#### **Lincoln RAILS Girls Volleyball**

Grades 4-8 • I WK • \$90

A fun and informative camp focusing on fundamental skills and competitive gameplay, with instruction from high school coaching staff and athletes. Players should wear athletic clothing and bring a water bottle and lunch. T-shirt included.

> RL920401A • Lincoln High - Roundhouse M,T,W,Th, F • Aug I-5 • 9:30a.m.-2p.m.

## **Lincoln RAILS Girls Volleyball**

Grades 9-12 • I WK • \$60

Camp prepares players for the upcoming season by developing fundamental skills and competitive gameplay. Students should wear athletic clothing and bring a water bottle and lunch. T-shirt included.

> RL922401A • Lincoln High - Roundhouse M,T,W,Th, F • July 18-22 • 9a.m.-3p.m.

#### **Lincoln RAILS Coed Wrestling**

Grades K-6 • 9 WKS • \$20

A wrestling clinic/practice taught by high school coaches and wrestlers.

> RL904401A • Lincoln High - Wrestling Room Su • June 5-July 31 • 5-6:30p.m.

## **NORTH HIGH SCHOOL**

## **North Boys Baseball**

Grades 4-8 • 2 WKS • \$30

Learn fundamentals of the game of baseball and become stronger baseball players. Learn stronger mind sets, along with physical ability.

> RN910401A • North Baseball Field W • June 22-29 • 8:30-1 Ia.m.

## **North Boys Basketball**

Grades 6-8 • 4 WKS • \$10

This camp will focus on ball handling, shooting, perimeter play, and post play. Other areas covered

> RN900401A • North Gym W • June 8-29 • 9-10:30a.m.

#### **DMPS Coed Bowling**

Grades 6-12 • 1 DAY • \$20

Learn the game of bowling, fundamentals, skill drills techniques, and spare shooting covered. Financial assistance is available.

> Plaza Lanes Sa • Apr 9 RN911401A Grades 6-8: 8:30-11a.m. RN911402A Grades 9-12; 12:30-3p.m.

#### **North Coed Future Polar Bear Football**

Grades 6-8 • I WK • Free

Camp is designed to provide players the opportunity to learn sound fundamentals that will make winners of them on and off the field.

RN912401A • Grubb Stadium W,Th • Aug 3&4 • 11a.m.- 1p.m.

#### **North Boys Soccer**

Grades 6-8 • 2 WKS • \$40

Learn skills, conditioning, and tactics for beginner to advance player levels. Bring soccer style shoes, shin guards, socks, shorts, and dark and white shirts.

> RN901401A • Grubb Stadium M,T,W,Th, F • June 6-17 • 3-5p.m.

#### **North Coed Swim**

Grades 6-12 • 2 WKS • Free

Camp will teach swimmers to stroke technique and help develop endurance. This camp will be a feeder program into the North middle and high school swim programs.

> RN913401A • North Pool T,Th • June 7-16 • Noon-Ip.m.

## **North Coed Track and Cross Country**

Grades 4-11 • 2 WKS • \$25

Learn fundamentals of cross country running, middle distance, sprint, hurdles, relays, long and high jump, and throwing events. Please bring shorts, t-shirts, running shoes, and water bottle.

> RN905401A • Grubb Stadium M,T,W,Th, F • June 1-10 • 5:30-6:45p.m.

## **North Girls Youth Volleyball**

Grades 5-8 • I WK • \$15/\$20\*

Learn basic skills; including passing, setting, hitting, and serving. Multiple repetitions and competition will improve skills. Wear appropriate court shoes and

\*\$15 pre-registration fee/\$20 on the first day of camp.

North Gym M,T • Aug 1&2 RN921401A Grades 5-6; 8-10:30a.m. RN921402A Grades 7-8; Noon-2:30p.m.

## **North Girls High School Volleyball**

Grades 9-12 • I WK • \$15/\$20\*

Learn basic skills; including offense and defense skills, basic skills of passing, setting, hitting, and serving. Multiple repetitions will improve your skill levels. Wear appropriate court shoes and knee pads. \*Pre Registration is \$15, day of is \$20.

North Gym W,Th, F • Aug 3-5 RN920401A Grade 9; 8-10a.m. RN920402A Grades 10-12; 6-8p.m.

## **North Boys Wrestling**

Grades 2-8 • 8 WKS • Free

This camp will introduce athletes to the sport of wrestling, fundamentals, top position, bottom position, nutrition.

> RN930401A • North Wrestling Room Su • June 5-July 24 • Noon-Ip.m.

## **ROOSEVELT HIGH SCHOOL**

#### **Roosevelt Girls Basketball**

Grades K-5 • I WK • \$40

Learn fundamental basketball skills with TRHS coaches and players. Enjoy a variety of contests and games. Wear athletic clothing and gym shoes.

> RR910401A • Gym M,T,W,Th, F • June 6-10 • 8-10a.m.

## **Roosevelt Girls Basketball**

Grades 6-8 • I WK • \$40

Learn fundamental basketball skills with Roosevelt coaches and team members. Have fun learning through a variety of contests and games. Wear athletic clothing and gym shoes.

> RR911401A • Gym M,T,W,Th, F • June 13-17 • 8-10a.m.

## **Roosevelt Coed Swimming**

9 WKS • \$75

If you can swim 25 yards, register to improve your individual performance in the four competitive strokes. Strength training three mornings every week. Bring suit and goggles.

Roosevelt Pool

RR930401A • 13 & older

M,W,Th • May 16-June 2, 3-4:30p.m. M,T,W,Th, F • June 6-July 18, 6-8a.m. & (not F) 5-6p.m.

RR930402A • 12 & under

M, W, Th • May 16-June 2, 4:30-5:30p.m. M,T,W,Th, F • June 6-July 18, 8-9a.m. & (not F) 5-6p.m.

#### **Roosevelt Coed Tennis**

Grades 3-8 • I WK • \$35/\$28/\$15\*

Sign up to learn tennis with the Riders' Boys coach. Receive expert instruction for all strokes and participate in fun drills and games. Bring tennis racquet, sneakers and water.

\*Can register for one (\$15), two (\$28) or three (\$35) days. Rain date on Friday, July 8.

Waveland Tennis Courts T,W,Th • July 5-7 RR950401A • Grades 3-5; 9-10:30a.m. RR950402A • Grades 6-8: 10:30a.m.-Noon

## **Roosevelt Girls Tennis**

Grades 4-8 • I WK • \$25

Learn a beginner's foundation for this lifelong sport, including serves and scoring. Will have plenty of shot repetition and practice games. Bring tennis racket and court shoes.

Waveland Tennis Courts M.W.F • lune 20-24 RR932401A • Grades 4-6: I-2p.m. RR932402A • Grades 7-8; 2-3p.m.

# **Roosevelt Girls Volleyball Middle School**

Learn the fundamentals of volleyball. Wear t-shirt. shorts and tennis shoes. T-shirt included.

> RR939401A • Gym M,T,W,Th • May 23-26 • 6-8p.m.

## **Roosevelt Girls Volleyball**

Grades 2-5 • I WK • \$25

Learn the fundamentals of volleyball. Wear t-shirt. shorts and tennis shoes. T-shirt included.

RR938401A • Gym T,W,Th • May 31-June 2 • 5-7p.m.

## Roosevelt Girls Volleyball High School I WK • \$35

Learn advanced volleyball skills. Receive training and learn to implement offensive and defensive team strategies. T-shirt included.

> RR940401A • Gym M,T,W,Th • June 20-23 • 7-10a.m.













# 2016 SUMMER SPORTS CAMPS AND CLINICS



Think, Learn, Grow.

# 2016 SUMMER SPORTS CAMPS AND CLINICS

# REGISTER ONLINE AT DMCED.ORG

## **EAST HIGH SCHOOL**

## **East Boys Basketball** Grades K-8 • I WK • \$40

Learn fundamental basketball instruction. Receive one-on-one attention from coaches and players. Get excited about basketball, East's program and have fun! T-shirt included.

> RE930401A • East High Gym M,T,W,Th • May 23-26 • 6-8p.m.

## **East Boys Basketball**

#### Grades K-9 • 8 WKS • \$40

Learn fundamental basketball instruction. Build the East program with workouts, scrimmages and strong relationships. Lots of one-on-one attention and time to practice workouts between once a week sessions. T-shirt included.

> RE935401A • East Gym Th • June 9-July 28 • 6-7p.m.

#### East Boys High School Basketball 8 WKS \$40

Any Scarlet boy who intends to play on the East team: get prepared for the '16-'17 season, tournaments and leagues. Full practices once a week focus on program philosophy, continuity, fundamentals, scrimmages and strength training. T-shirt included.

> RE931401A • East Gym Th • June 9-July 28 • 7-8:30p.m.

#### **East Coed Bowling**

Grades 5-8 • 1 DAY • \$10

Learn basics of bowling, have fun playing games, and meet the East boys' and girls' bowling coaches.

> RE909401A • Great Escape, 655 NE 56th Pleasant Hill • Sa • May 28 • 10-11:30a.m.

## **East Coed Cheerleading**

Grades 6-8 • I DAY • \$40

Learn standard cheer motions, jumps, and basic stunting. Also learn two cheers, one chant and a dance for your sideline performance. Wear athletic shoes and non-baggy clothing with hair up and out of face, short fingernails, and no jewelry. Lunch

> RE911401A • East Gym F • July 29 • 10a.m.-3p.m.

## **East Coed Cross Country**

Grades 6-8 • I WK • \$20

Learn the basics of long distance running. Wear a good pair of running shoes and bring a can-do attitude. You'll learn basic warm ups, proper form, strength training and proper nutrition for runners. Complete a two mile run on the second day.

> RE970401A • Weeks Middle School 272 M,T • June 13-14 • 10a.m.-Noon

## **East Boys Football**

Grades 3-8 • I WK • \$40

Join East High football staff and varsity players for three evenings of fun and football. Learn football fundamentals and techniques; practice in

> RE910401A • East's Williams Stadium W,Th, F • Aug 3-5 • 6:15-7:45p.m.

#### **East Coed Soccer**

Grades 5-8 • I WK • \$25

Learn skills and techniques to take your game to the next level. Meet the varsity boys' and girls' coaches and have fun while improving your game. Bring water bottle, soccer ball, shin guards and soccer shoes.

> RE950401A • TBD M,T • June 13-14 • 5:15-6:30p.m.

#### East Girls Softball

Grades 3-5 • 1 DAY • \$15

Work on basic skills and fundamentals with our Scarlet softball team and coaches. Bring gloves, bats, helmets, shoes. T-shirt included.

> RE90440 I A • Softball Field T • Sept 13 • 5:30-7:30p.m.

## East Girls Softball

Grades 6-8 • I DAY • \$15

Work on basic skills and fundamentals with our Scarlet softball team and coaches. Bring gloves, bats, helmets, shoes. T-shirt included.

RE905401A • Softball Field Th • Sept 22 • 5:30-7:30p.m.

## **East Coed Strength & Conditioning High School**

9 WKS • \$60

Work through three phases of training during this comprehensive program, designed for all levels and sports. Participate in balance, technique, injury prevention, speed, agility, power and explosive

> East Weight Room RE907401A • M,T,Th, F • June 6-Aug 5 • 7:30-8:30a.m. RE907402A • M,T,Th, F • June 6-Aug 5 • 8:15-9:15a.m. RE907403A • M,T,Th, F • June 6-Aug 5 • 9-10a.m.

## **East Boys Swimming**

Grades 5-12 • 1 DAY • \$20

Be introduced to competitive swimming and better your competitive swim ability. Learn new techniques in the pool, classroom and weight room. Lunch and t-shirt provided. Bring a swim suit and towel.

> RE955401A • East Pool Sa • June 4 • 8a.m.-3p.m.

## **East Coed Tennis**

Grades 6-8 • 1 DAY • \$5

Learn basic fundamentals, including the tennis swing. Work directly with coaches and play games in friendly competition. Bring a tennis racket and wear

RE960401A • Tennis Courts Sa • June 4 • 10a.m.- 1p.m.

#### **East Coed Track & Field**

Grades I-8 • I DAY • \$25

Come learn the basics of track and field if you are a student in the East High feeder schools. Wear comfortable workout clothes, running shoes and bring a water bottle.

> RE90840 I A • East's Williams Stadium Th • May 26 • 5-6:30p.m.

## **East Girls Volleyball Basics**

Grades 3-8 • I WK • \$15/\$20\*

Learn the basics of volleyball: passing, setting, serving and more. Dress in athletic clothes and shoes. Kneepads are optional. T-shirt included. \*Registration is \$15 before May 20 and \$20 after.

East Community Center Gym T,W,Th • June 7-9 RE928401A • Grades 3-5; 5-6p.m. RE928402A • Grades 6-8; 6:30-8:30p.m.

## **East Girls Volleyball Basics High School** I WK \$20/\$25\*

Revisit the basics of volleyball to prepare yourself for the upcoming season. Dress in athletic clothes, shoes and kneepads. T-shirt included.

\*Registration is \$20 before June 3 and \$25 after.

RE926401A • East's Community Center Gym T,W,Th • June 21-23 • 5:30-8p.m.

## **East Girls Volleyball Boot**

Grades 6-12 • I WK • \$25/\$35\*

Learn how to take basic skills and apply them to the game of volleyball. Dress in athletic clothes, shoes and kneepads. T-shirt included.

\*Registration is \$25 before July 15 and \$35 after.

East Community Center Gym M.T.W • Aug I-3 RE927401A • Grades 9-12:8:30-11:30a.m. RE927402A • Grades 6-8; 6-8p.m.

## **East Coed Wrestling**

Grades K-8 • I WK • \$20

Learn the basics of wrestling which teaches discipline, hard work and helps build strength and character for any sport you choose. Bring shorts, shirt and wrestling shoes if you have them.

RE940401A • East Wrestling Room M,T,W • July 25-27 • 9a.m.-Noon

## **HOOVER HIGH SCHOOL**

## **Hoover Boys Basketball**

Grades 6-8 • I WK • \$55

This camp is designed to improve players' skill set and build relationships.

> RH941401A • Hoover Main Gym M,T,W,Th • June 20-23 • 10a.m.-Noon

## **Hoover Girls Basketball**

Grades 6-9 • I WK • \$ 40

Designed for players with all abilities and experience. Focus on fundamentals and competitive play. Contests and games make the time challenging and enjoyable. Bring a coachable attitude and readiness for fun.

> RH940401A • Hoover Main Gym M,T,W,Th • June 13-16 • 9-11a.m.

#### **Hoover Coed Distance Running**

Grades 6-12 • I WK • Free

Camp will improve distance running speed and ability. Strength and conditioning will improve running performance. Students should be able to run at least 10 minutes without stopping.

> RH962401A • McGrane Stadium M,T,W,Th, F • Aug I-5 • 9-11a.m.

## **Hoover Boys Quarterback School**

Grades 9-12 • 3 WKS • \$100

This camp will teach the skills needed to become a successful quarterback.

> RH901401A • Hoover Practice Field M,W, F • June 6-24 • 10a.m.-Noon

#### **Hoover Boys Football**

Grades 9-12 • I WK • \$35

In this camp players will participate in football drills, agility and conditioning work outs, and learn play concept.

> RH900401A • Hoover Practice Field M,T,W,Th, F • Aug 1-5 • 9-11a.m.

## **Hoover Boys Soccer**

Grades I-6 • I DAY • \$5

Participants will play different fun games to help improve their soccer skills. Bring comfortable clothes and sports shoes.

Hoover Practice Field Su • June 5 RH935401A Grades 1-3; 10-11a.m. RH935402A Grades 4-6; II:30a.m.-Ip.m.

## **Hoover Girls Soccer**

Grades 3-8 • 1 DAY • \$15

Learn the skills necessary to individual development in a fun and positive setting. Players should bring both indoor shoes and cleats, shin guards, and water.

RH930401A • McGrane Stadium Th • May 12 • 5:30-7:30p.m.

## **Hoover Girls Softball** Grades 4-7 • I WK • \$20

Learn basic drills and fundamental training. Camp will cover hitting, pitching and catching, infield and outfield skills. Camp will consist of drills and games. If you have softball equipment please bring it, but it is not required.

RH951401A • Hoover Softball Field Sa, Su • May 28&29 • 8-9:30p.m.

#### **Hoover Coed Tennis**

Grades 6-8 • I WK • \$25

Learn a foundation, including serving and scoring. Camp will have plenty of shot repetition and practice games. Bring tennis racket and court shoes.

RH965401A • Hoover Tennis Courts Th, F, Sa • June 2-4 • 10-11a.m.

## **Hoover Coed Track**

Grades 6-9 • 1 DAY • \$1

Hoover High school track coaches and athletes will instruct campers in all event done in Iowa high school track and field. Please bring running shoes and a water bottle.

RH961401A • Hoover Track Sa • Apr 23 • 9:30a.m.-Noon

## **Hoover Girls Youth Volleyball**

Grades 6-8 • I WK • \$20

Campers will learn the basic fundamental skills of the game of volleyball through drills and play. Please bring knee pads and volleyball shoes.

RH971401A • Hoover Main Gym M,T,W,Th, F • Aug I-5 • Noon-1:30p.m.

## **Hoover Girls High School Volleyball**

Grades 9-12 • I WK • \$40

Camp will teach the game of volleyball using skills and competitive play. Please bring knee pads and volleyball shoes.

RH970401A • Hoover Main Gym M,T,W,Th, F • Aug I-5 • 2-4p.m.

## **Hoover Coed Water Polo**

Grades 9-12 • 1 DAY • \$15

Swimmers age 12 to 18 will learn the sport of water polo. Learn how to pass, shoot, and swim with the ball. We will end with a scrimmage to put the skills learned into practice.

> RH959401A • Hoover Pool Th • June 2 • I-3p.m.

**LINCOLN HIGH SCHOOL** 

**Lincoln RAILS Boys Basketball** Grades 4-9 • I WK • \$50

Learn individual skills and team concepts, including shooting, passing, and dribbling technique. Individual and team games.

> Lincoln High - Roundhouse M,T,W,Th, F • July 11-15 RL935401A • Grades 4-6; 9-11a.m. RL935402A • Grades 7-9; IIa.m.-Ip.m.

## Lincoln RAILS Girls' Basketball

Grades 3-12 • 4 WKS • \$75

An excellent opportunity for young girls to learn the game of basketball and improve their offense and defense skills. Students should wear comfortable clothing, and bring tennis shoes. T-shirt included.

> Lincoln High - Roundhouse M,T,W,Th • June 6-9 RL909401A • Grades 3-5; Noon-2p.m. RL909402A • Grades 6-8: 8-10a.m. RL909403A • Grades 9-12: 10a.m.-Noon

## **Lincoln RAILS Coed Cross** Country & Track

4WKS • \$25

Instruction covers proper running mechanics, training, and stretching. Xcountry runners will participate in daily runs. Track athletes will receive instruction on the high school track. Students should bring a good pair of running shoes; track spikes are optional. Open to any grade level. T-shirt included.

RL901401A • Lincoln High - Roundhouse M.T.W.Th • June 6-30 • 8:45-10a.m.

## Lincoln RAILS Coed Football

Grades 3-8 • I WK • \$20

Learn the offensive and defensive fundamentals of football. Camp features drills and participation in team games. Cleats are preferred for better participation. T-shirt included.

Lincoln High - Football Stadium RL907401A • M,T • Aug 1-2 Grades 3-5; 6-7:30p.m. RL907402A • Th, F • Aug 4-5 Grades 6-8; 6-7:30p.m.

## **Lincoln RAILS Coed Golf**

Grades 4-9 • I WK • \$20

Instruction on all aspects of golf. Players should bring their own clubs, if possible.

RL945401A • Blank Golf Course M,W • June 6-8 • 8-10a.m.

## **Lincoln RAILS Coed Swimming**

Beg./Interm. • 6 WKS • \$150

Practice and swim meets for novice & intermediate swimmers. Club swim meets are held Monday evenings; schedule posted at www.southdmswimming.com along with all season information. T-shirt included.

Lincoln High - Pool RL941401A • M,T,W,Th • June 6-July 18 • 10-11a.m. RL941402A • T, W, Th (7-8p.m.) & Sa (10-11a.m.) • June 7-July 16

## **Lincoln RAILS Coed Swimming**

Advanced • 6 WKS \$180

Practice and swim meets for advanced swimmers. Club swim meets are held Monday evenings; schedule posted at www.southdmswimming.com along with all season information. T-shirt included.

> Lincoln High - Pool RL942401A • M,T,W,Th, F • June 6-July 18 • 9-10a.m. RL942402A • M,T,W,Th (6-7p.m.) & Sa (9-10a.m.) • June 6-July 16

## **Lincoln RAILS Coed Tennis**

Grades 4-8 • I DAY • Free

Learn the fundamentals of tennis by participating in skill drills and games associated with tennis. Players should bring a racket and tennis shoes.

RL903401A • Lincoln High - Tennis Courts Sa • June 11 • 9-11:30a.m.

# 2016 SUMMER SPORTS CAMPS | REGISTRATION FORM

Student's Legal First & Last Name		Date of Birth	
School Attending (2016-2017)		Grade (2016-2017)	
Student's Address			
City		Zip Code	
F-Shirt Size (if applicab	le); circle one: YM YL AS AM AL AXL		
Special Needs (if any):			
Parent/Guardian Name		Phone	
Address		Zip Code	
Email  I and/or my child	prefer NOT to be photographed for use in district publications, websites or local media and news	spapers	
Camp Code	Camp Name		Fee
		Total Fees	
Payment Method:	Cash Check (No) Please make checks payable to <b>DMPS Community</b>	Education	
	nation is correct and that the individual listed above has my permission to enroll in the Des Moines Public s agents and representatives will not be held liable for any injuries, loss of property or any accidents durin		np(s) indicated. Des
Parent/Guardian Signa	ture:	Date:	

## Registration

Please complete the registration form and return it to:

DMPS Community Education | Attn: Sports Camps | 1915 Prospect Road | Suite 1300 | Des Moines, IA 50310-6265 OR Register online by visiting <a href="https://www.dmced.org">www.dmced.org</a>.

## Refunds

If camps are cancelled due to low enrollment, all participants shall receive a full refund. In the case of participant refund requests, a \$5 cancellation fee will be retained. All refunds will be processed in the same format that payment was received.

## **Participation**

Participation in any Des Moines Public Schools summer sports camps is voluntary. At the discretion of District staff, participants may be removed from a camp at any time for failing to follow District policies, rules, or procedures.



