

RIVERSIDE BROOKFIELD
HIGH SCHOOL

2010 SUMMER PROGRAMS



ATHLETICS

RBHS SUMMER ATHLETIC CAMPS 2010

All grades listed are for fall of '10

Boys' Baseball
Boys' Basketball, Incoming Freshmen
Boys' Basketball, Incoming Sophomores & Varsity
Boys' Basketball, grades 4-8

Girls' Basketball, grades 9-12
Girls' Basketball, grades 5-8
Boys' Golf, grades 9-12
Girls' Golf, grades 9-12
Gymnastics Camp, Incoming Freshmen and 8th Grade

Boys' Running, grades 9-12
Girls' Running, grades 1-8 and grades 9-12
Soccer, boys & girls grades 9-12
Sports Conditioning/Weight Training, grades 9-12

Coed Tennis Experienced High School grades 10-12
Coed Tennis Skill Development for High School grades 9-12
Coed Tennis grades 7-8
Coed Tennis grades 3-6
Tennis Team Warmup **NEW**

Boys' & Girls' Volleyball, grades 9-12, grades 5-8

Grade School Wrestling Camp grades 4-8
High School Wrestling Camp
Summer Dance Classes **NEW**

SUMMER CAMP GENERAL INFORMATION

All fees are due prior to the first day of camp participation. Refunds will be issued on a case-by-case basis. Students who wish to take camps conflicting with Summer School Classes, should contact Mr. Passarella to see if this arrangement is possible.

Campers should come dressed appropriately with any needed equipment and ready to actively participate.

Absences from camp should be reported to the coach.

CONTACTS FOR SUMMER CAMP INFORMATION

Athletic Director	Otto Zeman	442-7500 ext. 115
A.D. Secretary	Terry Cavanaugh	442-7500 ext. 2114
Baseball	Mike Zirolì	442-7500 ext. 2194
B Basketball	Mike Reingruber	442-7500 ext. 2320
	Tom McCloskey	cell 363-2947
G Basketball	Larry Rocco	cell 708-715-3504
B Golf	Larry Rocco	cell 708-715-3504
G Gymnastics	Jaclyn Messerges	cell 630-878-0812
B Running	Larry Forberg	442-7500 vm 2221
G Running	Kristi Sterling	442-7500 vm 2312 or 847-533-5710
B Soccer	Danny Makaric	cell 769-4141
G Soccer	Marisa Dobbertin	442-7500 vm 2363 cell 630-885-4854
FB/Conditioning	Jason Rech, Varsity	cell 708-997-1784
FB/Conditioning	Dan Monahan, Sophomore	cell 708-227-8630
FB/Conditioning	Tim Brasic, Freshman	cell 708-228-4093
Tennis	Bob Hegner	cell 708-296-0864
Volleyball	Dan Bonarigo	442-7500 vm 2350 cell 847-951-9554
Wrestling	Jason Rech	cell 708-997-1784
Summer Dance	Mindy Haines	442-7500 vm 2222 cell 773-837-3886

2010 SUMMER CAMPS

BOYS' VARSITY BASEBALL SUMMER LEAGUE

Mike Zirolì, Head Varsity Coach
Dallas Till, Jame Holt, Dan Monahan and Kevin Turk, Assistant Coaches

For RB students entering grades 11 & 12 during the 2010-2011 school year. Students will compete in the Near West Summer League against other local schools. T-shirt provided

Dates: June 14 –July 16, Monday-Thursday
1:00 p.m. - 4:00 p.m. games and practice

Fee: \$150

BASEBALL SUMMER CAMP

For RB students entering 9th and 10th grade during the 2010-2011 school year. Camp focuses on fundamental skill development and overall baseball strategy. T-shirt provided. Camp will be held at the baseball field behind the school and/or fieldhouse

Dates: June 14 – June 18
June 21 – June 24

Time: 10:00 am-12:00 pm

Fee: \$75.00

PLEASE CHECK WWW.RBBULLDOGSports.COM/BASEBALL FOR ANY UPDATES OR CHANGES TO DATES/TIMES/LOCATIONS. CONTACT COACH ZIROLI AT ZIROLIM@RBHS208.ORG WITH QUESTIONS.

BOYS' BASKETBALL CAMPS HELD in Main Gym, East Gym and Fieldhouse

Tom McCloskey, Head Boys' Basketball Coach, Boys Assistant Coaches, and players

This camp has a fun atmosphere. All skill levels are encouraged to attend. Campers will participate in drills, contest, and games each day.

Grades 4-8 Camp (fall of '10)

June 14,15,16,17,18 June 21,22,23,24 12:00 – 1:45 pm

Location: Main Gym, Fieldhouse and East Gym - Meet in fieldhouse

Fee: \$90 includes t-shirt (make checks payable to RBHS).

Incoming Freshman Camp (fall of '10)

June 14,15,16,17,18 June 21,22,23,24 2:00 – 3:30 pm

Location: Fieldhouse

Fee: \$90 includes t-shirt (make checks payable to RBHS).

Incoming Sophomore Camp (fall of '10)

June 14,15,16,17,21,23,25 June 28,30, July 1,6,7 2:00 – 3:30 p.m.

Location: East Gym and Fieldhouse

Fee: \$90 includes t-shirt (make checks payable to RBHS).

Incoming Varsity Camp (fall of '10)

June 14,15,16,17,22,24,25, June 29, July 1,6,7 2:00 – 3:30 pm

Location: Main Gym

Fee: \$90 includes t-shirt (make checks payable to RBHS).

GIRLS' BASKETBALL CAMPS

Larry Rocco, Varsity Basketball Coach (708-715-3504)

All girls' basketball campers will receive instruction in all areas of the game and participate in contests and 5 on 5 action each day. **HELD IN THE MAIN GYM, EAST GYM, AND**

FIELDHOUSE

High School Division—grades 9 through 12 (fall of '10)

June 14,15,16,17,,21,22,23,24

9:00 a.m. - 10:30 a.m.

Fee: \$90 includes t-shirt

Grades 5 through 8 Division (fall of '10)

HELD IN THE NEW FIELDHOUSE MEET IN THE MAIN GYM ON THE FIRST DAY

June 14,15,16,17,21,22,23,24

10:30 a.m. – 12:00 noon

Fee: \$90.00 includes t-shirt

BOYS' AND GIRLS' GOLF CAMP

Larry Rocco, Head Coach
708-715-3504 for more information

All golfers will receive one hour of teaching instruction at the driving range. Thursday will be spent golfing. We will meet at RB in front of the school at 12:30 p.m. and take busses to the driving range or golf course. Please bring your own golf clubs each day. Grades 9-12 (fall of '10)

July 6 – July 10 Tuesday through Friday
12:30 p.m. - 2:30 p.m. Tuesday through Thursday
12:30 p.m. - 4:00 p.m. (time may change) Friday
Fee: \$80.00 includes range balls & golf fees on Friday

GIRLS' GYMNASTICS

Jaclyn Messerges, Head Girls Gymnastics Coach

Gymnastics Conditioning Camp

This camp will consist of a conditioning program to prepare the athletes for the training camp the weeks to follow. There will be a conditioning program each day that will include cardio and full body conditioning. It will work on getting girls into shape to be ready to work on gymnastics training skills.

June 14th - June 17th
9:00am - 11:00am
Cost: \$95

Gymnastics Training Camp

This camp will consist of a program that will help the girls learn the necessary skills required for the high school season. They will work on improving current skills, and learning new skills as well.

Session 1:

June 21st, June 23rd, and June 24th
9:00am - 11:30am
June 28th, June 30th, and July 1st
9:00am - 11:30am
Cost: \$125

Session 2:

July 12th, July 14th, and July 15th
9:00am - 11:30am
July 19th, July 21st, and July 22nd
9:00am - 11:30am
Cost: \$125

BOYS' RUNNING CAMP

Larry Forberg, Head Boy's Cross Country Coach

This camp is open to high school students, including incoming freshmen, seventh and eighth graders. Participants will develop running skills and an appreciation for distance running.

June 21 – July 29 Monday/Tuesday/Wednesday/Thursday

8:00 am – 10:00 am. Location: Meet at north end of track at stadium

Fee: \$75 includes one t-shirt & transportation costs for running trips

GIRLS' RUNNING CAMP

Kristi Sterling, Girls' Cross Country Coach

This camp is open to high school students, including incoming freshmen, seventh and eighth graders. Participants will develop running skills and an appreciation for distance running.

June 21 – July 29 Monday/Tuesday/Wednesday/Thursday

8:00 am – 10:00 am. Location: Meet at north end of track at stadium

Fee: \$75 includes one t-shirt & transportation costs for running trips

BULLDOG SOCCER CAMP

Marisa Dobbertin & Danny Makaric, RB Soccer Coaches

This camp is open to all boys and girls entering grades 9-12. This camp will provide players with basic through advanced skills and instruction specifically tailored to the RB Soccer programs. Campers must have shinguards, water bottles and comfortable clothing.

A t-shirt and soccer ball will be provided.

July 12-16 Monday through Friday *Fee:* \$75

Girls 9:00-11:00 a.m. **Boys** 6:00-8:00 pm Location: Stadium

SPORTS CONDITIONING AND WEIGHT TRAINING CAMP

Jason Rech, Head Varsity Coach, Dan Monahan, Head Sophomore Coach
Tim Brasic, Head Freshman Coach

This program is open to high school students including incoming freshmen. Daily work consists of weight training, agility conditioning and individual offensive and defensive drills. The conditioning portion will help students develop football skills. *Fee: \$ 95.00*

Seniors & Juniors & Sophomores

7:00 - 9:00 a.m.

Location: Weight Room @ 7:00 am

Meeting dates: June 14-17, June 21-24, June 28-July 1 (off July 4-10)
July 12-15, July 19-22, July 26-29

Incoming Freshmen (fall '10)

12:00 – 2:00 pm –Location: Shuey Stadium

Meeting dates: June 15-18, June 21-25, June 28-July 1, July 12-16

COED TENNIS CAMP

Bob Hegner, Girls' Tennis Coach

Tennis everyone! The RB coed tennis camp will be divided into four classes this summer. All camps will work on the five basic strokes of tennis: serve, volley, ground stroke, overhead and lob. Beginning players will also learn scoring and tennis court vocabulary and experienced players will also work on the mental aspects of the game. Each session will feature drills, games, and fun!

Camp Dates: 3 weeks, 15 days, Monday thru Friday, July 5-9, 12-16 & 19-23

Class Numbers: Minimum 12, Maximum 28 participants

Location: RB Tennis Courts (class moved indoors in event of inclement weather)

Fee: \$90 lessons; free camp t-shirt if registered by Friday, June 4

Camp 1. 8:00-9:25 a.m. High school boys and girls with team competition experience and entering their junior or senior year.

Camp 2. 9:30-10:55 a.m. All other high school boys and girls, including incoming freshmen, who may lack team experience but want to learn/develop tennis skills and perhaps join an RB tennis team in the coming school year. (Note: It is a good opportunity for incoming freshmen not only to develop skills but also to see if playing tennis would be fun for them.)

Camp 3. 11:00 a.m.-12:25 p.m. Junior high (grades 7 & 8, fall '10) boys and girls who would like to learn/develop tennis skills.

Camp 4. 12:30-1:55 p.m. Other grade school (grades 3-6 fall '10) boys and girls who would like to learn to play tennis.

TENNIS TEAM WARMUP

Bob Hegner, Girls' Tennis Coach

This one week camp is for all RB students, including incoming freshmen who are either planning or considering joining the tennis team this school year. It is intended to offer a preview of team routine and practice activities

June 28-July 2 Monday through Friday 8:00 a.m.-10:00 a.m.
Minimum 12, Maximum 24 participants
Location: RB Tennis Courts
Fee: \$25 for the five days (10 hours)

BOYS' and GIRLS' VOLLEYBALL SKILLS CAMP

Dan Bonarigo, Head Boys and Girls Volleyball Coach

Camps will include daily instruction in all volleyball skills from head coach, Dan Bonarigo and girls' and boys' volleyball assistant coaches. The cost of the camp will include a t-shirt.

Junior High Girls and Boys (grades 5-8 fall of '10)

June 21-23, 25, 28-30, July 1-2 Main Gym 9:15-10:30 am

Cost \$85.00

High School Girls (grades 9-12 fall '10)

June 21-23, 25, 28-30, July 1-2 Main Gym & Fieldhouse 7:00 - 9:00 am

Cost \$95.00

High School Boys (grades 9-12 fall '10)

June 21-23, 25, 28-30, July 1-2 Main Gym 11:00 am - 1:00 pm

Cost \$95.00

Wrestling Grade School Camp

Jason Rech, Head Wrestling Coach

The 2010 R-B grade school wrestling camp will take place June 21-24 in the RBHS wrestling room. The camp will run from 1p.m. - 4 p.m and is open to grades 4-8. The cost of the camp is \$60 and will include instruction from the R-B coaching staff and varsity wrestlers, a camp T-shirt, and a water bottle. The camp is instructional in nature and will expose campers to the fundamentals of folkstyle wrestling.

Wrestling High School Camp

Jason Rech, Head Wrestling Coach

The 2010 R-B high school wrestling camp will take place on Tuesdays starting June 15th and ending on July 20th. The camp will begin with technical instruction and drilling at 3 p.m. in the R-B wrestling room. After the camp concludes, athletes will participate in the West Suburban Summer League which is held at various schools throughout the western suburbs. The cost of the camp is \$75 and includes instruction, a camp T-shirt, a water bottle, and transportation to the summer league events.

Summer Dance Classes

<u>Hip Hop- Summer Dance Intensive</u>	<u>Days</u>	June 28-July 2
Instructor: Donnette Cannonie	M-F	12:00-1:30
Fee: 40.00 or 10.00 per class		Dance Studio
<u>Jazz Dance- Summer Dance Intensive</u>		July 6- July 9
Instructor: Donnette Cannonie	M-F	12:00-1:30
Fee: 40.00 or 10.00 per class		Dance Studio
<u>Adult Ballet- Intermediate/Advance</u>		June 15- July 9
Instructor: Mindy Haines	T/TH	10:00-11:30
Fee 70.00 or 10.00 per class ages 14-Adult		Dance Studio

Summer dance intensive is designed for the intermediate/advanced level dancer ages 14- adult. This summer's guest teacher, Donnette Cannonie, is a professional dancer and choreographer who has performed on WGN, CBS and ESPN. She is currently working on dance projects overseas in Scotland and the UK.

Children Dance Classes

June 15- July 9

Class	Ages	Day	Time	Instructor	Price
Creative Movement	4-5	T	9- 9:45	Ms. Mindy	25.00
Creative Movement	6-7	TH	9- 9:45	Ms. Mindy	25.00
Pre-Ballet & Tap	7-9	M	9-10:00	Ms. Madelyn	30.00
Ballet I	10-12	M	10-11:00	Ms. Madelyn	30.00
Jazz I	10-14	M	11-12:00	Ms. Madelyn	30.00
Ballet II	10-14	W	12-1:00	Ms. Jessica	30.00
Jazz Dance II	10-14	W	1-2:00	Ms. Jessica	30.00
Hip Hop	9-14	W	2-3:00	Ms. Jessica	30.00

Creative Movement is a fun and creative way to explore movement while learning about actions, shapes, energy, time and space. Students will sing, dance, stretch and create!

Pre-Ballet & Tap is geared toward improving basic motor skills, agility and rhythm. Students will learn the basic skills of ballet and tap. Students are encouraged to have tap and ballet shoes.

Ballet teaches focus and concentration in a fun structured manner. Students will work on technique, positions, jumps and turns to develop poise, grace and confidence.

Jazz - jumps, turns, leaps, flexibility and proper body placement will be focused on while learning steps and choreography to upbeat and current music.

Hip Hop- Fun, energetic and athletic movement and choreography will be taught to current and upbeat music

RBHS 2010 SUMMER ATHLETIC REGISTRATION FORM

Student's Name _____ Gender M ____ F ____

Age _____ Birthdate _____ Grade entering Fall '10 FR SO JR SR

School Attending Fall 2010 _____

Parent's Name _____

Address _____
Street City Zip Code

Home Phone _____ Work Phone _____

Student's T-shirt size (circle for sports camps): Adult S M L XL
Child S M L

Camp Title _____

Date(s) _____ Fee paid _____

Camp Title _____

Date(s) _____ Fee paid _____

Camp Title _____

Date(s) _____ Fee paid _____

As the parent of a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the sole risk of any injury, including death, damages or loss which may be sustained as a result of participating, in any manner in any and all activities connected with or associated with such program. I further recognize and acknowledge that athletic activities may involve strenuous exertion, potential body contact, may be hazardous and involve substantial risk of injury. I agree to waive and relinquish any and all claims that I may have as a result of my child's participating in the program against Riverside Brookfield High School. I understand the nature of the program for which I am registering, and have read and fully understand this waiver.

Parent Signature _____ Today's Date _____

[Please return registration form and payment to RBHS Business Office from April 14th through June 4th](#)

I would like to request a parking permit for Rockefeller Road. The Assistant Principals' office will contact you to inform you of your request. Due to limited summer parking space if denied, you will need to make appropriate accommodations to avoid being ticketed.