2023 Summer Sports Camps

at

Homewood-Flossmoor High School

H-F Summer Sports Camps will provide student-athletes in our community with a foundation of fundamental skills, knowledge, character, leadership and love for athletics. Recognizing that while skills and drills are critical to the improvement of an athlete, making the sport fun is essential to developing the passion for the game. We hope you'll join the tradition of H-F athletics this summer by training and learning from some of the best coaches in high school athletics in some of the best facilities in the country!

Homewood-Flossmoor Community High School

999 Kedzie, Flossmoor - 708-335-5004 - Register now at: HF.8to18.com

ATHLETIC TRAINING AIDES

Camp Goals: Anatomy (bones, muscle groups and ligaments), Medical Terminology (planes of motion and directional terms), Thermal Modalities (hot packs, ice bags and ice baths) and Taping (wrists, thumbs and ankles). Injuries to be discussed include ankle, knee, wrist, thumb and finger sprains; fractures; and concussions, along with emergency care. Athletic Training Aides will be given the opportunity to test for proficiency in the skill areas outlined on the Athletic Training Aides Proficiency Check-off form at the end of the camp and throughout the school year. *Director: Brad Kleine, bkleine@hf233.org; Location: Fieldhouse Classroom.*

Co-Ed Grades 9-12

Dates:	July 24-28
Day/Time:	M-F, 8-10 a.m.
Fee:	$65

BADMINTON

Open to beginners and advanced players, this camp provides you with instruction in the core fundamentals and singles/doubles strategy. Camp will include developing skills, such as: movements on the court, stroke technique and strategy. You will have playing opportunities with daily challenge matches and a fun tournament at the end of the week. T-shirt included! *Director: Alexander Pratt, apratt@gmail.com; Location: Fieldhouse. No camp: July 4.*

Grades 6-12

Session:	June 26-July 13
Day/Time:	M-Th, 6-8 p.m.
Fee:	$50

BASEBALL

YOUTH— This camp will be a high energy and very informative session, which will cover the mental and physical aspects of baseball. The camps will cover depth, hitting, fielding, bunting, speed and core strength. Get a perspective of what practice will look like when you become a Viking! *Director: John McCarthy, jmccarthy@hf233.org; Location: Varsity Field*

Little Sluggers Grades K-4

Session:	June 27-29
Day/Time:	Tu-Th, 10-11:30 a.m.
Fee:	$60

Grades 5-8

Session:	June 13-15
Day/Time:	Tu-Th, 10-11:30 a.m.
Fee:	$60

Grade 9

Session:	June 20-22
Day/Time:	Tu-Th, 10-11:30 a.m.
Fee:	$60

DANCE

This co-ed camp is open to all youth, who want to learn and develop their technique and knowledge of dance in an interactive and high-energy environment. You will learn from former professional dancers and members of the H-F Dance Team. Throughout the camp, each dancer will learn a variety of styles, from Jazz to Modern, Hip Hop to Ballet. Dance tank included in fee. *Director: Kari-Lynn Burroughs, karilynnmb@gmail.com; Location: North Dance Studio. No camp: June 19.*

Co-Ed Grades 9-12

Session:	June 5-28
Day/Time:	M-W, 12:30-2:30 p.m.
Fee:	$200

BASKETBALL

HIGH SCHOOL BOYS — Under the direction of H-F coaching staff, this camp offers individual skill training and development, open gym games and summer league/summer shootouts camp experiences. Staff strongly encourages your particpation in this program. Selection for total summer league and/or shootouts is at the discretion of staff. *Director: Jamere Dismukes, jamere.dismukes@hf233.org; Location: Fieldhouse & North Gym. No camp: June 19.*

Grades 9-12

Dates:	June 5-8, 9 a.m.-Noon & June 12-29, M-Th, 3-6 p.m.
Fee:	$225

YOUTH BOYS — H-F coaches & current players are excited to offer this camp to take you to the next level! Camp will focus on ball handling, defense, rebounding, transitions, shooting and basic offensive sets, taught through a variety of instructional talks, drills, competitions and games. Competitions include Hot Shot, Free Throws, One-on-One, Three-on-Three and Five-on-Five. Bring a water bottle and light snack. *Director: Jamere Dismukes, jamere.dismukes@hf233.org; Location: Fieldhouse.*

Grades 4-8

All Sessions:	July 10-27
Session 1:	July 10-13
Session 2:	July 17-20
Session 3:	July 24-27
Day/Time:	M-Th, 10 a.m.-1 p.m.
Fee:	$100/session; or $250/all sessions

GIRLS — The emphasis will be on individual skill development. Develop shooting, ball handling, passing, rebounding and offensive-movement skills in games and drills. Become familiar with offensive and defensive concepts. Camp will culminate with a day of games and a picnic. T-shirt included! *Director: Tony Smith, asmith@hf233.org; Location: Fieldhouse.*

Grades 4-8

Session:	June 5-15
Day/Time:	M-Th, Noon-3 p.m.
Fee:	$125

Grades 9-12

Dates:	June 5-8, Noon-3 p.m. & June 12-15, 1-3 p.m.
Fee:	$125

CHEERLEADING

YOUTH— This camp is designed for the aspiring young athlete who wants to develop cheer skills in an exciting, creative and fun atmosphere. We are fortunate to have a dynamic staff of collegiate cheerleaders and members of our own H-F Cheer team. Campers will learn individual cheer skills, basic tumbling, partner stunts, spirit dances and, most importantly, teamwork. At the session's end, a routine will be performed for family and friends. One T-shirt included per athlete is included, regardless of how many sessions they attend. *Director: Zenia Smith, zsmith@hf233.org; Location: North Cheer Room.*

Co-Ed Grades K-8

Session 1:	June 6-8
Session 2:	June 13-15
Session 3:	June 20-22
Session 4:	July 11-13
Session 5:	July 18-20
Day/Time:	T-Th, 5-6:30 p.m.
Fee:	$50/session; $200/all sessions

HIGH SCHOOL — Both new and experienced cheerleaders will be welcomed into our disciplined, FUN program! Campers will learn cheers, chants, jumps and stunts. We will focus on basic fundamental skills and perfect them in progression to advanced skills. We will inspire, mentor & nurture athletes, while teaching the sport of cheer. *Director: Zenia Smith, zsmith@hf233.org; Location: North Cheer Room*

Co-Ed Grades 9-12

Dates:	June 6-22 & July 5-20
Day/Time:	Tu-Th, 1:30-4:30 p.m.
Fee:	$220

GOLF

This co-ed camp is tailored to each individual's goals. Whether you are a beginner or an experienced golfer, all skill levels are welcome! Campers will work on a variety of skills including short game, iron play, drivers and woods, swing mechanics and much more! *Director: Chris Stiglic, cstiglic@hf233.org; Locations: Coyote Run Golf Course*

Co-Ed Grades 6-12

Session:	June 6-9
Day/Time:	M-Th, 10:30 a.m.-Noon
Fee:	$120

CROSS COUNTRY

HIGH SCHOOL — Sessions will offer runners a variety of base and strength workouts. Athletes will learn about training strategies and prepare for the season. Athletes should wear athletic attire and bring water and a towel. *Directors: Mary Kate Pack, mpack@hf233.org & Brian O'Donnell, bodonnell@hf233.org; Location: Stadium Tarmac.*

Co-Ed Grades 9-12

Session 1:	June 12-15
Session 2:	June 26-29
Session 3:	July 10-14
Session 4:	July 24-28
Day/Time:	M-Th, 6:30-7:30 a.m.
Fee:	$25/session

YOUTH — Each day will consist of stretching drills, runs, strength activities and games. Coaches will introduce a variety of workouts, while instructing athletes on form, training and fueling strategies. Athletes should wear athletic attire and bring water and a towel. *Directors: Mary Kate Pack, mpack@hf233.org & Brian O'Donnell, bodonnell@hf233.org; Location: Stadium Tarmac*

Co-Ed Grades 6-8

Session:	June 12-16
Day/Time:	M-F, 8-10 a.m.
Fee:	$25

FOOTBALL

The purpose of the Viking Football camps is to give our players and coaches a head start to the upcoming season. All athletes will receive expert instruction and an opportunity to receive fundamental football skills. During each camp, we will be implementing our team offense, defense and special teams. *Director: Terrell Alexander, talexander@hf233.org. No camp: June 19. Location: Stadium.*

Grade 9

Dates:	June 20-29 & July 10-25
Day/Time:	M, Tu & Th, 1-5 p.m.
Fee:	$200

Grade 10

Equipment pick up: June 9, 5 p.m.

Dates:	June 12-29 & July 10-25
Day/Time:	M, Tu & Th, 1-5 p.m.
Fee:	$250

Grades 11 & 12

Equipment pick up: June 9, 3 p.m. (seniors) & 4 p.m. (juniors)

Dates:	June 12-29 & July 10-25
Day/Time:	M, Tu & Th, 1-5 p.m.
Fee:	$250

GYMNASTICS

INFORMATION COMING SOON!

LACROSSE

YOUTH— This camp will teach a basic understanding of the game, as well as techniques and drills to improve your game. You will learn from H-F coaches, as well as current and past varsity players. Fee includes rental for helmet, gloves, shoulder pads and elbow pads. Please bring a lacrosse stick & wear cleats. *Director: Jason Keane, jkeane34@gmail.com; Location: North Field.*

Grades 6-8

Dates:	July 10-27
Day/Time:	M, Tu & Th, 2:30-4 p.m.
Fee:	$75

High School— This camp will give you a head start for the upcoming season. All athletes will receive expert instruction and an opportunity to learn fundamental skills from our coaching staff. During each session, we will be installing our team offense and defense. *Director: Jason Keane, jkeane34@gmail.com; Location: North Field.*

Grades 9-12

Dates:	June 5-15, 26-29 & July 10-27
Day/Time:	M, Tu & Th, 2:30-4 p.m.
Fee:	$125

SOCCER

This camp is for any soccer player at any level. The goal is to introduce basic instruction and skills for our upcoming seasons. During each session, players will work with staff to develop confidence, game understanding and chemistry with their future teammates. Whether you want to build on your existing talent or play for the first time, this camp is for you! *Directors: Allison Farkos, afarkos@hf233.org; Jairo Garcia, jairo.garcia@hf233.org. Location: H-F Stadium. No camp: Week of July 3.*

Co-Ed Grades 9-12

Dates:	June 28-July 28
Day/Time:	W & F, 1-3 p.m.
Fee:	$100

SWIMMING, DIVING & WATER POLO

This camp will be a hybrid of swimming & water polo. Coaches will teach water polo skills, drills, strategies and techniques, along with game play. Swimming drills and techniques will be taught along with building yardage for endurance. Camp will work on developing starts and turns. H-F aquatic alumni are invited to participate. *Directors: Eric Olson, eric.olson@hf233.org; Anna Tenny, atenny@hf233.org, & John Fitzgerald, jfitzgerald@hf233.org; Location: Natatorium.*

Co-Ed Grades 6-12

Dates:	June 6-9, 8-9:30 a.m. June 12-15, 6:30-8 a.m. June 20-24, 6:30-8 a.m. June 26-30, 6:30-8 a.m. July 10-27, M-Th, 6:30-8 a.m.
Fee:	$175

TENNIS

Camp will help you develop the fundamentals for each camper from attacking, serving and serve receive. The coaches will challenge each camper to expand their skills and to play at a higher level. *Directors: Brian Johnson, bljohn22@comcast.net; Jeff Cade, jcade1911@gmail.com; Location: North Courts.*

Co-Ed Grades 6-12

Session:	June 26-28
Grades 6-8:	M-W, 3-5 p.m.
Grades 9-12:	M-W, 5-7 p.m.
Fee:	$75

VOLLEYBALL

BOYS — This camp focuses on learning the skills of volleyball, the rules of the game and allows the campers to compete in games and contests. No experience is necessary, however, all skills are welcome. More advanced players will learn advanced techniques as they prepare for high school competition *Director: Mark Ciesielski, mciesielski@hf233.org; Location: South Gym.*

Grades 4-9

Dates:	June 12-15
Day/Time:	M-Th, 2-4 p.m.
Fee:	$50

GIRLS — Experience Viking Volleyball! Camp goals: introduction to the Viking Volleyball program, fundamental skill development and competitive team play. Please bring a water bottle. *Director: Bob St. Leger, rstleger@hf233.org.*

Grades 6-8

Dates:	July 10-13
Day/Time:	M-Th, 11 a.m.-1 p.m.
Location:	South Gym
Fee:	$75

Grades 9-10

Dates:	July 10-20
Day/Time:	M-Th, 2:15-4:15 p.m.
Location:	Fieldhouse
Fee:	$100

Grades 11-12 (Note: High school volleyball experience is strongly recommended.)

Dates:	July 11-27
Day/Time:	Tu-Th, 2:15-4:15 p.m.
Location:	South Gym
Fee:	$110

WRESTLING

This camp is for those who want to learn and master the sport of wrestling. Current and former H-F wrestlers, along with various coaches, will teach wrestlers of any level how to master the sport and how to have fun while they do it! *Director: Jim Sokoloski, jsokoloski@gmail.com; Location: Fieldhouse Wrestling & Activities Rooms. No camp: June 19.*

Co-Ed Grades 5-12

Dates:	June 12-28
Day/Time:	M-W, 1:30-3:30 p.m.
Fee:	$75

NEW! VIKING PERFORMANCE TRAINING

Want to be a more explosive & powerful athlete? Or have you been hindered with injuries in the past? Viking Performance is strength, power & speed development designed for you as an athlete and the sport(s) you play. The camp consists of strength training, speed, agility & injury mitigation. *Camp Director: Adam Vogel, adam.vogel@hf233.org. Location: North Building Weight Room.*

Sports: Football, Volleyball, Golf & Baseball
Grades 9-12

Session:	June 5-15, 26-29 & July 10-27
Day/Time:	M, T & Th, 6:15-7:30 a.m.
Fee:	$75

Sports: Softball, Badminton, Lacrosse, Boys' Basketball, Swimming & Diving, Water Polo, Gymnastics & Cheer
Grades 9-12

Session:	June 5-15, 26-29 & July 10-27
Day/Time:	M, T & Th, 1-2:15 p.m.
Fee:	$75

Sports: Wrestling, Cross Country, Dance, Soccer, Girls' Basketball, Field Hockey, Tennis and Track & Field
Grades 9-12

Session:	June 5-15, 26-29 & July 10-27
Day/Time:	M, T & Th, 2:30-3:45 p.m.
Fee:	$75

Sports: All
Grades 6-8

Session:	June 5-15, 26-29 & July 10-27
Day/Time:	T & Th, 8:15-9:30 a.m.
Fee:	$75