

NORTHWOOD HIGH SCHOOL ATHLETICS

2015 Summer Skills Camps

The Northwood High School Athletics Department is proud to announce its annual Summer Skills Camp Programs. Fueled by a strong commitment by both our athletes and our coaching staff, the camps are designed to teach fundamental skills in each sport and to help build up proper strength and conditioning.

Camps are open to all athletes, are purely recreational, and completely voluntary. Daily attendance aids in development but is **not** required. Participation in the camps is **not** offered for credit and is **not** a prerequisite for equal access to participate in athletics during the school year.

Camp Registration: Students may bring their check or cash to the Student Activities Center (SAC) during break or lunch. Credit cards may be used at: www.northwoodhigh.org (link to NHS webstore). Address mail to: **Northwood High School, Attn: Sue Weatherholt, 4515 Portola Parkway, Irvine, CA 92620 [949-936-7270]**

A COMPLETED PHYSICAL FORM MUST BE ON FILE AT NORTHWOOD BEFORE STARTING ANY SUMMER CAMP. FORMS ARE AVAILABLE IN THE FRONT OFFICE OR IN THE STUDENT ACTIVITIES CENTER (SAC).

See reverse for a list of available camps.

Please complete and return to Northwood High School by June 1.

Student will be attending Northwood in the fall: Y N (Circle One)

Athlete Name: _____ Fall Grade: _____ Camp: _____ Cost: _____

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Make checks payable to "NHS". Credit cards accepted at www.northwoodhigh.org

Parent Name: _____ Phone #: _____

Address: _____ Email Address: _____

Baseball

Coach: Rob Stuart

robstuart@iusd.org

Cost: \$200 (V/JV); \$160 (Freshmen)

Dates and Times:

V/ JV: July 6-31 (10 AM – 12 PM);

Freshmen: July 20-24 (8 AM -10 AM)

Basketball (Boys)

Coach: Tim O'Brien

timobrien@iusd.org

Cost: \$235

Dates: June 22 – July 19

Times: MWF → Frosh 8 AM -10 AM;

V/JV: 10 AM -12 PM

TTh → V/JV: 12 PM -1:30 PM;

Frosh: 1:30 PM -3:30 PM

Basketball (Girls)

Coach: Amanda Sims

asims11@apu.edu

Cost: \$235

Dates: June 22 – July 23

Times: MWF: 12:30 PM – 3:30 PM;

TTh: 8:00 AM – 12:00 PM

Levels: All

Cross Country

Coach: Charles Gates

charlesgates@iusd.org

Cost: \$235

Dates: July 20 – August 21 (M –F)

Times: 8:00 AM – 11:00 AM

Levels: All

Football

Coach: Dean Toohey

deantoohy@iusd.org

Cost: \$235

Dates: July 6 - July 30

Times: V/JV→ 7:00 AM – 9:30 AM (M-F)

Frosh→ 10:00 AM – 12:30 PM (M-Th)

Lacrosse (Boys)

Coach: Zeff Dena

zeffdena@iusd.org

Cost: \$235

Dates: July 6 – July 31

Times: 12:00 PM – 3:00 PM

Levels: All

Lacrosse (Girls)

Coach: Joseph Reynolds

josephreynolds@iusd.org

Cost: \$160

Dates: June 23 – July 23 (T W Th)

Times: 3:30 PM – 6:00 PM

Levels: All

Soccer (Boys)

Coach: Tom Lancaster

1coachlancaster@gmail.com

Cost: \$235

Dates: June 29 – August 7 (M– F)

Times: 1:00 PM – 5:00 PM

Levels: All

Soccer (Girls)

Coach: Cory Dilbeck

corydilbeck@gmail.com

Cost: \$160

Dates: June 22 – July 10

Times: 9 AM –12:15 PM

Levels: All

Softball

Coach: Blair Ota

northwoodota@gmail.com

Cost: \$160

Dates: July 6 – July 15

Times: 1:00 PM – 4:00 PM

Levels: All

Tennis

Coach: John Tichy

jtichy11@cox.net

Cost: \$235 [Sign-up day: May 31]

Dates: June 22 – July 16 (M– Th)

Times: Beginner→ 1 PM – 2:00 PM

Inter.→ 2:00 PM – 3:45 PM

Advanced→ 3:15 PM– 5:00 PM

Volleyball (Boys)

Coach: Brandon Emery

brandonemery@iusd.org

Cost: \$160

Dates: July 13 – July 24

Times: 4:00 PM – 6:00 PM

Levels: All

Volleyball (Girls)

Coach: Brandon Emery

brandonemery@iusd.org

Cost: \$160

Dates: July 13– July 24 (M– Th)

Times: 6:00 PM – 8:00 PM

Levels: All

Waterpolo (Boys)

Coach: Jocelyn Manderino

manderin99@hotmail.com

Cost: \$235

Dates: June 22 – July 31 (M – F)

Times: 6:00 AM – 9:00 AM

Levels: All

Waterpolo (Girls)

Coach: Jocelyn Manderino

manderin99@hotmail.com

Cost: \$235

Dates: June 22 – July 31 (M – F)

Times: 7:30 AM – 10:00 AM

Levels: All

Wrestling

Coach: Joseph Reynolds

josephreynolds@iusd.org

Cost: \$160

Dates: June 23 – July 23

Times: 12:30 PM – 3 PM (T W Th)

Levels: All

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