

# SUMMER CAMPS

## 2020

### Grades 1-12



## GLENBROOK NORTH

Badminton • Baseball • Basketball • Cheerleading • Cross Country  
Diving • Football • Golf • Lacrosse • Soccer • Softball • Swimming  
Tennis • Tumbling • Volleyball • Weight Training • Wrestling

## GLENBROOK SOUTH

Badminton • Baseball • Basketball • Cheerleading • Cross Country  
Diving • Field Hockey • Football • Gymnastics • Lacrosse  
Poms • Soccer • Softball • Tennis • Track & Field  
Volleyball • Wrestling



*Come Play with Us!*



Welcome to  
Glenbrook North  
&  
Glenbrook South



## SUMMER CAMPS 2020

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### – General Information –

Summer Camps will be held at Glenbrook North and Glenbrook South High Schools unless otherwise noted.

**Please note:** there are minimum and maximum sign-ups for certain camps. See the individual coach for details.

District 225 **does not** pro-rate any camp fees. All payments must be made in full at the time of registration.

Refund Policy: A full refund will be issued for those who cancel their registration prior to the camp start date.

When registration is complete, you will be asked to pay on-line with Discover, Visa, Mastercard, or e-check. You also have the option of to pay by cash at the District Office, locate at 3801 W Lake Ave. in Glenview.

### *How to Register*

- Please visit this site: [camps.glenbrook225.org](http://camps.glenbrook225.org)
- New users create a new account; if you have an existing account, log in using your email address and camp password.
- When your new account is created, an email verification link will be sent to the associated email address provided in order to authenticate your account.
- After your account is authenticated, please proceed to login. You will now be able to access your account and begin registering for athletic camps.

For assistance with camp registration, please contact Linda Regal at:

**847.562.2268 or [lregal@glenbrook225.org](mailto:lregal@glenbrook225.org)**

*This site is secured by Credit Connect – Credit Card Safe  
A non-refundable convenience charge of 3.75% will  
apply to all debit/credit card transactions.*

*There are NO convenience charges attached to payments by e-check.*

**Glenbrook North High School, 2300 Shermer Road, Northbrook  
Glenbrook South High School, 4000 West Lake Avenue, Glenview**

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# Weight Training

## *“Coed Summer Weight Room”*

This is your opportunity to continue working out during the summer. Participate in the morning or afternoon. Use the “fitness center” during the summer months. **If you are already enrolled in a GBN Sports Camp, you have the use of the fitness center for free during the summer.**

You must be a GBN student.

**Code:** GBNWT; **Grades:** 9-12; **Date:** Jun 15-Jul 23; **Time:** 8:30 am-3:00 pm (M-Th); **Fee:** \$75

# Badminton

## *“Girls’ Badminton Camp”*

Clear, Drop, Smash! Attention all girls who love Badminton. This camp is open to all levels of players. Skills will be taught and players will participate in games to learn strategies to become a better player.

**Location:** Fieldhouse.

**Coach:** Tiffany Kim, 847.509.2588

**Code:** NBAD1; **Grades:** 6-12; **Date:** Jun 15-19; **Time:** 9:30-11:00 am (M-F); **Fee:** \$130

# Baseball

## *“Boys’ Incoming Freshmen Baseball Camp”*

This six-day camp is designed to introduce each participating player to the GBN Baseball System. Each player will learn to play baseball “The Spartan Way.” Players will improve their overall ability through the use of player assessments and data-driven feedback. Players should be prepared to practice hard, have fun, and improve on a daily basis!

**Location:** Varsity Baseball Field.

**Coach:** Dominic Savino, 847.509.2691

**Code:** NBAS1; **Grade:** 9; **Date:** Jun 15-17, 22-24; **Time:** 9:00-10:30 am (M-W); **Fee:** \$100

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## *“Advanced Youth Baseball Camp”*

This six-day camp is designed to teach each player to play baseball “The Spartan Way.” Players will improve their overall ability as catchers, infielders, outfielders, pitchers, and hitters. The camp will consist of fundamentals, drills, competitions, games, and data-driven feedback. Players will be grouped together by age and position. Players should be prepared to practice hard, have fun, and improve on a daily basis. Bring the following: baseball glove, bat, gym shoes, cleats, baseball hat.

**Location:** Varsity Baseball Field

**Coach:** Dominic Savino, 847.509.2691

**Code:** NBAS2; **Grades:** 4-8; **Date:** Jun 15-17, 22-24; **Time:** 9:00-10:30 am (M-W); **Fee:** \$100

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## *“Boys’ Summer Baseball Team”*

Prospective Glenbrook North baseball players have the opportunity to develop their individual ability by participating on the GBN Summer Baseball Team. Each morning will begin with a practice designed to improve individual skill sets and team performance levels. Each practice will be followed by games later in the day against another high school or intersquad games. Individual player development is the emphasis of the GBN Summer Baseball Program. Dates and times are subject to change.

**Coach:** Dominic Savino, 847.509.2691

**Code:** NBAS5; **Grades:** 10-12;

**Date:** Jun 8-Jul 15; **Time:** 10:30 am-12:00 pm & 3:30-7:30 pm (M-W); **Fee:** \$325

# Basketball - *Camp Information will be Posted Pending New Coach*

## *“Boys’ Basketball Shooting & Ball Handling Camp”*

This camp is designed for players to improve their shooting and ball handling skills. Fundamentals of shooting and ball handling will be stressed in this 3-day, high intensity camp.

**Location:** Main Gym

**Coach:** TBA

**Code:** NBBK1; **Grades:** 3-7; **Date:** TBA; **Time:** TBA; **Fee:** TBA

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## *“Boys’ Youth Basketball Camp – Incoming 3<sup>rd</sup> through 7<sup>th</sup>”*

The GBN basketball coaching staff will offer this camp to teach the fundamentals of basketball and allow players to participate in games and contests. Specific instructions on shooting and ball handling will be presented.

**Location:** Main Gym

**Coach:** TBA

**Code:** NBBK2; **Grades:** 3-7; **Date:** TBA; **Time:** TBA; **Fee:** TBA

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## *“Boys’ High School Basketball Camp – Incoming 8<sup>th</sup> through 12<sup>th</sup>”*

The GBN coaching staff will offer this camp to teach the system used at GBN. This camp is for players interested in playing high school basketball. The camp will divide into three groups: Varsity, sophomore, and freshmen. Practice will be conducted at all levels. Camp does not meet on Fridays.

**Location:** Main Gym

**Coach:** TBA

**Code:** NBBK3; **Grades:** 8-12; **Date:** TBA; **Time:** TBA; **Fee:** TBA

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## *“Girls’ High School Basketball Camp”*

Glenbrook North’s coaching staff will teach players the system used at GBN, which will benefit all players interested in competing at the high school level. Campers will develop their individual skills, team strategies and offensive/defensive fundamentals. The campers will receive a T-shirt and summer league fee will be included.

**Location:** Main Gym

**Coach:** Nick Capalbo, 847.509.2535

**Code:** NGBK1; **Grades:** 8-12; **Date:** Jun 8-25; **Time:** 9:00-11:30 am (M-Th); **Fee:** \$250

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## *“Girls’ Grade School & Junior High Basketball Camp”*

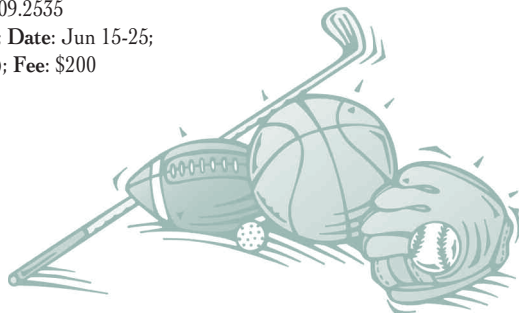
The GBN basketball coaching staff will offer this camp to teach the fundamentals of basketball and allow players to participate in games and contests. Specific instructions on shooting and ball handling will be presented.

**Location:** Competition Gym

**Coach:** Nick Capalbo, 847.509.2535

**Code:** NGBK2; **Grades:** 4-7; **Date:** Jun 15-25;

**Time:** 9:00-11:00 am (M-Th); **Fee:** \$200



# Cheerleading

## “Cheerleading Camp – GBN Students Only”

Highly Recommended for all GBN Cheerleaders that are looking to be at the competitive level. This will allow for our athletes to get to a strong start to our season. There will be emphasis on stunting, tumbling, jumps, flexibility and conditioning.

**Location:** Small Gym 108

**Coach:** Greg Wilhelm, gwillhelm@glenbrook225.org

**Code:** NGCH1; **Grades:** 9-12

**Date:** Jul 13-23; **Time:** 2:00-5:00 pm (M-Th)

**Date:** Jul 27-30; **Time:** 9:00-11:30 am & 12:30-3:00 pm (M-Th)

**Fee:** \$220

# Cross Country

## “Coed Junior High School Running Camp”

Get a jump on the fall Cross Country season by getting in shape with the Glenbrook North High School Cross Country Team. Designed by the Glenbrook North cross country staff, this running program will help runners prepare for the fall season by increasing endurance, leg speed, and overall strength and fitness levels. Workouts will be specifically designed for junior high runners of varying abilities, so athletes of all levels of talent and experience are welcome and encouraged to attend. Beginners are welcome!!! Please come wearing running shoes! We will meet at 6:30 am so all runners can be finished with practice in time to make summer school classes or summer jobs.

Beginners are welcome!!! Please come wearing running shoes! We will meet at 6:30 am so all runners can be finished with practice in time to make summer school classes or summer jobs.

*Answer to a commonly asked question: Is it ok if an athlete cannot attend each day of the six week camp, can they still sign up for summer running? Yes, we understand many families have plans for certain weeks of the summer, so it is ok if an athlete cannot attend each day of the six week camp.*

**Location:** Fieldhouse

**Girls’ Coach:** Bob LeBlanc, 847.509.2617

**Boys’ Coach:** Bill Race, 847.509.2492

**Code:** NCCX1; **Grades:** 6-8; **Date:** Jun 22-Jul 30; **Time:** 6:30-7:45 am (M-Th); **Fee:** \$180

## “Coed High School Running Camp”

Get a jump on the fall Cross Country season by getting in shape with the Glenbrook North High School Cross Country Team. Designed by the Glenbrook North cross country staff, this running program will help runners prepare for the fall season by increasing endurance, leg speed, and overall strength and fitness levels. Athletes of all levels of talent and experience are welcome and encouraged to attend. If you are interested in running and being part of a great team at GBN, this is a great way to meet other runners, the coaching staff, and get a leg up on competition! Please come wearing running shoes! We will meet at 6:30 am so all runners can be finished with practice in time to make summer school classes or summer jobs.

*Answer to a commonly asked question: Is it ok if an athlete cannot attend each day of the six week camp, can they still sign up for summer running? Yes, we understand many families have plans for certain weeks of the summer, so it is ok if an athlete cannot attend each day of the six week camp.*

**Location:** Fieldhouse

**Girls’ Coach:** Bob LeBlanc, 847.509.2617

**Boys’ Coach:** Bill Race, 847.509.2492

**Code:** NCCX2; **Grades:** 9-12; **Date:** Jun 22-Jul 30; **Time:** 6:30-7:45 am (M-Th); **Fee:** \$180

# Diving

## *“Coed Diving – Incoming 6<sup>th</sup> through 12<sup>th</sup>”*

So you want to try that “diving thing”? Join us for a 5-week camp at GBN where you can learn some new dives or refresh your current list. All levels of talent and experience are welcome. 1 and 3 meter training, dryland and conditioning included. Open to both Glenview and Northbrook residents; let’s work towards making your 2020-21 season goals a reality. There will be a minimum of 5 participants for camp to run with a cap at 15...so register early!

**Coach:** Jessica Roby 847-509-2426 or jroby@glenbrook225.org

**Code:** NDIV1; **Grades:** 6-12; **Date:** Jun 15-Jul 16; **Time:** 10:30 am-12:00 pm (M-Th); **Fee:** \$225

# Football

## *“Boys’ Youth Football Camp – 3<sup>rd</sup> through 8<sup>th</sup>”*

Learn about the GBN football system! The GBN football staff will offer instruction to help players prepare for the upcoming football season. Football safety, fundamentals, skills, and tactics will be taught. **Open to all tackle and flag football players.** Grades 3-8 will be a non-padded camp.

**Location:** GBN Football Fields

**Coach:** Matt Purdy, 847.509.2589

**Code:** NBF1; **Grades:** 3-8;

**Date:** Jul 6-10; **Time:** 10:00-11:30 am (M-F)

**Date:** Jul 13-17; **Time:** 10:30 am-12:00 pm (M-F)

**Fee:** \$180

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## *“Boys’ Jr Spartan Football Camp – 3<sup>rd</sup> through 8<sup>th</sup>”*

Learn about the GBN football system! The GBN football staff will offer instruction to help players prepare for the upcoming football season. Football safety, fundamentals, skills and tactics will be taught. **Open to players currently registered to play Northbrook Junior Spartan Football.** This will be a non-padded camp.

**Location:** GBN Football Fields

**Coach:** Matt Purdy, 847.509.2589

**Code:** NBF1-JS; **Grades:** 3-8;

**Dates:** Jul 6-10; **Time:** 10:00-11:30 am (M-F) &

**Dates:** Jul 13-17; **Time:** 10:30 am-12:00 pm (M-F)

**Fee:** Free

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## *“Boys’ High School Football Camp” – Incoming 9<sup>th</sup> through 12<sup>th</sup>”*

Learn about the GBN football system! The GBN football staff will offer instruction to help players prepare for the upcoming football season. Football safety, fundamentals, skills, and tactics will be taught. This will be a padded camp. Pads will be provided by GBN.

**Location:** GBN Football Fields

**Coach:** Matt Purdy, 847.509.2589

**Code:** NBF2; **Grade:** 9

**Date:** Jun 15 & 17 (M&W); Jun 22-30 (M-Th); **Time:** 2:00-4:00 pm

**Date:** Jul 6-23 (M-Th) - *No Camp Jul 1-5*; **Time:** 8:00-10:30 am

**Fee:** \$240

**Code:** NBF4; **Grades:** 10-12

**Date:** Jun 15-30 (M-Th); **Time:** 12:45-4:00 pm;

**Date:** Jul 6-22 (M-Th) - *No Camp Jul 1-5*; **Time:** 8:00-11:00 am;

*IWU Away Camp Jul 19-22*

**Fee:** \$265

# Golf

## *“Girls’ Junior High Golf”*

Camp participants will work with Glenbrook North coaches to improve their golf game by receiving instruction and supervised practice on their golf game. This camp will include full swing instruction on the driving range work, short game instruction and on course experience. This camp is meant to introduce young players to the game of golf and spark an interest in the sport by learning the fundamentals.

**Coach:** Mike Schroeder, 847.480.7263, mschroeder@glenbrook225.org

**Code:** NGGO1; **Grades:** 5-8;

**Date:** Jun 10; **Time:** 1:00 am-2:30 pm; **Location:** Deerfield GC

**Date:** Jun 11; **Time:** 1:00 am-2:30 pm; **Location:** Anetsberger GC;

**Fee:** \$40

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## *“Girls’ High School Golf”*

Camp participants will work with Glenbrook North coaches to improve their golf game by receiving instruction and supervised practice on their golf game. This camp will include driving range work, short game instruction and on course experience. This camp is meant to improve the skills of players interested in trying out for the fall 2020 golf team, additional practice dates will be announced at camp.

**Coach:** Mike Schroeder, 847.480.7263, mschroeder@glenbrook225.org

**Code:** NGGO2; **Grades:** 9-12;

**Date:** Jun 10; **Time:** 1:00-2:30 pm; **Location:** Deerfield GC;

**Date:** Jun 11; **Time:** 1:00-2:30 pm; **Location:** Anetsberger GC;

**Date:** Jun 12; **Time:** 1:00-3:00 pm; **Location:** Anetsberger GC;

**Fee:** \$60

# Lacrosse

## *“Boys’ Summer Team Lacrosse Camp”*

There will be two levels of the GBN summer team, a JV and a Varsity team. There will be practices held on Mondays, Tuesday, Wednesday, Thursday with tournaments on the weekend from 6-8 pm. We will also be playing in 2-3 scrimmages with teams from around the area. Those game dates will be set at the end of the spring season. Games will be scheduled both home and away, travel will be on the players. *There will be an informational parent meeting on June 3rd at 5:30 pm in the health room to go over the summer schedule and lacrosse policies.*

### **Tournament Schedule:**

Jun 13-14 Lax Geneva - 1 Team/1 Varsity

Jun 20-21 Lax Bash - 1 Junior Varsity

June 20-21 South Bend - Additional \$40 fee for overnight stay.

June 27 - JV Tournament at GBN;

June 28 - Varsity Fundraiser Tournament at Techny (Date TBA)

**Location:** GBN Turf & Back Field

**Coach:** Justin Georgacakis, 847.509.2557

**Code:** NBLX2; **Grades:** 9-12; **Date:** Jun 4-Jul 2; **Time:** 6:00-8:00 pm (T-Th)

*(Monday & Friday reserved for make ups, Saturday & Sunday games)*

**Fee:** \$280

### ***“Boys’ Youth Lacrosse Camp – 1<sup>st</sup> through 8<sup>th</sup>”***

This will be a 3 week camp that will meet 11 times. Our goal is to develop the skills of Northbrook’s younger lax players. We will introduce them to the high school’s template and goals. This camp will be coached by the Glenbrook North coaching staff as well as former GBN and current college lacrosse players. There will be daily inter-squad scrimmages. Open to all District 225 residents.

**Players will be broken up by age and ability.**

**Location:** GBN Main Field & Back Fields

**Coach:** Justin Georgacakis, 847.509.2557

**Code:** NBLX3; **Grades:** 1-8; **Dates:** Jun 5, 8-10, 15-17, 22-25; **Time:** 6:00-8:00 pm; **Fee:** \$175

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### ***“Girls’ Summer Lacrosse Team”***

There will be two levels of the GBN summer team, JV & Varsity teams. Teams are open to incoming freshmen to seniors. Practices will be held Monday’s from 6:00-7:30 pm. Games are on Tuesdays and Thursday 6:00 & 7:00 pm (schedule varies.) We will play approximately 5-6 games with teams from around the area. Games will be scheduled both home and away, travel is up to the players. The summer league cost includes a pinney for the player to keep. Games will be one night practice the other.

**Coach:** Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

**Code:** NGLX2; **Grades:** 9-12; **Date:** Jun 15-Jul 2; **Time:** 6:00-7:30 pm (M Practice – T,Th Games);

**Time:** 1 game 6:00 pm & 1 game 7:00 pm (T,Th - Games) **Fee:** \$200

## **Soccer**

### ***“Boys’ Soccer Camp”***

This camp is designed for high school age boys’ soccer players and incoming 8<sup>th</sup> graders who want to develop their skills. Camp emphasis will be on developing skills in passing, dribbling, shooting and receiving in competitive situations. Technical skills and tactics will be taught. Players may be separated by age and/or ability. Campers need to bring a ball and shin guards. Camp is on Monday and Wednesday, games are on Tuesday and Thursday for grades 9-12 only. Games will be at GBN or other CSL schools.

**Coach:** Paul Vignocchi, 847.509.2469 or pvignocchi@glenbrook225.org

**Code:** NBSO1; **Grades:** 9-12; **Date:** Jun 15-Jul 15; **Time:** 3:30-5:30 pm (M,W); **Fee:** \$250

**Game Time:** 6:00 pm (T,Th); (*Games continue thru July 16 - No Games June 30 & July 2*)

**Code:** NBSO2; **Grade:** 8; **Date:** Jun 15-Jul 15; **Time:** 3:30-5:30 pm (M,W); **Fee:** \$200

**Games:** *No Games - No Camp June 29-July 2*

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### ***“Girls’ Soccer Camp” Incoming 8<sup>th</sup> & 9<sup>th</sup> through 12<sup>th</sup>***

This camp is designed for both 8<sup>th</sup> graders and high school age girls’ soccer players who want to develop their skills. Camp emphasis will be on developing skills in passing, dribbling, shooting, and receiving. Technical and tactical patterns will be taught. Players may be separated by age and/or ability. Campers need to bring a ball and shin guards. Camp is on Monday, Tuesday and Thursday. Some campers will have the opportunity to participate in games on Wednesday evenings. Games will be at GBN or other neighboring high schools.

**Coach:** Tony Valsamis, 847.509.2618 or avalsamis@glenbrook225.org

**Code:** NGSO1; **Grades:** 9-12; **Date:** Jun 8-25; **Time:** 5:30-7:30 pm (M,T,Th); **Fee:** \$225

**Games:** Jun 17-Jul 15; 6:00 pm (W)

**Code:** NGSO2; **Grade:** 8; **Date:** Jun 8-25; **Time:** 5:30-7:30 pm (M,T,Th); **Fee:** \$175



# Softball

## *“GBN Softball Camp”*

This camp will teach the fundamentals necessary to be successful in the GBN softball program. Please wear appropriate clothing (spikes/cleats & softball pants). Campers will need a glove (and a bat is recommended). Please bring plenty of water. For more information contact Bridget Matsunaga at [bmatsunaga@glenbrook225.org](mailto:bmatsunaga@glenbrook225.org) or 847.509.2599.

**Location:** Varsity Softball Field

**Coaches:** Chris Conrad, Bridget Matsunaga, Mike Nisi, Barry Ruppert, Kristi Rymer

**Code:** NGSB1; **Ages:** 7-11; **Dates:** Jun 9-11; **Time:** 11:00 am-1:00 pm; **Fee:** \$80

**Code:** NGSB2; **Ages:** 12-15; **Dates:** Jun 9-11; **Time:** 1:00-3:00 pm; **Fee:** \$80

# Swimming

## *“Coed Swimming Strength & Conditioning Camp”*

Glenbrook North will offer strength and conditioning camp for all current and incoming male and female Spartan Swimmers. The camp will focus on developing muscular strength, muscular endurance, power and agility in all attendees. Workouts will be designed with a swimming specific approach. All workouts will take place on land. All Spartan Swimmers are encouraged to attend.

**Location:** GBN Pool

**Coach:** Jarod Schroeder, 847.509.2595 or [jschroeder@glenbrook225.org](mailto:jschroeder@glenbrook225.org)

**Code:** NSCC1; **Grades:** 6-12; **Date:** Jun 6-Jul 9; **Time:** 1:30-2:30 pm (T-Th); **Fee:** \$100

# Tennis

## *“Girls’ Tennis Camp”*

Have fun playing tennis and improving your tennis skills this summer! This program is conducted by the GBN girls’ tennis staff. Players will develop their fundamentals of the game, doubles strategy, fitness, and match play. Campers will receive a camp T-shirt.

**Location:** GBN Tennis Courts.

**Coach:** Peggy Holecek, 847- 509-2571

**Code:** NGTN1; **Grades:** 8-12; **Date:** Jun 8-19; **Time:** 10:00 am-12:00 pm; **Fee:** \$250

# Tumbling

## *“Coed Summer Tumbling Camp”*

Tumbling camp will be open to athletes of all levels. This camp is designed for cheerleaders and gymnasts that want to get their tumbling skills to the next level. Instruction will range from round offs and cartwheels, to running and standing fulls. All athletes will be trained using appropriate progressions and proper technique. Participants must sign up for one time slot. This is the time slot that participants will be in through the duration of the camp. A maximum of 8 athletes per slot will assure for professional coaching and optimal progress.

**Location:** Gymnastics Gym

**Coach:** Greg Wilhelm, [gwilhelm@glenbrook225.org](mailto:gwilhelm@glenbrook225.org)

**Grades:** 9-12; **Date:** Jun 15-25 (M-Th);

**Codes:** NCTC1, **Time:** 10:00-11:15 am; NCTC2, **Time:** 11:00 am-12:15 pm;

**Codes:** NCTC3, **Time:** 12:00-1:15 pm; NCTC4, **Time:** 1:00-2:15 pm

**Codes:** NCTC5, **Time:** 2:00-3:15 pm

**Fee:** \$125

# Volleyball

## *Boys' High School Volleyball*

*All current high school boys should contact Coach Cooper at 847.509.2604 regarding summer league opportunities.*

### *"Boys' Youth & Incoming Freshmen Volleyball Camp"*

Bump! Set! Spike! Are those words familiar to you? Both beginners and advanced players are invited to improve and develop their volleyball skills in this camp that emphasizes learning techniques, as well as having fun! Basic skills will be the focus of this camp which will be instructed by the GBN volleyball staff. **Players will be grouped appropriately to maximize their development.**

**Location:** Main Gym

**Coach:** Chris Cooper, 847.509.2604

**Code:** NBVB1; **Grades:** 5-9; **Date:** Jul 13-17; **Time:** 1:00-3:00 pm (M-F); **Fee:** \$145

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### *"Girls' Youth Volleyball Camp"*

Bump! Set! Spike! Are those words familiar to you? Both beginners and advanced players are invited to improve and develop their volleyball skills in this camp that emphasizes learning techniques, as well as having fun! Basic skills will be the focus of this camp which will be instructed by the GBN volleyball staff.

**Location:** GBN Main Gym

**Coach:** Tiffany Kim, 847.509.2588

**Code:** NGVB1; **Grades:** 5-8; **Date:** Jul 6-10; **Time:** 1:00-2:30 pm (M-F); **Fee:** \$100

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### *"Girls' High School Volleyball Camp"*

Get a jump on your volleyball skills! Join this program that will concentrate on fundamentals, offense, defense, and major strategies and tactics of volleyball. This camp will be conducted by the GBN volleyball staff. It is open to all players with different skill levels. Come ready to work and learn.

**Location:** Main Gym

**Coach:** Tiffany Kim, 847.509.2588

**Code:** NGVB2; **Grades:** 9-12; **Date:** Jul 6-17; **Time:** 3:00-5:00 pm (M-F); **Fee:** \$225

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# Wrestling

## *"Boys' Wrestling Camp"*

The Wrestling Camp is designed for athletes of all ages and skill levels. Emphasis is placed on fundamental wrestling techniques and the philosophy of wrestling in all three positions. Improving and having fun are main objectives of this camp.

**Location:** Wrestling Room

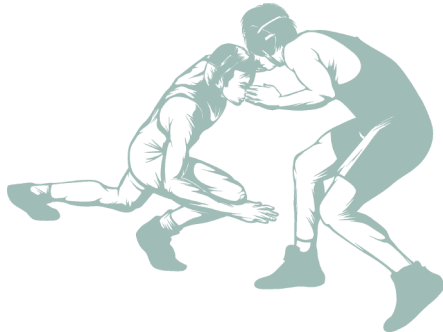
**Coach:** Jason Erwinski, 847.509.2488 or jerwinski@glenbrook225.org

**Code:** NBWR1; **Grades:** 4-12;

**Date:** Jun 10-12;

**Time:** 9:00 am-12:00 pm (W-F);

**Fee:** \$85



## Glenbrook Aquatics “SwimAmerica” Swim Lesson Program

Glenbrook Aquatics is proudly continuing to offer the highly recommend and outstanding structure of the SwimAmerica swim lesson program this spring and summer seasons. SwimAmerica’s goal is “to teach America to swim for health, safety, fun and fitness.”

SwimAmerica is an international, state of the art, learn to swim program that operates in nine countries.

SwimAmerica believes that a student should not only be taught to swim but should be taught to swim well. The GA SwimAmerica program operates in conjunction with The American Swimming Coaches Association and provides highly trained and certified instructors.



### *Some highlights of the program include:*

- **Instructor to student ratio of 1 to 3 or better:** To ensure the most ideal teaching conditions, your child will be in a group with no more than 2 other children.
- **10 Levels of Advancement:** The program builds off the basics of floating and kicking, but the levels are set up so that a “graduate” of the program will be proficient in all 4 competitive strokes. The program design allows each child to progress at their own rate based upon skill attainment levels.
- **Specific goals in each level:** Children are directed toward specific advancement goals in each level. New enrollees will be given an award certificate on the first day of lessons. The certificate will have places for 10 stickers, and once a swimmer completes the advancement goals for a particular level, he or she will be rewarded with a sticker after the lesson.

*Please visit our website at [www.glenbrook-aquatics.com](http://www.glenbrook-aquatics.com) and click on the SwimAmerica link at the top of the page for specific details on the program, season sessions, dates & lesson times as well as all registration information.*

*You may also email Mr. Matt Purdy at [mpurdy@glenbrook225.org](mailto:mpurdy@glenbrook225.org) for any further questions or necessary information.*

# Glenbrook Swim Club Program

The Glenbrook Swim Club program accommodates the full range of competitive swimming athlete. Come out and join a fun and progressive District 225 team!

## Evaluations for the Fall & Winter Seasons 2020-2021:

Evaluation's and group placing for the spring and summer seasons of Glenbrook Swim Club program are already completed and full. Evaluations for the upcoming Fall 2020 & Winter 2021 Seasons will be held in August, those dates and times will officially be available on the website in July 2020. ALL interested new swimmers must attend one evaluation in order to be placed in the correct group if ready.

Please email: [gswimregister@gmail.com](mailto:gswimregister@gmail.com) for more information.

## Glenbrook Aquatic Dive Program:

The Glenbrook Aquatics Dive program is open to all residents and non-residents of all skill levels. There is limited space, filling on a first-come, first-serve basis. Please email the head diving coach at [gadiving@gmail.com](mailto:gadiving@gmail.com) for any diving questions or information. Click the GA diving link at the top of the Glenbrook Aquatics website for program & registration specifics.

## Glenbrook Aquatic Water Polo Program:

The Glenbrook Aquatics water polo program offers a masters program open to all residents and non-residents of all skill levels. Please check the website for more details on this fabulous program! Click the GA water polo link at the top of the Glenbrook Aquatics website for program and registration specifics.

***ON-LINE REGISTRATION  
IS THE ONLY ACCEPTED FORM OF REGISTRATION  
FOR ALL GLENBROOK AQUATIC PROGRAMS  
SPECIFIED BY SEASON!***

# Badminton

## *“Girls’ Badminton Camp”*

Come find out why badminton is more than just a backyard sport. All levels of players are invited to learn the skills, rules and strategies of badminton. This camp is offered for 1-week and will consist of drills and fun games.

**Location:** GBS Titan Dome

**Coach:** Kelli Nitahara, knitahara@glenbrook225.org

**Code:** SBAD1; **Grades:** 6-12; **Date:** Jun 15-19; **Time:** 5:30-7:00 pm (M-F); **Fee:** \$130

# Baseball

## *Titan Baseball Coaching Staff*

GBS Head Baseball Coach Steve Stanicek will serve as the camp director. The camp staff will also include Travis Myers, Alan Greenberg, Terry Harris, Mark Gallagher, Josh Stanton, Tom Cieplik and current/former players. The coaching staff will place an emphasis on fundamental skill development by using several of the same drills which have continued to elevate the GBS baseball program.

**What to Bring:** All participants should bring glove, hat, spikes, water & bat. Please label each item.

**Facilities:** All Titan Baseball Camps are held at Glenbrook South baseball fields.

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## *“Boys’ Varsity Summer Baseball Camp”*

All boys who played Spring Baseball in 2020 are eligible to play. Students have an opportunity to participate in summer camp format which will include instruction, practice and controlled scrimmages. The advanced camp will include offensive theory and practice, team offense, baserunning and the bunt game. Students will be introduced to our team defense, cut-offs and relays, controlling the running game, bunt defense and individual practice.

**Coach:** Steve Stanicek, 847.486.4590

**Code:** SBAS1; **Grades:** 11-12; **Date:** Jun 15-Jul 2; **Time:** 10:00 am-12:30 pm (M-Th); **Fee:** \$225

---

## *“Boys’ Sophomore Summer Baseball Camp”*

All boys who played Spring Baseball in 2020 are eligible to play. Students have an opportunity to participate in summer camp format which will include instruction, practice and controlled scrimmages. The advanced camp will include offensive theory and practice, team offense, baserunning and the bunt game. Students will be introduced to our team defense cut-offs and relays, controlling the running game, bunt defense and individual practice.

**Coach:** Steve Stanicek, 847.486.4590

**Code:** SBAS3; **Grade:** 10; **Date:** Jun 15-Jul 2; **Time:** 10:00 am-12:30 pm (M-Th); **Fee:** \$225

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## *“Boys’ Junior High Summer Complete Skills Baseball Camp 2020”*

This camp is for this 2020-2021 incoming 8<sup>th</sup> and 9<sup>th</sup> grade baseball players. Instruction will center on advanced skill development in hitting, pitching, fielding, and throwing. Campers will also learn through game situation instruction.

**Coach:** Steve Stanicek, 847.486.4590

**Location:** Varsity Baseball Field (*If there is rain, we will meet in the fieldhouse.*)

**Code:** SBAS2; **Grades:** 8-9; **Date:** Jun 15-Jul 2; **Time:** 10:00 am-12:30 pm (M-Th); **Fee:** \$225

# Basketball

## *“Boys’ Basketball Youth Camp”*

The GBS basketball coaching staff will offer this camp to teach the fundamentals of basketball and allow players to participate in games and contests. Specific instructions on shooting and ball handling will be presented.

**Location:** GBS Titandome

**Coach:** Phil Ralston, 847.486.4521

**Code:** SBBK1; **Grades:** 6-8; **Date:** Jun 15-18; **Time:** 10:30 am-12:00 pm (M-Th); **Fee:** \$80

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## *“Boys’ Basketball Camp”*

Players will participate in a variety of drills, activities and scrimmages which develop and emphasize fundamentals, individual skills and team play. The boys’ basketball coaches at GBS will instruct the athletes and will run camp with the program’s philosophy in mind. Any boy entering grades 9-12 at GBS is eligible. Athletes who cannot attend the entire four weeks are still welcome and encouraged to attend. 15 total sessions - participants should meet in the GBS Titandome. This camp may offer additional opportunities in July for player skill development dependent upon remaining summer contacts days.

**Coach:** Phil Ralston, 847.486.4521

**Code:** SBBK2; **Grades:** 10-12; **Date:** Jun 8-Jul 1; **Time:** 2:00-4:00 pm (M-Th); **Fee:** \$225

**Code:** SBBK3; **Grade:** 9; **Date:** Jun 8-Jul 1; **Time:** 2:00-4:00 pm (M-Th); **Fee:** \$225

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## *“Boys’ Basketball Summer League & Shootouts”*

All incoming sophomore through senior boys who are signed up for basketball camp are eligible to play. Students have an opportunity to participate in summer league game competitions. The dates and start time for games are TBA. Games will primarily be played at Loyola Academy and/or Maine East. Shootouts are to be announced.

**Coach:** Phil Ralston, 847.486.4521

**Code:** SBBK4; **Grades:** 11-12; **Date:** Jun 8-Jul 1; **Time:** TBA; **Fee:** \$300

**Code:** SBBK5; **Grade:** 10; **Date:** Jun 8-Jul 1; **Time:** TBA; **Fee:** \$300

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## *“Girls’ Basketball Camp”*

During this session, improvement of individual skills is emphasized. The session coincides with the Maine West Summer League for varsity players. This course is supervised by the varsity basketball coach and assisted by current GBS coaches.

**Location:** GBS Fieldhouse

**Coach:** Scott Nemecek, 847.486.4662

**Code:** SGBK1; **Grade:** 9-12; **Date:** Jun 8-Jul 2; **Time:** 1:00-3:30 pm (M-Th); **Fee:** \$250

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## *“Girls’ Grade & Middle School Basketball Camp”*

Camp focus is on the basic fundamentals of offense: footwork, ball handling, and shooting. There will be daily drills, contests and live play. Instruction will be provided by the GBS girls’ head basketball coach.

**Location:** GBS Fieldhouse

**Coach:** Scott Nemecek, 847.486.4662

**Grades:** 4-8; **Time:** 10:30 am-12:30 pm

**Code:** SGBK-Both Sessions; **Date:** Jun 8-18 (M-Th); **Fee:** \$200

**Code:** SGBK-Session 1; **Date:** Jun 8-11 (M-Th); **Fee:** \$100

**Code:** SGBK-Session 2; **Date:** Jun 15-18 (M-Th); **Fee:** \$100

# Cheerleading

## *“Girls’ JV Summer Cheerleading Conditioning”*

**Invitation only:** This camp will teach students basic skills needed for participation on the GBS JV Cheerleading squad. The students learn cheerleading technique, skills, conditioning exercises and strengthening exercises. Includes Carthage College Cheer Camp July 17-19.

**Location:** GBS Football Field & Weight Room

**Coach:** Amanda Middleton, 847.486.5739 or amiddleton@glenbrook225.org

**Coach:** Jasmine Phillips, jphillips@glenbrook225.org

**Code:** SGCH1; **Grades:** 9-12; **Dates:** Jun 8-10, 23-25, Jul 6-9, 13-16, 27-30; **Time:** 4:00-6:30 pm; **Fee:** \$500

## *“Girls’ Varsity Summer Cheerleading Conditioning”*

**Invitation only:** This camp will improve existing skills as well as teach new techniques. The students will condition and work on strengthening exercises, stunts, tumbling and a variety of other cheerleading techniques and skills. Includes Carthage College Cheer Camp July 17-19.

**Location:** GBS Football Field & Weight Room

**Coach:** Amanda Middleton, 847.486.5739 or amiddleton@glenbrook225.org

**Coach:** Jasmine Phillips, jphillips@glenbrook225.org

**Code:** SGCH2; **Grades:** 9-12; **Dates:** Jun 8-10, 23-25, Jul 6-9, 13-16, 27-30; **Time:** 4:00-6:30 pm; **Fee:** \$500

# Cross Country

## *“Boys’ & Girls’ Cross Country Camp” – 6<sup>th</sup> through 12<sup>th</sup>*

This camp is designed for both the advanced and beginner athlete. Students enrolled become acquainted with various training techniques and weight lifting. Cross Country camp is especially important for individuals who are planning to compete in cross-country this coming fall at GBS. Runners going into 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grade may participate in this camp. Athletes may leave camp early to attend a summer school course. No camp July 4<sup>th</sup>.

**Location:** GBS Fieldhouse

**Boy’s Coach:** Kurt Hasenstein, 847.486.4586 or khasenstein@glenbrook225.org

**Code:** SCCX1; **Grades:** 6-12 (Boys); **Date:** Jun 22-Jul 30; **Time:** 6:30-8:00 am (M-Th); **Fee:** \$180

**Girl’s Coach:** Meaghan Fastert, 847.486.4595 or mfastert@glenbrook225.org

**Code:** SCCX2; **Grades:** 6-12 (Girls); **Date:** Jun 22-Jul 30; **Time:** 6:30-8:00 am (M-Th); **Fee:** \$180

# Field Hockey

## *“Girls’ Incoming Freshman/New Player Field Hockey Clinic”*

This course is open to all NEW players interested in playing field hockey. No prior field hockey experience is needed. The instruction focuses on introducing the game and its tactics as well as developing some of the fundamental skills associated with the game. Field Hockey shin guards, mouth guard and goggles are required. Sticks are recommended. We meet in the stadium the first day.

**Location:** GBS Stadium

**Coach:** Tom Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

**Code:** SFHO2; **Grades:** 9-12; **Date:** Jun 15-19; **Time:** 3:30-4:30 pm; **Fee:** \$125

## *“Girls’ Returning/Experienced Field Hockey Player Clinic”*

This camp is open to EXPERIENCED players interested in playing field hockey. The instruction focuses on expanding fundamental skills and applying those skills to game play. Field hockey shin guards, mouth guard, goggles and stick are required. We will meet in the stadium on the first day.

**Location:** GBS Stadium

**Coach:** Tom Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

**Code:** SFHO1; **Grades:** 10-12; **Date:** Jun 15-19 **Time:** 4:30-6:00 pm; **Fee:** \$150

## *“Girls’ Summer Field Hockey League”*

We will have one team this year that will compete with other schools in the area. Games will be played at Stevenson High School’s Turf Stadium. Games will be on Wednesday nights starting in June. Each team will play one regulation game per week. Players are responsible for transportation to and from games. If you are unable to make a game you **MUST** contact Coach Rosenbaum. We will meet at Stevenson High School for all games.

**Coach:** Tom Rosenbaum, 847.772.0388 or trosenbaum@glenbrook225.org

**Code:** SFHO3; **Grades:** 9-12; **Date:** Jun 10-Jul 10; **Time:** 5:30, 6:30 or 7:30 pm; **Fee:** \$175

## Football

### *“Boys’ Football Camp”*

Summer football camp stresses physical conditioning, weightlifting, football fundamentals and drills. Activities are designed for all potential football players. Incoming freshmen are encouraged to participate. No experience is necessary. The GBS football staff supervises this camp.

**Location:** GBS Turf Field, GBS Weight Room

**Coach:** Dave Schoenwetter, 847.486.4406

**Code:** SBFB1; **Grades:** 11-12; **Date:** Jun 15-Jul 24;

**Time:** 8:00 am-12:00 pm (M,T,W,Th); **Fee:** \$265

**Code:** SBFB2; **Grade:** 10; **Date:** Jun 15-Jul 24;

**Time:** 8:00-11:30 am (M,T,W,Th); **Fee:** \$265

**Code:** SBFB3; **Grade:** 9; **Date:** Jun 15-Jul 23;

**Time:** 8:00-11:00 am (M,T,W,Th); **Fee:** \$240



## Gymnastics

### *Boy’s High School Gymnastics Camp – Incoming 9<sup>th</sup> through 12<sup>th</sup>*

The Glenbrook South Boys’ Gymnastics Program is hosting a summer camp for all levels, including incoming freshman. The camp will teach gymnasts the skills required for each level (freshman, junior varsity, varsity) with a focus on strength and conditioning. No previous experience necessary.

**Location:** GBS Gymnastics Gym (west side of main gym)

**Coach:** Brandon Tucker, 847.486.4280

**Code:** SBGY1; **Grades:** 9-12; **Date:** Jun 9-Jul 2; **Time:** 2:00-4:00 pm (T,W,Th); **Fee:** \$150

## Lacrosse

### *Boy’s High School Lacrosse Camp – Incoming 9<sup>th</sup> through 12<sup>th</sup>*

GBS boys’ lacrosse will practice and scrimmage twice per week in the evening and participate in supervised team workouts. This program is intended for incoming freshman through rising varsity seniors. Players will be separated by skill and experience.

**Practices:** Tuesday & Wednesday; **Dates:** Jun 16-24, 30, Jul 1, 7-8, 14-15;

**Time:** 4:00-5:30 pm

**Local Games:** TBA

**Location:** GBS Turf Field

**Coach:** Matt Larsen, 847.494.4292 or mlarsen@glenbrook225.org

**Code:** SBLX3; **Grades:** 9-12; **Dates:** Jun 16-24, 30, Jul 1, 7-8, 14-15; **Time:** 4:00-5:30 pm; **Fee:** \$210



***“Girls’ High School Summer Lacrosse League”***

Highly recommended for all girls who are trying out for girls’ lacrosse entering grades 9-12. Beginners-Advanced players. Games vs local area teams on Tuesdays and Thursdays, home and away. Transportation is not provided to the games. Reversible jersey is included.

**Coach:** Anne Lesch, 847.715.6706 or alesch@glenbrook225.org. Teams will be divided based on numbers and skill into JV and Varsity team for games

**Code:** SGLX1; **Grades:** 9-12; **Date:** Jun 15-30; **Practice Time:** 6:00-8:00 pm (M-Th); **Fee:** \$200

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***“Girls’ High School Lacrosse Tournament Team”***

This is an opportunity to play in a summer tournament with your Titan teammates. There will be one practice to prepare. The team will play in Pipe City Lacrosse Tournament in Vernon Hills, Illinois.

This is recommended in addition to summer league, a great capstone to the summer. Teams will be divided based on numbers and skill into JV and Varsity team for games. Limited space.

**Code:** SGLX2; **Grades:** 10-12; **Practice Date:** Jul 9; **Time:** 6:30-8:00 am (Th);

**Tournament Dates:** Jul 11-12; **Time:** All Day (S, Sn); **Fee:** \$180

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***“Girls’ Middle School Lacrosse Camp”***

Beginners-Advanced. This camp will be focused on developing and honing fundamental stick skills, learning position specific concepts as well as game play in a fun atmosphere.

**Coach:** Anne Lesch, 847.715.6706 or alesch@glenbrook225.org

**Location:** GBS North Field (across from the tennis courts)

**Code:** SGLX3; **Grades:** 5-8; **Date:** Jun 15-30; **Time:** 4:30-6:00 pm (M-W, ends Tuesday June 30)

**Fee:** \$150

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**Poms**

***“Girls’ JV Titan Pom Camp”***

*Invitation only:* This camp will teach students basic skills needed for participation on the Titan Poms. The students learn technique, skills and dances.

**Location:** GBS Fieldhouse Dance Room

**Coach:** Julie Smith, 847.486.4661

**Code:** SPOM1; **Grades:** 10-12

**Dates:** Jun 16-25 - **Time:** 8:00-11:00 am (T-Th); Jul 24-31 **Time:** 8:00 am-3:00 pm (M-F)

**Fee:** \$200

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***“Girls’ Varsity Titan Pom Camp”***

*Invitation only:* This camp will teach students basic skills needed for participation on the Titan Poms. The students learn technique, skills and dances.

**Location:** GBS Fieldhouse Dance Room

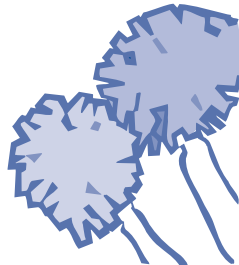
**Coach:** Julie Smith, 847.486.4661

**Code:** SPOM2; **Grades:** 10-12;

**Dates:** Jun 16-25 - **Time:** 8:00-11:00 am (T-Th);

Jul 24-31 **Time:** 8:00 am-3:00 pm (M-F)

**Fee:** \$200



# Soccer

## *“Boys’ High School Soccer Camp”*

This camp is open to all high school levels (including incoming freshmen). Camp emphasizes technical skills and tactical strategies through various activities/scrimmages. Players may be separated by age and/or ability. Campers need to bring a ball and shin guards. Camp is supervised by the GBS coaching staff.

**Location:** GBS Stadium

**Coach:** Reggie Lara, 847.486.4645 or rlara@glenbrook225.org

**Code:** SBSO1; **Grades:** 9-12; **Dates:** Jul 6,8,10,13,15,17; **Time:** 5:00-7:30 pm (M,W,F); **Fee:** \$210

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## *“Boys’ High School Summer Soccer League”*

There will be one team per grade level. Games will often be played at/against other CSL schools. A master schedule with exact times, locations and team assignments will be sent out to all participants prior to the start of the league.

**Coach:** Reggie Lara, 847.486.4645 or rlara@glenbrook225.org

**Codes:** SBSO2 **Grade:** 9; SBSO3 **Grade:** 10; SBSO4 **Grades:** 11 & 12

**Dates:** Jun 16,18,23,25 & Jul 7,9,14,16; **Time:** 4:00 or 6:00 pm; **Fee:** \$90

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## *“Coed’ Soccer Camp – Incoming 6<sup>th</sup> through 8<sup>th</sup>”*

This camp will lay a great foundation of all essential skill sets including ball control, shooting and defending. There will be game play and competition on a daily basis and our own varsity boys’ and girls’ players will be on hand to assist. Campers need wear soccer cleats. Camp is supervised by the GBS boys’ and girls’ soccer coaching staff.

**Location:** GBS Stadium

**Coach:** Reggie Lara, 847.486.4645 or rlara@glenbrook225.org

**Code:** SCSO1; **Grades:** 6-8; **Date:** Jun 29-Jul 2; **Time:** 2:00-4:00 pm; **Fee:** \$100

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## *“Girls’ High School Soccer Camp”*

This camp is open to all incoming high school freshmen to senior soccer players on all levels who are interested in developing a solid soccer skill-based foundation. Dynamic warm-ups, fundamental skills sessions, small-sided games and scrimmages will be emphasized. This is highly recommended for those planning to play in the GBS girls’ soccer program. Camp is supervised by the GBS girls’ soccer coaching staff.

**Location:** GBS grass soccer fields on campus

**Coach:** Mark Daniels, mdaniels@glenbrook225.org

**Code:** SGSO1; **Grades:** 9-12; **Date:** Jun 15,16,18,22-23,25; **Time:** 5:00-7:30 pm (M,T,Th); **Fee:** \$210

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## *“Girls’ High School Summer Soccer League”*

This fee covers participation with the 2020 New Trier Girls’ North Shore Summer Soccer League. There will be three teams made by grade levels (seniors/juniors, sophomores, incoming freshmen). Dates played are during mid-June to mid-July and the schedule is made by New Trier High School. Game Times are usually either 6:00 pm (if one game) or 6:00-6:40/7:20 pm (if two games, two of those three game times). Each participant will receive one t-shirt.

**Coach:** Mark Daniels, mdaniels@glenbrook225.org

**Code:** SGSO2; **Grades:** 9-12; **Date:** Jun 17, 24, & Jul 1, 8, 15 (*dates are subject to change*);

**Time:** 6:00, 6:40, 7:20 pm; **Fee:** \$100

# Softball

## *“Girls’ Softball”*

*This GBS Head Softball Coach Dana Boehmer will serve as the camp director. The camp staff will also include Stephanie Wilson, Missy Pfister, Melissa Pearson and current/former players.*

*The coaching staff will place an emphasis on fundamental skill development by using several of the same drills which have continued to elevate the GBS softball program.*

**Facilities:** All Titan Softball Camps are held at Glenbrook South Varsity Softball field.

**What to Bring?** All participants should bring glove, hat, spikes, gym shoes, water and bat. Please label each item.



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## *“Girls’ Summer Junior High & Incoming Freshmen Complete Softball Skills Camp”*

This camp is for this 2020-2021 incoming 6<sup>th</sup> thru 9<sup>th</sup> grade softball players. Instruction will center on advance skill development in hitting, pitching, fielding and throwing. Campers will also learn through game situation instruction.

**Coach:** Dana Boehmer, 847.486.4596 or dboehmer@glenbrook225.org

**Code:** SGSB2; **Grades:** 6-9; **Date:** Jun 15-18; **Time:** 10:00 am-12:00 pm (M-Th); **Fee:** \$125

# Tennis

## *“Coed Summer Tennis Camp”*

This camp is for anyone interested in playing tennis and getting ready for tennis tryouts. Players will participate in a variety of drills, activities, and agility training, which will develop fundamentals, individual skills, team play, as well as footwork and speed. Tennis coaches from Glenbrook South will instruct the athletes and run the camp. Any boy or girl entering grades 9-12 at Glenbrook South or Glenbrook North is eligible.

**Location:** GBS Tennis Courts

**Code:** SCTN1 **Grades:** 9-12; **Date:** Jun 15-Jul 2; **Time:** 8:00-10:00 am (M,T,W,Th); **Fee:** \$250

**Contact Information:** Meg Ahlgrim, 847.486.4546 or mahlgrim@glenbrook225.org

# Track & Field

## *“Coed Summer Sprint, Hurdle & Relays Camp”*

This camp is designed for both the advanced athlete and the beginner. Students enrolled will have a chance to enhance their skills in a variety of sprinting, hurdling and relay events. Current GBS Track and Field coaches will instruct students in their specific event areas. **Camp will meet each day regardless of the weather!**

**Location:** GBS Stadium/Track

**Coach:** Kurt Hasenstein 847.486.4586 or khasenstein@glenbrook225.org

**Code:** STRK1; **Grades:** 6-12; **Date:** Jun 22-Jul 8; **Time:** 9:00-10:30 am (M,T,W); **Fee:** \$180

### *“Coed Pole Vault Camp”*

This camp is designed to teach young people how to pole vault safely. The event is taught focusing on sound fundamentals and safety practices. Each camper will learn essential skill development customized to the needs and the ability of the individual whether a novice or an advanced vaulter. Learn to vault high by learning to vault safely. Camp fee includes GBS Pole Vault t-shirt, individualized coaching, an emphasis on having fun by learning the fundamentals of the coolest event in Track & Field. *No camp Monday, June 29*

**Location:** John Davis Stadium - north end

**Coach:** Jim Lonergan, 847.400.4778 or JVLonergan@gmail.com

**Code:** SCPOL; **Grades:** 6-12; **Date:** Jun 10-Jul 8; **Time:** 4:30-6:30 pm (M,W); **Fee:** \$180

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### *“Coed Jumps Camp”*

This camp is designed for both the advanced athlete and the dedicated beginner. Athletes enrolled will learn about and participate in jump focused weight and fitness training and jump technique.

**Camp will meet each day regardless of the weather!**

**Location:** GBS Stadium/Track

**Coach:** D. Zapler, dzapler@glenbrook225.org

**Code:** SCJCI; **Grades:** 6-12; **Dates:** Jul 7-8, 10, 13, 15, 17; **Time:** 9:00-10:30 am; **Fee:** \$160

## Volleyball

### *“Boys’ Incoming Freshman through Senior Volleyball Camp”*

This camp is designed to improve on the fundamental skills: serving, serve receive, defense, setting, blocking and hitting. We will cover skills, along with offensive alignment, court strategy and game situations. There will be team drills, competition and game play. This is highly recommended for those who would like to play in the GBS boys’ volleyball program.

**Location:** GBS Dome

**Coach:** Annie Kotsadam, 847.486.4681 or akotsadam@glenbrook225.org

**Code:** SBVB1; **Grades:** 9-12; **Date:** Jul 20-24; **Time:** 1:00-2:30 pm (M-F); **Fee:** \$175

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### *“Girls’ Incoming Freshman Volleyball Camp”*

This camp is open to high school athletes (incoming freshmen) interested in improving their volleyball skills. Instruction is geared toward improving fitness levels and learning the fundamentals necessary to be competitive at the high school level.

**Location:** GBS Dome

**Coach:** Kelly Dorn, 847.486.4592 or kdorn@glenbrook225.org

**Code:** SGVB1; **Grade:** 9; **Date:** Jul 13-23; **Time:** 8:00-10:00 am (M-Th); **Fee:** \$225

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### *“Girls’ Incoming Sophomore – Senior Volleyball Camp”*

This camp is designed to further improve already gained skills as well as learn various systems on both offense and defense. This will be a team oriented camp designed to be a team bonding experience mixed with physical conditioning and team skills.

**Location:** GBS Dome

**Coach:** Kelly Dorn, 847.486.4592 or kdorn@glenbrook225.org

**Code:** SGVB2; **Grades:** 10-12; **Date:** Jul 13-23; **Time:** 10:30 am-12:30 pm (M-Th); **Fee:** \$225

***“Girls’ Volleyball – Incoming 6<sup>th</sup> through 8<sup>th</sup>”***

This camp will lay a great foundation of all essential skill sets including passing, setting, serve reception, hitting and blocking. There will be game play and competition on a daily basis and many of our own Varsity players will be on hand to assist and provide Titan Spirit!

**Location:** GBS Dome

**Coach:** Kelly Dorn, 847.486.4592 or kdorn@glenbrook225.org

**Code:** SGVB3; **Grades:** 6-8; **Date:** Jul 13-16; **Time:** 1:00-2:30 pm (M-Th); **Fee:** \$75

**Wrestling**

***“Boys’ Wrestling Camp”***

This camp is for all ages and levels including those who have never wrestled. This camp will primarily focus on helping wrestlers develop their technical skills. We will start with the basic building blocks of the sport (stance, position, hand-fighting, etc.) and then progress into more advance techniques. Throughout this camp we will work on live situations and learn how to develop strategies to win matches. Wrestlers will be taught important weight training and nutritional concepts in the sport of wrestling.

**Location:** GBS Wrestling Room

**Coach:** Pat Castillo, 847.486.4466 or pcastillo@glenbrook225.org

**Code:** SBWR1; **Grades:** 5-12; **Fee:** \$125;

**Date:** Jun 9,16,23,30, Jul 7,14; **Time:** 3:30-5:30 pm (T)

**Date:** Jun 17, Jul 8; **Time:** 12:00-2:00 pm (W)



**Summer Conditioning**

***“Girls’ Poms, Tennis, & Volleyball Summer Conditioning”***

This camp is open to **all returning members of Girls’ Poms, Tennis and Volleyball**. During our time we will train in the dance studio, weight room and track becoming familiar with and utilizing all types of equipment. These athletes will gain speed, strength and confidence as they progress through the sessions. Their training over the summer will enhance their in-season performance. Please wear athletic clothes, shoes and bring a water bottle.

**Location:** GBS Fieldhouse Lobby

**Coach:** Meg Ahlgrim, 847.486.4546 or mahlgrim@glenbrook225.org

**Coach:** Kelly Dorn, 847.486.4592 or kdorn@glenbrook225.org

**Coach:** Julie Smith, 847.486.4661 or jsmith@glenbrook225.org

**Code:** SGCON; **Grades:** 10-12; **Dates:** Jun 16,18,23,25,30, Jul 2; **Time:** 7:00-8:00 am; **Fee:** \$50

**Summer Weight Room**

***“Coed Weight Room”***

This is your opportunity to continue working out during the summer. Participate in the morning or afternoon. Use the “fitness center” during the summer months. *If you are already enrolled in a GBS Sport Camp, you have the use of the fitness center for free during the summer.*

**Code:** GBSWT1; **Grades:** 9-12; **Dates:** Jun 15-Jul 23; **Time:** 8:30 am-3:00 pm (M-Th); **Fee:** \$75