

# WHEATON ACADEMY

## HIGH SCHOOL **SUMMER ATHLETICS CAMPS**

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### 2018 Wheaton Academy Summer High School Athletic Camps

*Open to WA students who will be in grades 9-12 in the fall of 2018*

Please read the camp descriptions in this document before registering. If you have any questions about a specific camp, please email the coach directly (email addresses are listed under camp description).

Registration is online only at <https://secure.aceptiva.com/?cst=2d6a43>

<b>Co-Ed Cross Country</b>	June 4-July 28 (4x/wk) – times will vary between 6:30am or 8am or 5pm	\$115
<b>Football</b>	June 4 & 5 – 5-8pm, June 6 – 1-4pm, June 7 – 9-11am June 11-14, 18-21, 25-28 – 9-11am (performance training only) July 9-12, 16-19, 23-26 – 8am-12pm	\$275
<b>Boys &amp; Girls Volleyball</b>	June 4, 6, 11, 13, 18, 20, 25, 27 and July 9, 11, 16, 18, 23, 24, 25, 26 – 7-8:30pm	\$125
<b>Girls Basketball</b>	June 4-28 (Mon-Thurs) 5:30-7:30pm, summer league schedule TBA (cost includes camp plus league)	\$300
<b>Boys Basketball</b>	June 4-28, (Mon-Thurs) 5-7pm, summer league and shootout schedule TBA (cost includes camp plus league)	\$290
<b>Boys Soccer Clinic</b>	June 6-8, 5-8pm	\$95
<b>Co-Ed Golf</b>	June 11-15, 5-7pm (cost includes four days at the driving range and a round of golf)	\$350
<b>Boys Wrestling</b>	June 13, 20, 27 & July 11, 18, 23, 5-6:30pm	\$80
<b>Co-Ed Tennis</b>	July 16-20, 9am-12pm	\$125
<b>Girls Soccer</b>	June 25-29, 5-8pm	\$115
<b>Boys Soccer</b>	July 23-27, 5-8pm	\$115
<b>Girls Softball</b>	July 23-27, 5-8pm	\$115

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### Descriptions

#### **BOYS BASKETBALL CAMP & LEAGUE**

The Boys Basketball Camp & League is a vital component of the boys' basketball program. The areas of focus for the summer program are to improve individual skill level, introduce freshmen and improve and gain new chemistry (upper levels) of the offensive and defensive schemes and to compete against quality teams and larger schools in summer leagues and shootouts. Frosh/Soph will participate in the St. Charles East Summer League on Tuesdays and Thursdays from June 11-28. Varsity will participate in the Hoop Mountain Shootout at Batavia H.S. June 15 & 16 and Glenbard East Summer Shootout June 21-22. We understand that you may have conflicts, but we ask all interested athletes to try and make a strong commitment to the summer program. Specific questions about the camp should be directed to Coach Thonn at [sthonn@wheatonacademy.org](mailto:sthonn@wheatonacademy.org).

#### **GIRLS BASKETBALL CAMP & LEAGUE**

The Girls Summer Basketball Camp & League is designed to integrate skill development and game experience. Summer camp will focus on helping all players improve on shooting, ball handling, footwork and their offense/defense game. Players will gain on-the-court basketball experience through league play, while camp at Wheaton Academy will work on individual skills development. Students looking to participate in the girls' basketball program will greatly benefit by participating in summer league. League games will be played twice a week at Lisle Community High School. The nights that games are not played, athletes will have camp at Wheaton Academy from 5:30-7:30. Specific questions about the camp should be directed to Coach Carwell at [ecarwell@wheatonacademy.org](mailto:ecarwell@wheatonacademy.org).

#### **CO-ED CROSS COUNTRY CAMP**

The Wheaton Academy Summer Warriors conditioning program prepares athletes for the upcoming cross-country season. We meet up to 4x per week during the month of June for training then meet on Saturdays during the month of July for some long runs. Athletes are provided a training plan based off their previous running history and their current conditioning level. Anyone interested in running cross country in the fall should plan on being a part of the conditioning program to ensure a smooth transition to the in-season training. The daily schedule will be released in May. Specific questions about the camp should be directed to Coach Felinski at [cfelinski@wheatonacademy.org](mailto:cfelinski@wheatonacademy.org).

#### **BOYS FOOTBALL CAMP**

The Boys Football Camp is a comprehensive, summer-long camp. Players will train in the weight room, develop speed for the season, and learn basic offensive and defensive scheme in preparation for the kickoff of the fall sports season on Monday, August 6th. Players will be coached by varsity and JV coaches from Wheaton Academy and learn fundamental, foundational skills necessary for success in season. Specific questions about the camp should be directed to Coach Thornton at [bthornton@wheatonacademy.org](mailto:bthornton@wheatonacademy.org).

#### **CO-ED GOLF CAMP**

The Warrior Golf Academy is designed for active high school athletes who want to improve in a sport that they can play for the rest of their life. All aspects, driving, iron play, short game, putting, will be worked on and crafted. More importantly, the athlete will understand how to grasp the psychological side of the game. Classroom discussion and learning will be used to educate the athlete on how to attack and conquer the game! Cost includes four days at the driving range and a round of golf. Specific questions about the camp should be directed to Coach Broman at [sbroman@wheatonacademy.org](mailto:sbroman@wheatonacademy.org).

#### **BOYS SOCCER CAMP**

The Boys Soccer Camp is an opportunity for high school players to improve their technique, tactics, knowledge of the game, and ability to compete. The camp provides a chance for players to move into the fall with hard work and an emphasis on development. Players will interact with the coaching staff from Wheaton Academy, and will be given tools to help them improve their ability to play the game. The environment of training is designed to challenge players and move them in a direction that is exciting for them as a player. Specific questions about the camp should be directed to Coach Brooke at [jbrooke@wheatonacademy.org](mailto:jbrooke@wheatonacademy.org).

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### Descriptions

#### **BOYS SOCCER CLINIC**

The Boys Soccer Clinic is an opportunity for high school players to improve their technique, tactics, knowledge of the game, and ability to compete. The clinic provides a chance for players to move into the summer with hard work and an emphasis on development. Players will interact with the coaching staff from Wheaton Academy, and will be given tools to help them improve their ability to play the game. The environment of training is designed to challenge players and move them in a direction that is exciting for them as a player. Specific questions about the clinic should be directed to Coach Brooke at [jbrooke@wheatonacademy.org](mailto:jbrooke@wheatonacademy.org).

#### **GIRLS SOCCER CAMP**

The Girls Soccer Camp is an opportunity for high school players to improve their technique, tactics, knowledge of the game, and ability to compete. The camp provides a chance for players to move through the summer with hard work and an emphasis on development. Players will interact with the coaching staff from Wheaton Academy, and will be given tools to help them improve their ability to play the game. The environment of training is designed to challenge players and move them in a direction that is exciting for them as a player. Specific questions about the camp should be directed to Coach Brooke at [jbrooke@wheatonacademy.org](mailto:jbrooke@wheatonacademy.org).

#### **GIRLS SOFTBALL CAMP**

The Wheaton Academy softball camp is an opportunity for high school athletes to work closely with the WA Softball staff to refine and enhance their skills in hitting, fielding, pitching, and base running. The position of catcher will also receive special focus. Groups will be divided by ability and will be introduced to the new “high-level swing,” which is now being coached by the WA staff. College players and coaches will be involved in the camp as well. For more information, contact Coach Starowitz at [toddstarowitz@tyndale.com](mailto:toddstarowitz@tyndale.com).

#### **CO-ED TENNIS CAMP**

The Co-Ed Tennis Camp is geared towards high school players who are interested in playing competitive high school tennis. The program will be run by Wheaton Academy coaches. Each session will be structured to mirror what a typical practice day looks like on the Wheaton Academy tennis team, with a focus on stroke production, footwork, conditioning and strategy. Drills and games will be mixed into each session. The week will finish with a matchplay/tournament day. The goal of the camp is to foster a love of tennis while preparing players for a competitive and successful high school tennis experience. Participants should come dressed in athletic attire and tennis shoes and bring a tennis racquet and water bottle. Specific questions about the camp should be directed to Coach Green at [easybeingreen@gmail.com](mailto:easybeingreen@gmail.com).

#### **CO-ED VOLLEYBALL CAMP**

The Co-Ed Volleyball Camp is for all high school athletes who wish to participate in the volleyball program during the 2018-19 school year. We will be working all skill levels, grade levels, and positions throughout the many summer practice sessions. Camp will be run by the head coach of the boys' and girls' volleyball program at Wheaton Academy, D.A. Nichols. Please email Coach Nichols with any questions [dnichols@wheatonchristian.org](mailto:dnichols@wheatonchristian.org).

#### **BOYS WRESTLING CAMP**

The Boys Wrestling Camp is for all high school wrestlers as well as anyone interested in wrestling. This camp will be a great opportunity for wrestlers to keep their skills up during the summer, and train with their teammates. It also serves as a great way for new wrestlers to learn more about the sport without committing to the season. If students do decide to wrestle during the season, they will already have an advantage over students who decide to participate just before the season. It allows the young men to get to know their teammates before the season begins. Current Wheaton Academy coaches will be coaching the camp. Specific questions about the camp should be directed to Coach Swider at [jswider@wheatonacademy.org](mailto:jswider@wheatonacademy.org).