

Chaparral High School

2019 Summer Sports Camps

* To register and pay for camp, click on the Summer Camp Payment link on the chapwolverines.com homepage

* *All questions should be directed to the coach for each camp - contact information is located on the camp brochure.*

We look forward to your participation and your continued support of our Athletic Programs.

Sincerely,

Rob Johnson
Athletic Director
Chaparral High School



CHAPARRAL SUMMER
SPEED CAMP

2019

Defend The Den

Chaparral Speed Camps will:

- Improve Speed, Strength & Power
- Teach proper running, lifting and fundamentals
- Bring about gains in Quickness & Change of Direction Ability
- Increase flexibility and decrease the likelihood of injuries
- Develop team cohesion
- Instill a sense of Mental and Physical Toughness
- These camps are critical to your success and standing within your team

What you will need:

Athletic shoes, shorts, t-shirts, sunblock and water and A Championship ATTITUDE.

All other equipment will be provided.

Camp Schedule

Camp Dates:

Camp 1: June 10th – June 28th Speed Camp & Weight training 8-10 AM M,T,TH, F. With Yoga on Tuesdays.

Break: July 1st-5th

Camp 2: July 8th – 25th Continued Speed Camp & Weight training 8-10 AM M,T,TH, F with Yoga on Tuesdays.

Football will have camp from 7-9 AM
Your payment is already included in your fees.

Location:

All camps will be located at Chaparral High School field & weight room.

Cost:

\$180 for the summer. Payments are due June 7th.

Requirements:

All athletes must be CHS (or incoming) Athletes and they must have an up to date physical.

Little Wolverines Volleyball Skills Camp

Dates: June 11 - 13
Time: 5:00 p.m - 7:00 p.m.
Grades: Incoming 2nd - 5th Grade Boys and Girls

Place: CHS Both Gyms

Instructor: Amanda West, Head Volleyball Coach, CHS Volleyball Coaching Staff & CHS Varsity Volleyball players

Cost: \$60 (includes T-shirt)

Description: The Chaparral VB coaches teach the basic fundamental skills of volleyball. One on one instruction on volleyball skills will be the focus. Team drills will also be introduced. All participants will receive a camp T-shirt. Walk in registration allowed, please arrive 15 minutes early.

Contact: Amanda West 970-314-1605
www.chapwolverines.com/chapvolleyball

CHS Middle School Volleyball Skills Camp

Dates: July 30 - August 2
Time: 1:00 pm - 3:30 pm
Grades: Incoming 6th - 8th Grade Boys and Girls

Place: CHS – Both Gyms

Instructor: Amanda West, Head Volleyball Coach, CHS Volleyball Coaching Staff, & HS Volleyball players

Cost: \$80 (includes T-shirt)

Description: The Chaparral VB coaches teach the fundamental skills of volleyball including serve receive, attacking, defense and serving. Individual skills, team drills and competition will be emphasized. All participants will receive a camp T-shirt. Walk in registration allowed, please arrive 15 minutes early.

Contact: Amanda West 970-314-1605
www.chapwolverines.com/chapvolleyball

CHS High School Volleyball Skills/Drills Camp

Dates: July 30 - August 2
Time: 9:00 a.m - 12:00 pm
Grades: Incoming 9th–12th Grade Girls

Place: CHS – Both Gyms

Instructor: Amanda West, Head Volleyball Coach, and CHS Volleyball Coaching Staff

Cost: \$90 (includes T-shirt)

Description: The Chaparral VB coaches teach the fundamental skills of volleyball including serve receive, attacking, defense and serving. Individual skills, team drills and competition will be emphasized. All participants will receive a camp T-shirt. Walk in registration allowed, please arrive 15 minutes early.

Contact: Amanda West 970-314-1605
www.chapwolverines.com/chapvolleyball

Wrestling Camp

Date: July 8 - 11
Time: 8:00-4:00
Place: Chaparral Wrestling Room

Cost: \$200

Instructor: Cliff Fretwell from Compound Wrestling

Contact: Andy Sistek, asistek@dcsdk12.org

Baseball Skills Camp 6-13 years old

Dates: June 4 - 6
Time: 9:30 am – 12:00 pm
Ages: 6 - 12 years old
Place: Eaton Field at CHS
Cost: **\$150**
Instructors: CHS baseball staff, current and former players
Equipment: Cleats, gloves, bats, helmets, & catching gear if applicable. Camp T-shirt and water will be provided. Sports drinks & snacks can be purchased from the concession stand.

Description: Overall baseball fundamentals applied to all ages. Athletes will be divided by age and ability. Thorough applicable progressive drills specific to Outfielders, Infielders, Pitchers, and Catchers will be taught. Hitting instruction in a progressive approach that is easy to learn for all ages, based on Chaparral's hitting philosophy/terminology will also be taught. Scrimmages/ situational games with an instructional emphasis on earlier learned camp skills will be played.

Contact: Alan DiGiosio 303-726-6317 or alan.digosio@dcsdk12.org

Softball Youth Camp

Date: June 18 – 20
Time: 9:30 am – 12:00 pm
Ages: 6 – 12 years
Place: CHS Softball Field
Cost: **\$150**
Instructor: Alan DiGiosio, Head Coach
Description: Instruction in basic skills of defense and offense
Contact: Alan DiGiosio 303-726-6317 or alan.digosio@dcsdk12.org

Softball Preseason Camp

Date: July 9 – Aug 1
Tuesday, Wednesday & Thursday
Time: 9:30am – 11:30am

August 6-8
3:15 pm – 5:15 pm
Ages: 9th through 12th grade
Place: CHS Softball Field
Cost: **\$150**
Instructor: Alan DiGiosio, Head Coach
Description: Participants will be instructed in basic skills of defense and offense
Contact: Alan DiGiosio 303-726-6317 or alan.digosio@dcsdk12.org

Boys and Girls Cross Country Running Camp

Dates: May 28 – Aug 6
Mon / Tue / Wed / Thurs /Fri (by invitation)

Time: 7:00 am – 9:00 am

Grades: Incoming 7th-12th Grade Boys & Girls

Place: CHS Track

Cost: **\$200**

Instructors: Rob Ferguson, Boys Head XC Coach and Three-time Continental League Coach of the Year. Kerry Vargo, Girls Head XC Coach. Brian Jeffers, Girls Assistant Coach.

Equipment: Running shoes, T-shirt, shorts and water bottle.

Description: This camp is designed for the CHS XC team preseason training. Summer training is the basis for a successful season. Anyone considering running XC needs to attend this camp. This camp is great training for middle school and 6th graders who will be entering 7th grade to condition and be XC ready at the middle school level. This camp is also a great way to discover if XC is for you no matter what grade you are entering.

All sport athletes and others are welcome and encouraged to join the camp to benefit from the training and conditioning. Running is a great life-long sport. Participants will be grouped by experience and ability for appropriate training and instruction.

The camp will focus on building endurance and fitness, strength, form and technique, mental training, and goal setting. Games and group competition will enhance the experience.

Wednesday runs will take place off campus and require transportation to and from destination. These destination runs will be in the metro area. Destination schedule will be provided the first day of camp.

Contact: chapxc@chaparralhs.org

Chaparral Tennis Camp - Boys and Girls

Goal: Build the appropriate tennis skills and get the match play experience needed to compete at the different levels of high school tennis. This program is open for beginners to advanced players.

Dates: June 17th– July 26th
Intermediate/Advanced Players (all varsity players and some JV with coach's permission)
Five weeks of instruction (July 1-5 off)
Monday-Thursday (matches one day a week)

Time: 7:30-10:00 a.m.

Cost: \$425 (40 hours of group instruction + 1 match per week = ~\$10 per hour)

Practice sessions consist of instruction and competitive play.

Beginner/Intermediate

2 one-week sessions:

Session 1: June 24-28 Monday-Friday

Session 2: July 15-19 Monday-Friday

Time: 10:00-11:30

Sign up for one or both

7.5 hours of instruction

Cost: \$100 per session

Each practice consists of instruction/drill/match play/strength/conditioning

Private lessons available: Cost \$50 per lesson or package of 4 lessons for \$180.

Instructors: Ryan Dunn-CHS Tennis Coach and a coach TBD

**Payment variance for families:

If 2 family members- subtract \$50

If 3 family members- subtract \$100

If 4 family members- subtract \$150

If family member is a CHS employee - ½ of total amount

MUST SIGN UP BY May 18th

Contact: Coach Dunn at 720-592-5983 or rdunn@dcsdk12.org

Little Ballers Co-Ed Basketball Camp (K-2nd Grade)

Dates: June 3 - 5
Time: 9:00 am – 12:00 pm
Grades: K - 2nd
Place: CHS – Small Gym
Cost: \$120 (Includes a t-shirt)
Instructor: Head Boys Basketball Coach Tellus
Truesdale, CHS Coaching
Staff/Players
Contact: ttruesdale@dcsdk12.org

Description: We are excited to offer a foundational skills camp for both boys and girls in grades K-2. The purpose of this camp is to introduce young athletes to the basic fundamentals of the game of basketball in a fun environment. We will use lowered rims and smaller basketballs at this camp. Our coaching staff, as well as Chap players from both the boy's and girl's programs, will be working with your child(ren) to help foster a love for the great game of basketball. This camp will run for 3 days and will be held in the Aux Gym at Chap.

Boys Youth Basketball Camp (3rd – 5th Grade)

Dates: June 3 - 6
Time: 9:00 am – 12:00 pm
Grades: 3rd - 5th
Place: CHS – Main Gym
Cost: \$140 (Includes a t-shirt)
Instructor: Head Boys Basketball Coach Tellus
Truesdale, CHS Coaching
Staff/Players
Contact: ttruesdale@dcsdk12.org

Description: This camp will be focused on helping young athletes build a solid foundation by teaching them the proper fundamentals of basketball. We will be working on offensive and defensive footwork, rebounding, ball handling, passing, and shooting.

Your athlete will also enjoy competing in individual and team drills and games. Our coaching staff and players will be instructing your child(ren) to maximize their success on the court. This camp will be held in the Main Gym at Chap

Boys Basketball Camp (6th – 8th Grade)

Dates: June 3 - 6
Time: 1:00 pm – 4:00 pm
Grades: 6th - 8th
Place: CHS – Main Gym and Small Gym
Cost: \$140 (Includes a t-shirt)
Instructor: Head Boys Basketball Coach Tellus
Truesdale, CHS Coaching
Staff/Players
Contact: ttruesdale@dcsdk12.org

Description: This is an advanced skills camp where we will meet players at their current level of experience. Beginner players will receive the same attention and instruction as the most advanced players. The goal of this camp is to help players prepare for the eventual transition into high school basketball. We will be focusing on offensive and defensive footwork and positioning, ball security, passing, shooting, and aspects of the Read and React Offense. Campers will also be participating in individual and team drills and games. This camp will have the feel of a high school practice where the Chap coaching staff and players will be instructing your athlete.

Cost: The cost of all camps also includes a Chaparral Basketball camp t-shirt.
Grades K - 2: \$120 for the first family member,
\$80 for an additional family member
Grades 3 - 8: \$140 for the first family member,
\$100 for an additional family member

Boys Soccer Kick Around Camp

Date: June 24th –August 2nd
Monday & Wednesday

Time: 4:30pm- 6:30pm

Ages: EXPECTED for ALL players wanting to play fall soccer at Chaparral. For these weeks, this will be your opportunity to show the coaches your skills.

Place: Echo Park Stadium. (July 15th & 17th will be at the CHS turf field).

Cost: \$65.00 Must be registered and paid NO later than June 17th (the \$65.00 will also include the conditioning and skills camp) To register your player go to www.chapwolverines.com , select the register link on the Athletic home page and select the camp you want to register for.

Instructor: Ro Banerjee Head Varsity Coach,
Spencer Ward Asst. Varsity Coach

Description: We will work on specific skills, tactical decision making, small sided games and overall conditioning

Equipment: All players should bring ball, cleats, running shoes, shin guards and plenty of water.

Contact: robanerjee16@gmail.com

Boys Soccer Weights and Injury Prevention

There are two different sessions for this camp. You can choose first session, second session or both.

Dates:

- First session – June 4th – July 2nd
- Second session –July 9th – August 1st; Tuesday & Thursday

Time: 5:30pm – 7:30pm

Location: Chaparral High School weight room

Trainer: Scott Weir

Equipment: All players should bring flats/running shoes and plenty of water

Description: Strength and conditioning, is a program that deals with injury prevention as well as building the all-around balance and base of a soccer player. This program will provide a great foundation for players to be able to challenge and protect themselves and the ball on the pitch.

Cost:

First 9 sessions - \$112 must be registered and paid NO later than May 31st

Second 9 sessions - \$112 must be registered and paid NO later than July 2nd (Because of the 4th of July we will add a Friday to this session TBD)

Both sessions all 18 - \$180 must be registered and paid NO later than May 31st

To register your player go to www.chapwolverines.com , select the register link on the Athletic home page and select the camp you want to register for.

Contact: scottweir@yahoo.com

Boys Soccer Kiddie Camp

Date: July 25th & 26th

Time: 4:00pm -6:00pm

Ages: 5 -11 years old

Place: Echo Park Stadium

Instructors: Head Varsity Coach Ro Banerjee, Asst. Varsity Coach Spencer Ward, Freshman Coach Bryan Cousino and the Boys from Chaparral Boys Soccer Program.

Cost: \$30.00 includes t-shirt. Must be registered and paid by July 1st. To register your player go to www.chapwolverines.com , select the register link on the Athletic home page and select the camp you want to register for.

Description: We will work on basic skills, ball control, shooting and small sided games.

Equipment: Cleats or tennis shoes, if you have a ball bring one and plenty of water
Contact: heidikdelsas@hotmail.com

Girls Soccer Camp

Date: July 8th - 11th

Time: 5:00pm -7:00pm

Ages: 7 - 18 years old

Cost: \$70.00

Place: Chaparral High School East Grass Field

Instructors: Head Varsity Coach Mike Hix and HS Staff. To register your player go to www.chapwolverines.com, select the register link on the Athletic home page and select the camp you want to register for.

Description: Camp focus will be on 1v1 attacking and defending skills, 2v1, 3v2 attacking, small sided games, ball striking/finishing, game play

Equipment: Cleats or tennis shoes, if you have a ball bring one and plenty of water
Contact: Mihix@dcsdk12.org

Boys Soccer Conditioning and Skills Camp

Date: August 5 – 8

Time: 4:30 – 6:30 PM

Location: Echo Park Stadium

Ages: Expected for all returning CHS players, new players, and incoming fall 2019 freshman

Cost: This fee is included in your Summer Kick around fee, if you don't register and pay for the kick around your fee for conditioning and skills camp will be \$50, which will be due on July 29, 2019.) To register your player go to www.chapwolverines.com , select the register link on the Athletic home page and select the camp you want to register for.

Coaches: Ro Banerjee Head Varsity Coach, Spencer Ward Assistant Varsity Coach, and Bryan Cousino Fresh/Soph Coach

Equipment: All players should bring ball, cleats, running shoes, shin guards, and plenty of water.

Contact: robanerjee16@gmail.com

Should you have any questions about any of these camps, please contact Tiffany Davis.
Tiffanyrdavis47@gmail.com – 720-244-9333