, but registration by June 1st assures t-shirt.

For questions or more information, contact Michelle Bruss at 262-490-1263 or michelle_bruss@yahoo.com
WRESTLING

OHS Wrestling Camp will accommodate wrestlers entering First through Ninth Grade with an emphasis on fine-tuning basic technique as well as learning new technique.

Camp will provide wrestlers with insight of what High School Wrestling is about and will provide valuable mat time, skills for next season and helpful information for training during the summer.

**Students entering grades 1-9**

**Date:** June 11-June 14  
**Hours:** 10:00am- 11:30am  
**Location:** Oconomowoc High School Upper Gym  
**Instructors:** OHS Coaches  
**Fee:** $50 t-shirt included

Daily Program Includes:

- Warm Up/Active Stretch  
- Basic Technique Drills  
- New Technique Drills  
- Situational and Live Wrestling  
- Games and Competitive Activities  
* Drills, Live Wrestling and Games will be age, skill and weight appropriate.

What to Bring: Wrestlers should come dressed in athletic apparel appropriate for wrestling. Wrestling shoes and headgear are suggested but not required. Tennis shoes may be worn.

Online registration through the [Web Store](#) will be accepted until the start of camp, but registration by June 1st assures t-shirt.

For questions or more information, contact Joe Schmidt at [jonalexsch@charter.net](mailto:jonalexsch@charter.net)
GREENLAND ELEMENTARY
IXONIA ELEMENTARY
MEADOW VIEW ELEMENTARY
PARK LAWN ELEMENTARY
SUMMIT ELEMENTARY
NATURE HILL INTERMEDIATE
SILVER LAKE INTERMEDIATE
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