

2019 SMCHS SUMMER SPORTS PROGRAMS

REGISTER ONLINE AT [HTTP://SMCATHOLICSCHOOLS.ORG/SUMMER-ATHLETICS/](http://smcatholicschools.org/summer-athletics/) OR COMPLETE AND RETURN THE REGISTRATION FORM

STEPS

What: Summer Training for Endurance, Power, Strength and Speed
When: Monday – Thursday, June 10 – August 8
Three sessions:
7:00 – 8:00 a.m., 8:00 – 9:00 a.m., 9:00 – 10:00 a.m.
Where: SMC Fitness Center, McClone Gymnasium and Zephyr Fields
Who: Boys and girls entering grades 6-12
Cost: \$100 per camper, includes STEPS t-shirt

STEPS is a summer strength and conditioning program that will introduce your student to exercises using primarily free weights combined with plyometrics, conditioning and agility work designed to maximize your student's ability and prepare him/her for the upcoming season. All athletes will be taught proper form and technique and will be fully supervised during their entire workout.

STEPS is offered for ¼ credit for SMCHS students. Two full summers of STEPS participation will result in ½ credit on a student's transcript (the equivalent of one semester of P.E.).



BOYS BASKETBALL CAMP

When: June 10 – June 13
Where: SMC McClone Gymnasium
Who: Boys entering grades 4-6: 11:00 a.m. – 1:00 p.m.
Boys entering grades 7-9: 1:30 p.m. – 3:30 p.m.
Cost: \$75 per camper, includes camp t-shirt
Director: Dave Michalkiewicz, sixth-year boys varsity basketball coach

This camp is devoted to all levels of basketball players with an emphasis on all of the skills required to play the game of basketball. Special emphasis will be placed on improving ball handling, shooting, defensive skills, passing, and understanding the rules of the game. The camp will also include competitive contests.

If you have questions regarding either boys basketball camp, please contact Coach Dave Michalkiewicz at 920-228-0929 or dpmichalkiewicz@gmail.com.

SOCCER CAMP

When: June 10 – June 13
Where: SMC Zephyr Fields
Who: Boys entering grades 4-6 & girls entering grades 4-9:
8:00 a.m. – 10:00 a.m.
Boys entering grades 7-9: 10:00 a.m. – 12:00 p.m.
Cost: \$60 per camper, includes camp t-shirt
Directors: Gary Kruger, 19th-year girls varsity soccer coach
Sean Johnson, fourth-year boys varsity soccer coach

Gary Kruger was also the SMC boys varsity soccer coach for the 16 years before Sean Johnson. His 2004 boys soccer team was a WIAA State Finalist and his 2005 boys soccer team was a WIAA State Semi-Finalist. His 2005, 2006, 2008, 2009, 2010, 2012 and 2013 girls soccer teams were WIAA State Semi-Finalists and his 2007 girls soccer team was a WIAA State Champion. He has coached U-12 to U-18 classic division teams in the PVYSC club soccer for 17 years and holds a USSF National D coaching license.

Sean Johnson spent his playing career in Minnesota and has more than 20 years of experience coaching on the club level at all ages and skill levels. For the past several years, he has been coaching teams playing in the WYSA state league for Oshkosh United Soccer Club. He also coached at Ripon College for six years and holds a USSF National D coaching license.

The focus of this 18th annual soccer camp is to teach elementary and middle school athletes, in a relaxed and positive atmosphere, the individual skills they will need to compete at a higher level. All skill levels from beginner to expert should consider this camp.

Past and present varsity soccer players from SMC staff the camp. The players include defensive specialists as well as leading goal scorers and top midfielders. In the past, there has been a 1:5 coaching ratio. Each day begins with warm-up activities and stretching. Camp starts with one-on-one possession and builds from there every day. It will cover passing, receiving, finishing, defensive position and concept. There will also be camp time for potential goalkeeper instruction. Each player needs to come prepared with shin guards, soccer

cleats, flat tennis shoes, water bottle and soccer ball (#4 for grades 4, 5, 6 and #5 for grades 7, 8, 9). Please dress according to the weather – shelter is available if needed.

If you have questions regarding soccer camp, please contact Coach Gary Kruger at 920-209-2920 or gakruger57@gmail.com or Coach Sean Johnson at 920-851-1170 or coachspj@gmail.com.

TENNIS CAMP

When: June 17 – June 20
Where: SMC Riviere Tennis Center (eight courts and ball machine)
Who: Boys and girls entering grades 6-9: 12:45 p.m. – 2:45 p.m.
Boys and girls entering grades 2-5: 3:00 p.m. – 5:00 p.m.
Cost: \$75 per camper, includes camp t-shirt
Directors: Lizzy Auth, fourth-year girls varsity tennis coach
Tate Whitlinger, first-year boys varsity tennis coach
John Whitlinger, former Stanford University tennis coach

Coaches Lizzy Auth, Tate Whitlinger and John Whitlinger will again run the SMC Tennis Camp this summer. They each bring extensive knowledge of the game and have experience teaching and playing at the youth, high school, collegiate and professional levels. With the help of current SMC tennis players, they will teach campers the skills and techniques needed to be a successful tennis player.

Campers should bring a snack and a water bottle. If you have any questions regarding tennis camp, please contact Coach Lizzy Auth at lizzyba@gmail.com or 920-205-0712. Each camp will be capped at 40 campers.

GIRLS BASKETBALL CAMP

What: Girls Basketball Camp
When: June 24 – June 27, 12:00 p.m. – 3:00 p.m.
Where: SMC McClone Gymnasium
Who: Girls entering grades 4-8
Cost: \$75 per camper, includes camp t-shirt
Director: Jeff Chew, 19th-year girls varsity basketball coach

This camp is designed to increase a camper's skills, knowledge of the game and take-home techniques. The areas of concentration each day will involve individual skills, offensive moves, defensive skills, fun competitions and competitive games.

Head Coach Jeff Chew will provide all of the organization and instruction details at every session. Assisting will be members of the coaching staff, former players with college experience and current SMC players.

Coach Chew has celebrated 400+ wins coaching girls varsity basketball and has won 2 State Titles, 1 State Runner-up and 10 Conference Titles. He and his staff strive to build a proud tradition of excellence in SMC Girls Basketball.

If you have questions regarding either the girls basketball camp, please contact Coach Jeff Chew at stl1721@sbcglobal.net.

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FOOTBALL CAMP

When: July 16 - July 18, 5:00 p.m. – 7:00 p.m.
Where: SMC Zephyr Fields
Who: Boys entering grades K-9
Cost: \$75 per camper, includes camp t-shirt
Director: To be announced

The Zephyrs football camp will provide the players an opportunity to learn about the game of football, and work on football specific skills in a fun and non-contact environment. The Zephyrs football coaching staff and current Zephyrs football players will take the campers through a variety of offensive and defensive drills that they work on every day. The campers will do drills that focus on blocking, snapping, tackling, catching, throwing, route running, kicking, and punting.

Campers should come to camp wearing athletic clothes. This includes shorts, a t-shirt (or their favorite football jersey), football cleats and gym shoes. In case of inclement weather, we will move the Zephyrs football camp into the gym. Water will be provided to the campers, but they can bring their own water or Gatorade if they like.

If you have questions regarding the Zephyrs football camp, please contact Athletic Director Adam Bates at abates@smcatholicsschools.org or 920-722-7796.

GIRLS VOLLEYBALL CAMP

When: July 23 – July 25
Where: SMC McClone Gymnasium
Who: Girls entering grades 4-6: 4:00 p.m. – 5:30 p.m.
Girls entering grades 7-8: 5:30 p.m. – 7:00 p.m.
Cost: \$35 per camper, includes camp t-shirt
Director: Mike Mauritz, sixth-year varsity volleyball coach

This fun camp is designed to teach the proper, ever-evolving technique of the game of volleyball. Serving, passing and setting skills will be developed with attacking, block and court awareness at the older-age sessions. Strong communication and teamwork will also be incorporated at all age levels.

A typical camp day includes warm-up, footwork, ball handling, passing drills, setting drills, serving, games and team play. Each player needs to come prepared with volleyball shoes, t-shirt and kneepads. Sign-in starts 15 minutes prior to the first session on Tuesday.

If you have questions regarding volleyball camp, please contact Coach Mike Mauritz at zephyr.volleyball@gmail.com.

SMCHS SUMMER PROGRAM REGISTRATION

Campers are expected to be picked up immediately following the conclusion of camp each day.

TENNIS CAMP (\$75 per camper)

SOCCER CAMP (\$60 per camper)

BOYS BASKETBALL CAMP (\$75 per camper)

GIRLS BASKETBALL CAMP (\$75 per camper)

GIRLS VOLLEYBALL CAMP (\$35 per camper)

FOOTBALL CAMP (\$75 per camper)

STEPS (\$100 per camper)

7:00-8:00 a.m. 8:00-9:00 a.m. 9:00-10:00 a.m.

Camper's Name: _____

Boy: _____ Girl: _____ Height: _____

Birthdate and Grade 2019-20: _____ School 2019-20: _____

Parent's Name(s): _____

Address: _____

Phone (home & cell): _____

E-mail: _____

T-Shirt Size: YM YL AS AM AL AXL Please send me information about St. Mary Catholic Schools

Health and Medical Information/Liability Waiver

I certify that my child is in good physical condition and is physically able to participate in camp activities. I understand that I assume the full responsibility for loss or damage of property, personal injury and/or bodily harm, however casual, that may arise out of or in any way be connected with my child's participation in camp activities. Also, in the event I cannot be contacted, I hereby authorize the directors of the camp to act for me according to their judgement in any emergency requiring medical attention.

Furthermore, I voluntarily and knowingly release St. Mary Catholic Schools (SMCS), its athletic department, the SMCS athletic programs and the camp (its directors, coaches and workers) from any and all liability for any loss, damages or injuries suffered while participating in camp activities.

Insurance Information

(each camper must be covered by his/her own family insurance)

Insurance Provider: _____

Company Policy #: _____

Parent or Guardian Signature: _____

Date: _____