

# Wheeling High School Summer Athletic Camps 2022

TOWNSHIP HIGH SCHOOL DISTRICT 214

[Click here for online camp registration](#)

## Participant Eligibility

Grade/age level is often designated in the title or description of each camp/class. Grade level is defined as the grade the student will enter in the coming fall.

## Registration

Students register for summer camps online and you can pay with a credit card. Those students who choose to pay by check or cash must do so in the Student Activities or the Athletic office at the school where the camp is being held.

**Registration Begins**

**March 29, 2022**

*Late fee of \$10 applies after the end date (After May 29)*

## **SCHOOL IS CLOSED ON FRIDAYS DURING SUMMER**

## Fees

Registration Fee	\$22.00	<i>per camp -<b>INCLUDED IN THE CAMP FEE</b> (Non-refundable)</i>
Late Fee (After May 29th)	\$10.00	<i>per registrant (Nonrefundable)</i>
Camp Tuition		A T-shirt (if applicable) is not guaranteed if registering late. <i>Differs by camp based on contact hours</i>

## Fee Waiver

Only students who take part in the District 214 free/reduced lunch program in 2021-2022 are eligible for the waiver of SAP tuition. All students who receive free lunch must still pay the \$22.00 registration fee, T-shirt fee, league fees, admin fees, etc. Fee waiver documentation must be on file with the school administration **prior** to registering for a camp.

## Refunds:

All tuition and fees are refunded if camp is canceled by either the school or the District. All tuition and fees are refunded upon presentation of a signed doctor's note. The refund is prorated (by contact hours) based upon their date of the doctor's note. There are not refunds for absence due to vacation or illness. There is no refund after ½ of the camp has been fulfilled. There is no refund for sessions canceled or lost due to inclement weather.

## Insurance

Students are responsible for their own insurance coverage. If a participating student is injured, the incident should be reported as if the student is a visitor on school premises. All injuries must be reported to the head coach/sponsor and trainer (if on duty). The head coach/sponsor must complete an accident report.

## Cancellation

The District 214 guidelines of heat/humidity and lightning will be strictly followed. Sessions canceled due to bad weather will not be rescheduled. **Programs will directly communicate these cancellation notices.**

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## Transportation

Students are responsible for their own transportation. There is no bus service.

**Questions?? - 847/718-7020 or email Norma at norma.rothers@d214.org**

## BOYS CAMPS

### BASEBALL

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22040011	4-8	6/6-6/23	M/T/W/Th	11:45am-1:15pm	\$86	K. Reinhart	F/S Baseball Field
*22040012	9-12	6/6-6/23	M/T - (Camp)	11:00-12:30pm	\$208	J. Wieder	Heritage Park
*22040012	9-12	6/6-6/23	M/T/W/Th	11:00-5:00pm	\$208	J. Wieder	Heritage Park

Camp emphasis will be on fundamentals and their use in actual games. **Camp 22040012 is a combo of both camp & IHSBCA Summer Tournament. The IHSBCA tournament will be the week of 6/20-6/23.**

### BOYS BASKETBALL

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22041011	9-12	6/6-6/30	M/T/W/Th	2:00-4:00pm	\$119	T. Antosz	Gym/FH
*22041012	4-8	6/6-6/23	M/T/W/Th	10:00-11:30am	\$33	T. Antosz & E. Christell	Gym/FH

**\*22041012 IS A BOYS & GIRLS CAMP**

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### BOYS CROSS COUNTRY

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Meet at</u>
22041511	6-12	6/13-6/30	M/T/W/Th	7:00-8:30am	\$97	T. Polak	WHS Track

This camp is designed to build endurance and learn proper training techniques.

### BOYS FRESHMAN FOOTBALL - "LIGHTS OUT"

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22042023	9th	7/11-7/28	M/Tu/W/Th	1:00-3:30pm	\$119	C. Kurinec	Football Field

Coaches of the program will provide a safe learning environment in which players learn important life skills such as teamwork, leadership skills, and work ethic.

### BOYS VARSITY FOOTBALL - "LIGHTS OUT" cont....

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22042011	10-12	6/7-6/30	Tuesday	<b>7:30-10:30am</b>	\$141	P. Panagakis	Football Field
22042011	10-12	6/7-6/30	Wednesday	<b>6:00-9:00pm</b>	\$141	P. Panagakis	Football Field

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22042011 10-12 6/7-6/30 Thursday **8:30-11:30am** \$141 P. Panagakis South Field (Grass)

**\*\*\*PLEASE MAKE NOTE: CAMP IS 3 DAYS A WEEK, DIFFERENT TIMES EVERYDAY\*\*\***

High school football summer camp includes practice/camp time, film study, culture school regarding our program, and a strength and conditioning program. Necessary equipment will be provided for the camp. Coaches of the program will provide a safe learning environment in which players learn important life skills such as work ethic, teamwork, and leadership skills.

## BOYS VARSITY FOOTBALL - "LIGHTS OUT" cont....

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22042022	10-12	7/11-7/21	Monday	<b>7:30-10:30am</b>	\$87	P. Panagakis	Football Field
22042022	10-12	7/11-7/21	Tuesday	<b>7:30-10:30am</b>	\$87	P. Panagakis	Football Field
22042022	10-12	7/11-7/21	Wednesday	<b>6:00-9:00pm</b>	\$87	P. Panagakis	Football Field
22042022	10-12	7/11-7/21	Thursday	<b>8:30-11:30am</b>	\$87	P. Panagakis	Football Field

**\*\*\*PLEASE MAKE NOTE: CAMP IS 3 DAYS A WEEK, DIFFERENT TIMES EVERYDAY\*\*\***

High school football summer camp includes practice/camp time, film study, culture school regarding our program, and a strength and conditioning program. Necessary equipment will be provided for the camp. Coaches of the program will provide a safe learning environment in which players learn important life skills such as work ethic, teamwork, and leadership skills.

## BOYS GOLF

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22042521	9-12	7/11-7/21	M/T/W/Th	8:30-10:30am	\$104	D. Urban	DesPlaines Golf Center

This camp is designed for Beginners & experienced golfers, we encourage anyone interested in golf to come out and try the camp. The boys will learn team philosophies and drills. No make-ups for days that are canceled due to weather. If the location of the camp changes we will notify you.

## BOYS SOCCER

<u>Code</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22044011	9-12	6/6-6/23	M/T/W/Th	8:00-10:00am	\$119	K. Lennon	WHS Stadium

**\*\*\*TUESDAY CAMP WILL BE HELD ON THE SOUTH FIELD\*\*\***  
 This camp will prepare players through cardiovascular, core strengthening, and soccer training. Point of emphasis will be the development of individual skills. Please wear cleats, shin guards, and bring water.

## BOYS TRACK & FIELD (Distance Camp)

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22049611	6-12	6/11-6/28 7/11-7/28	M/T/Wed/Th	7:30-8:30am	\$86	T. Polak	WHSTrack

Athletes will be taught the purpose of different training components and how it will help them become faster, better athletes for all sports. Some weight room or outdoor strength activities may be included.

## WRESTLING

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22049011	7-12	6/6-6/23	M/T/Th	5-6:30pm	\$76	C. Curran	WHS Wrestling Balcony

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22049022 7-12 7/11-7/28 M/T/Th 5-6:30pm \$76 C. Curran WHS Wrestling Balcony  
 Camp is designed to build individual skills through a variety of instructional strategies and conditioning.

## GIRLS CAMPS

### GIRLS BADMINTON

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22040511	9-12	7/11-7/28	M/T/W/Th	9-11:00am	\$119	A. Juszczuk & K. Fenzel	South Gym

This camp is tailored to meet every level of badminton player. Through a combination of drills, instructions, and match play, the goal of this camp is to prepare and further the career of future and existing badminton players. Coaching will be according to the players ability level. Badminton racquets will be available.

### GIRLS BASKETBALL

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22041111	9-12	6/6-6/23	M/T/W/Th	12-2:00pm	\$119	E. Christell	Gym/FH
*22041012	4-8	6/6-6/23	M/T/W/Th	10:00-11:30am	\$33	T. Antosz & E. Christell	Gym/FH

**\*22041012 IS A BOYS & GIRLS CAMP**

The camp emphasizes the fundamentals of the game as well as developing individual skills and team concepts.

### GIRLS CROSS COUNTRY

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Meet at</u>
22041611	6-12	6/13-6/30	M/T/W/Th	7:00-8:30am	\$61	E. Pedersen	WHS Track
22041621	6-12	7/11-7/28	M/T/W/Th	7:00-8:30am	\$61	E. Pedersen	WHS Track

This camp is designed to build endurance and learn proper training techniques.

### GIRLS DANCE (POMS) TEAM - INVITE ONLY

**\*\*Please note that this dance camp is ONLY open to athletes who have made the 2022-2023 Dance Program\*\***

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22043211	Fall & Winter	6/6-6/9	M/T/W/Th	1:30-3:30pm	\$61	M. Leane	South Gym
22043212	Winter Only	6/20-6/23	M/T/W/Th	1:30-4:30pm	\$65	M. Leane	South Gym
22043213	Fall Only	6/27-6/30	M/T/W/Th	1:30-4:30pm	\$65	M. Leane	South Gym

Dance Team: focuses on sport-specific skills of jumps, leaps, turns, conditioning, choreography, and teambuilding. Dancers will receive instruction from WHS Coaching staff and outside choreographers.

### GIRLS GOLF

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22042611	9-12	6/13-6/23	T/W/Th	10-11:30am	\$70	P. Ellsworth	DesPlaines Golf Ctr

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Open to new or experienced golfers. No make-ups for days that are canceled due to weather. If the location of the camp changes we will notify you.

## GIRLS GYMNASTICS

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22043111	9-12	6/6-6/30	M/T/W/Th	9-11:00am	\$119	J. Share	Gymnastics Area

Our coaching staff will coach according to your daughter's ability level. The gymnast will work floor, vault, bars, and beam equipment along with strength and flexibility.

## GIRLS SOFTBALL

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22045021	7-12	7/11-7/28	T/Th	9-10:30am	\$41	M. Caringella & B. Romano	Varsity Softball Field

We want all of our campers to have a great amount of fun while improving their softball skills!

## CO-ED CAMPS

### CO-ED BASKETBALL 4-8TH GRADE

22041012	4-8	6/6-6/23	M/T/W/Th	10:00-11:30am	\$97	T. Antosz & E. Christell	FH/Gym
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**\*BOYS & GIRLS HS CAMPS LISTED SEPARATELY\***

### CHEERLEADING - INVITE ONLY

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22041821	9-12	7/18-7/21	M/T/W/Th	6:15-8:30pm	\$72	M. Orellana	South Gym

### CO-ED LACROSSE

<u>Code</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22043621	9-12	7/11-7/21	T/W/Th	11:30-1:00pm	\$75	P. Karamitos & M. Bosco	WHS Stadium

Emphasizes the fundamentals of the game. Come out and try Lacrosse, everyone is welcome!!

### CO-ED SWIMMING

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22046011	9-12	6/6-6/16	M/T/W/Th	6-8:00am	\$70	T. Schwager	WHS Pool
22046012	9-12	6/20-6/30	M/T/W/Th	6-8:00am	\$70	T. Schwager	WHS Pool

**\*IF YOU WOULD LIKE YOU CAN SIGN UP FOR BOTH CAMPS\***

This camp is for beginners to experienced swimmers. We will work on strokes, skills & endurance.

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## CO-ED TENNIS

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22047011	9-12	6/6-6/23	M/T/W/Th	9-11:00am	\$97	S. Chomereau	WHS Tennis Courts

## CO-ED VOLLEYBALL

<u>Code#</u>	<u>Grades</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>	<u>Head Coach</u>	<u>Location</u>
22048021	4-7	7/11-7/28	M/T/W/Th	8-9:30am	\$97	J. Kopkowski	Gym/FH
22048121	8-12	7/11-7/28	M/T/W/Th	9:30-11:30am	\$119	J. Kopkowski	Gym/FH