

**Lincoln RAILS Girls Volleyball**

Grades 4-8 • 1 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 1-5 • 9:30a.m.-2p.m.

**Lincoln RAILS Girls Volleyball**

Grades 9-12 • 1 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 • 8:30-11a.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 as needed.

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 • 1 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-1p.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 • 1 WK • \$15/\$20\*

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

\*\$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 • 1 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-1p.m.

**ROOSEVELT HIGH SCHOOL****Roosevelt Girls Basketball**

Grades K-5 • 1 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 • 1 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 • 1 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 • 1 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 • June 20-24  
RR932401A • Grades 4-6; 1-2p.m.  
RR932402A • Grades 7-8; 2-3p.m.

**Roosevelt Girls Volleyball Middle School**

1 WK • \$30

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 • 1 WK • \$25

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

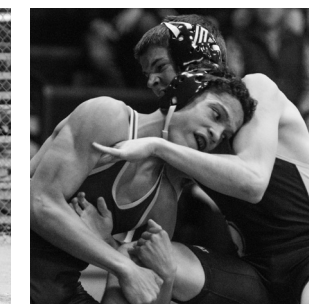
RR938401A • Gym  
T,W,Th • May 31-June 2 • 5-7p.m.

**Roosevelt Girls Volleyball High School**

1 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 | REGISTRATION FORM

Student's Legal First & Last Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

School Attending (2016-2017) \_\_\_\_\_

Grade (2016-2017) \_\_\_\_\_

Student's Address \_\_\_\_\_

City \_\_\_\_\_

Zip Code \_\_\_\_\_

T-Shirt Size (if applicable); 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 newspapers

| Camp Code         | Camp Name | Fee |
|-------------------|-----------|-----|
|                   |           |     |
|                   |           |     |
|                   |           |     |
| <b>Total Fees</b> |           |     |

Payment Method:     Cash     Check (No. \_\_\_\_\_ ) Please make checks payable to **DMPS Community Education**

*I certify the above information is correct and that the individual listed above has my permission to enroll in the Des Moines Public Schools Summer Sports Camp(s) indicated. Des Moines Public Schools, its agents and representatives will not be held liable for any injuries, loss of property or any accidents during this program*

Parent/Guardian Signature: \_\_\_\_\_

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 [www.dmced.org](http://www.dmced.org).

## 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.



**DMPS Community Education**  
1915 Prospect Rd., Suite 1300  
Des Moines, IA 50310-6265

