

***WESTSIDE
HIGH
SCHOOL
SPORTS CAMPS
2017***

**Registration will be at
Westside High School
in the Main Office
April 17th through the start of each
individual camp.
7:00 am to 3:30 pm
Monday - Friday**

**No refund after the first camp meeting.
Full refund (w/receipt) for camp(s) cancelled due to
insufficient enrollment.**

Payment must be received before a student will be registered.
Cash or checks only, no credit cards accepted.
Make checks payable to Westside High School.
Tuition waivers are not available for Sports Camps.

For further information contact,
Mrs. De La Cruz
343 - 2607
delacruz.kimberly@westside66.net

SPORTS CLINICS

*Participants should preregister and make payment at the
Westside High School Main Office.*

BOYS' BASKETBALL

Date: June 19 - 23 (for boys entering grades 4 - 6)

Time: 9:00 am - 10:30 am

Date: June 19 -23

(for boys entering grades 7 - 10)

Time: 10:30 am - 12:00 noon

Fee: Resident: \$50.00 - One Clinic (Includes T-shirt)

Non-Resident: \$60.00 - One Clinic (Includes T-shirt)

Location: WHS Gym

Camp will consist of fundamental teaching along with competitive games for all ages.

Instructors: Westside Head Boys' Basketball Coach Brian Nemecek and Assistant Coaches, plus alumni players and coaches.

GIRLS' BASKETBALL

Date: June 12 - June 15 (for girls entering grades 4 - 8)

Time: 9:00 am - 11:00 am

Fee: Resident: \$50.00 (Includes T-shirt)

Non-Resident: \$60.00 (Includes T-shirt)

Date: June 12 - June 15 (for girls entering grades 9 - 12)

Time: 11:00 am - 1:00 pm

Fee: Resident: \$45.00 (Includes T-shirt)

Non-Resident: \$55.00 (Includes T-shirt)

Location: WHS Gym

This clinic is structured to help each individual improve her basic skills in the game of basketball. Contests, team competition, and individual instruction will be included in the clinic.

Instructors: Westside Head Girls' Basketball Coach Steve Clark and Assistant Coaches.

WESTSIDE FOOTBALL DEVELOPMENT CAMP

Date: July 17 - July 20 (for boys entering grades 6 - 8)

Time: 10:30 am - 12:00 noon

Fee: Resident: \$40.00 (Includes T-shirt)

Non-Resident: \$50.00 (Includes T-shirt)

Location: WHS

The goal of this camp is to introduce the techniques, fundamentals and skills needed to play football for Westside High School. All campers will have the opportunity to learn all areas of football. Instructors: Westside Head Coach Brett Froendt and Assistant Coaches.

WESTSIDE FOOTBALL TEAM CAMP

Date: July 17 - July 21 and July 24 - 25

(for boys entering grades 9 - 12)

Time 7:30 am - 10:30 am

Fee: Resident: \$60.00 (Includes T-shirt)

Non-Resident: \$70.00 (Includes T-shirt)

Location: WHS

The Westside team camp will emphasize the fundamentals and techniques used in the Westside football program. Installation of offensive and defensive schemes will be an important part of this camp. All Westside High School football players are strongly encouraged to attend.

WARRIOR SOCCER CLINIC - FOR GIRLS ONLY

Date: May 30 - June 2
(for girls entering grades 5 - 7)
Time: 9:00 am - 10:30 am

(for girls entering grades 8 - 9)
Time: 10:30 am - 12:00 noon
Fee: Resident: \$50.00 (Includes T-shirt)
Non-Resident: \$60.00 (Includes T-shirt)
Location: Stadium

This camp is designed for girls with plans of playing soccer at the highest levels. Fundamentals to advance skills presented for individual development on offense and defense. Team tactics taught through drills and games, and scrimmage with high school players. Instructors: Westside Head Coach Nathan Moseley and Assistants Coaches.

WRESTLING TECHNIQUE CAMP

Dates: June 12 - June 16 (ages 7-18)
Time: 9:00 am - 12:00 noon
Fee: Residents: \$60.00 (Includes T-shirt)
Non-Resident: \$70.00 (Includes T-shirt)
Location: Wrestling Room

Technique camp is designed for any wrestler at any level. Clinicians will demonstrate the newest and safest techniques in the neutral, top, and bottom positions as related to folkstyle wrestling.

***WARRIOR STRENGTH, SPEED AND AGILITY
FOR HIGH SCHOOL STUDENTS***

(Open to all Male and Female Students)

Level: Incoming 9th-12th Graders

Dates: May 30 - July 13 (Closed July 3-7)

Fee: Resident: \$60.00

Location: Football field and Weight room

Training days: M-TU-WED-TH (closed Friday)

6:30 am 10th - 12th Football Skills

7:00 am 10th - 12th Football Lineman

8:30 am Volleyball/Basketball

10:00 am 9th Grade Boys and Girls and all other sports

NOTE: The above time slots are recommended starting times for the sports or groups.

PARENTS: DUE TO HIGH TEMPERATURES AND HUMIDITY DURING THE SUMMER, PLEASE MONITOR YOUR ATHLETE'S WATER INTAKE PRIOR TO TRAINING AND SEND HIM/HER WITH A WATER BOTTLE. ALSO, PLEASE REPORT ANY MEDICAL ISSUES YOUR ATHLETE MIGHT HAVE.

***WARRIOR STRENGTH, SPEED, AND AGILITY
FOR MIDDLE SCHOOL STUDENTS***

(Open to all Male and Female Students)

Level: Incoming 7th and 8th Graders

Dates: May 30 - July 13 (Closed July 3- 7)

Time: 11:30 am - 1:00 pm

Fee: Resident: \$60.00

Location: Football field and Weight room

Training days: M-TU-TH (no Wednesday or Friday)

1 Athletes attending one more of our sports camps can show up immediately after the camp has ended and we will adjust the training sessions as needed.

Students will report to the football field at the beginning of each training session. Each session will focus on aspects of speed development, agility and jump training and techniques in strength training. Heavy weights will not be encouraged. Light weight is used to develop sound lifting technique.

Contact: secora.craig@westside66.net

TENNIS

Dates: June 5- June 9 (**for students entering grades 3 - 5**)

Time: 8:30 am to 10:00 am

Dates: June 5 - June 9 (**for students entering grades 6 - 9**)

Time: 10:00 am to 11:30 am

Fee: Resident: \$40.00 (Includes T-shirt)

Non-Resident: \$45.00 (Includes T-shirt)

Location: WHS Tennis Courts

Students will be instructed in the basic tennis strokes and participate in competitive games. Instructors will be Westside coaches and players. Players must bring their own racket. If there is rain, we will move indoors.

Notice of Nondiscrimination

Westside Community Schools does not discriminate on the basis of sex, sexual orientation, race, color, national origin, religion, disability, age, marital, parental or pregnancy status, military/veteran status or any other category protected by law in its programs and activities or in admission or access to, or treatment in, hiring and employment, and provides equal access to the Boy Scouts and other designated youth groups.

The following persons coordinate compliance and can answer questions about the District's nondiscrimination policies and procedures:

For questions or concerns by students, parents or others: Coordinator of Student Services/Title IX Coordinator - ABC Bldg. 909 So. 76th St. Omaha, 402-390-2100, E-mail: titleixcoordinator@westside66.net. Director of Special Services/ADA & 504 Coordinator (disability/accommodation) - ABC Bldg. 909 So. 76th St. Omaha, 402-390-2100, E-mail: ADAcordinator@westside66.net.

For questions by District employees or applicants: Ass't Supt. for Human Resources/Lead Title IX Coordinator - 909 So. 76th St. Omaha, 402-390-2100, E-mail: titleixcoordinatorHR@westside66.net.

For further information about anti-discrimination laws or to file a complaint of discrimination you may also contact the Office for Civil Rights (OCR), U.S. Dept. of Education, One Petticoat Lane, 1010 Walnut Street, 3rd Floor, Suite 320, Kansas City, MO 64106, Tele. (816) 268-0550, Fax (816) 268-0599, (TDD) (800) 877-8339, or email ocr.kansascity@ed.gov.