

AHS BOOSTER CLUB 2017 SUMMER SPORTS CAMPS

Registration opens April 1, 2017

Register at www.ApacheBoosters.com, "AHSBC Summer Camps Tab"

The AHS Booster Club is pleased to offer the following 2017 Summer Sports Camps. Each of our camps is staffed with AHS Coaches in their respective sports.

Advanced Volleyball, Girls	(Grades 10 – 12)	\$185	
Mon-Fri.	6/26 – 7/26	6:00 am – 8:00 am	AHS North Gym

This course is designed for girls who have played on a competitive AHS volleyball team and are entering grades 10 through 12 in the fall of 2017. Girls will work on advanced instruction in individual skills and the application of those skills in competition. Incoming 9th graders may participate in this course only by special invitation.

Beginner to Intermediate Volleyball, Girls	(Grades 7 – 9)	\$185	
Mon-Fri.	6/26 – 7/26	8:15 am – 10:15 am	AHS North Gym

Open to all ability level girls who will be in grades 7 through 9 in the fall of 2017. Basic instruction and development of fundamentals and skills necessary for competitive play will be taught. Incoming 9th grade girls interested in trying out for the AHS volleyball team are encouraged to enroll in this camp.

Basketball, Boys	(Grades 7 – 12)	\$200	
Mon-Fri.	6/12 – 7/28	10:30 am – 12:30 pm	AHS North Gym

Open to students who will be in grades 7 through 12 in the fall of 2017. This course will provide instruction and development of fundamentals in team and individual skills and the application of these skills in competition.

Basketball, Girls	(Grades 7 – 12)	\$200	
Mon-Fri.	6/19 – 7/28	1:00 pm – 3:00 pm	AHS North Gym

Open to students who will be in grades 7 through 12 in the fall of 2017. This course will provide instruction and development of fundamentals in team and individual skills and the application of these skills in competition.

Soccer, Girls	(Grades 7 – 12)	\$225	
Mon-Thu.	6/12 – 7/13	1:00 pm – 3:00 pm	Salter Stadium

Open all players who will be in grades 7 through 12 in the fall of 2017. This course provides instruction in offensive and defensive skills, including ball handling, tactics and team play. Cost of course includes a soccer ball. Soccer attire strongly recommended.

Water Polo, Co-Ed	(Grades 9 – 12)	\$180	
Mon-Fri.	6/12 – 7/7	1:00 pm – 3:00 pm	AHS Aquatic Center

Water Polo is open to both boys and girls who will be entering the 9th-12th grades in the fall of 2017. The course will provide instruction in basic ball handling skills and positioning for offense and defense, as well as opportunity for scrimmage. It will also provide swim conditioning to help students improve their strength and endurance in the water.

Soccer, Boys	(Grades 7 – 12)	\$225	
Mon-Fri.	6/12 – 7/14	2:00 pm – 4:00 pm	Salter Stadium

Open all players who will be in grades 7 through 12 in the fall of 2017. This course provides instruction in offensive and defensive skills, including ball handling, tactics and team play. Soccer attire is requested but not mandatory. Must bring your own ball.

Swimming, Co-Ed	(Grades 7 – 12)	\$130	
Mon-Fri.	6/12 – 7/7	3:00 pm – 4:30 pm	AHS Aquatic Center

Competitive Swimming is open to boys and girls who will be in grades 7 through 12 in the fall of 2017. Students will receive instruction in competitive swimming strokes, starts, and turns, and will participate in conditioning workouts designed to help them improve their swimming speed and endurance.

Tennis, Co-Ed	(Grades 9 - 12)	\$235	
Mon-Thu.	6/12 – 7/13	3:00 pm – 6:00 pm	AHS Tennis Courts

This class is open to all intermediate and advanced players in grades 9 through 12 for the fall of 2017. Players entering 7th and 8th grade may be allowed with prior coach approval. Practice will include the fundamentals of the ground-stroke, volley and serve, with emphasis is on competitive game situations. All players must bring two cans of new tennis balls to the first day of camp.

All payments received after 12:00 pm on June 5, 2017 are subject to a \$20 late fee.

Refund requests must be submitted in writing by June 5, 2017.

Stated dates/times are subject to change or cancellation depending on a variety of factors, including enrollment numbers

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Pep Squad		(Grades 9 – 12)	\$150
Mon-Thu.	6/19 – 7/20	3:00 pm – 6:00 pm	CTE Multi-Purpose Room

This class is open only to those students who have been selected to the 2017-18 Arcadia High School Pep Squad and is offered/required to build skill sets required for routines in cheer, song and flags programs. Instruction includes learning proper stunting techniques and choreography. Several pep rallies along with the homecoming assembly routine will be learned entirely for each squad. Football cheers and chants will be taught and reviewed as well.

Football, Freshman		(Grade 9)	\$175
Mon-Fri.	6/12 – 7/7	3:00 pm – 5:00 pm	Salter Stadium

Incoming 9th graders in the fall of 2017 interested in participating in the AHS football program are encouraged to enroll. Students will be taught football techniques along with conditioning and strength training to prepare them for the fall season.

Football, JV/Varsity		(Grade 10-12)	\$175
Mon-Fri.	6/12 – 7/7	4:00 pm – 7:00 pm	Salter Stadium

Open to students who will be in grades 10 through 12 in the fall of 2017 interested in participating in the AHS football program are encouraged to enroll in this summer program. Students will be taught the techniques of football along with conditioning and strength training to prepare them for the fall season.

Intermediate Softball, Girls		(Grades 5 – 7)	\$130
Tue-Thur.	6/12 – 7/21	3:00 pm – 5:00 pm	AHS Softball Field

Open to all those with 0 to 2 years of competitive softball experience. Must be in grades 5 through 12 in the fall of 2017. Instruction in softball fundamentals with emphasis on preparing players for next level of play. Cost of camp includes a t-shirt. (Minimum of 13 participants required.)

Advanced Softball, Girls		(Grades 8 – 11)	\$130
Tue-Thur.	6/12 – 7/21	6:00 pm – 8:00 pm	AHS Softball Field

Open to all those with 3+ years of competitive softball experience. Must be in grades 7 through 11 in the fall of 2017. Instruction in softball fundamentals with emphasis on preparing players for next level of play. Cost of camp includes a t-shirt. (Minimum of 13 participants required.)

Badminton, Co-Ed		(Grades 7 – 12)	\$200
Mon-Thu.	6/12 – 7/26	3:30 pm – 5:30 pm	AHS North Gym

This co-ed class is open to all students in grades 7 through 12 for the fall of 2017. Participants will learn the fundamentals of badminton including proper footwork and forehand and backhand techniques for both singles and doubles play. Players must provide their own badminton racket.

Track & Field, Co-Ed		(Grades 6 – 12)	\$200
Mon-Fri.	6/12 – 7/21	5:00 pm – 7:30 pm	AHS Track

This co-ed course is for students who will be in grades 7 through 12 in the fall of 2017 and who have an interest in track and field, or in general conditioning and speed training. Our main goal is to help students with their overall physical fitness, build coordination, and work on running techniques. We will be using a variety of tools and techniques to help you achieve your goals, such as medicine ball drills, plyometrics, aerobic and anaerobic conditioning, and many others.

Beginner to Intermediate Volleyball, Boys		(Grades 7 – 9)	\$200
Mon-Thur.	6/26 – 7/27	6:00 pm – 8:00 pm	AHS North Gym

Open to all ability levels who will be in grades 6 through 9 in the fall of 2017. Basic instruction and development of fundamentals and skills necessary for competitive play will be taught. Incoming 9th graders interested in trying out for the AHS volleyball team are encouraged to enroll in this camp.

Advanced Volleyball, Boys		(Grades 10 – 12)	\$200
Mon-Thur.	6/26 – 7/27	8:00 pm – 10:00 pm	AHS North Gym

This course is designed for boys who have played on a competitive AHS volleyball team and are entering grades 10 through 12 in the fall of 2017. Boys will work on advanced instruction in individual skills and the application of those skills in competition. Incoming 9th graders may participate in this course only by special invitation.

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