

LEGEND

22219 Hilltop Road
Parker, CO 80138

2019

Spring/Summer Sports Camps

Jason Jacob, Principal
Dawn Stanley, Athletic Secretary
Office (303) 387-4500
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FAQ's about Sports Camps and Legend High School

Legend's Summer Office Hours: Monday-Thursday 8:00-11:00am

Sport Camp Refunds: No refunds after the start of a camp.

How do I Register: To register for Legend High School sponsored summer camps, visit:
[Summer Camp Registration](#)

Or, go to athletics.legendtitans.org, click on the Blue button that says "Register Now". From the registration page click on the summer camp you would like to register for.

Once this is complete, you will make an online credit card payment. *** No check payments will be accepted. *** **ALL PARTICIPANTS MUST PRE-REGISTER AND PRE-PAY TO PARTICIPATE IN SPORT CAMPS.** You do not need a sports physical to participate in sport camps.

What to Bring to Camp: Each camp has a field titled, "Equipment". This field will tell you what you should bring to that specific camp. Water bottles are a must for all camps, even if not listed. If your athlete will be outside, please be sure to apply sunscreen and dress for changing weather when appropriate. Please LABEL all items brought to LHS and leave ALL VALUABLES at home.

Weather Policy: Camps have different policies due to the locations they are being held. Each coach will discuss their inclement weather policy with their athletes on the first day of camp. Please know that your athlete will be supervised in the case of inclement weather and may not be at the location listed during certain weather situations. For example: If they are practicing on the turf or grass fields, they may be brought in the school for safety reasons.

Where do I Meet my Coach: Each camp has a field titled, "Place"; this is your designated camp location. You WILL NOT be sent a reminder prior to your camp start date or time, so please be sure to mark your calendar once you have registered.

For specific camp questions, *please contact the coach listed on the specific camp, in the brochure.*

Thank you for the opportunity to work and train with your student athletes. We look forward to your participation and your continued support of our Athletic Programs.

Sincerely,
Jason Jacob
Legend High School

Titans High School Strength & Speed Summer Camp 2019



About the Camp:

Our high school summer strength & speed camp will be split into 4 sessions. We will offer 2 Strength Sessions and 2 Speed/Agility Sessions. These camps are for current Legend students entering grades 10-12. Our strength sessions will continue our work from the school year and our speed sessions will focus on fundamental athletic skills used in all sports. Strength sessions will be Monday, Wednesday and Thursday. Speed sessions will be Monday and Thursday.

Legend Strength Philosophy:

We are here to build athletes. We do this through a comprehensive program of resistance training and our speed/agility work. This is not a powerlifting or bodybuilding program. We see lifting in terms of movements, not specific exercises/lifts. Our program is designed to improve athletic performance for all athletes (not a particular sport) by making them stronger, faster, more resilient and improving their efficiency in athletic movements.

Camp Details:

The cost of the camps will be \$100 for the strength sessions and \$75 for our speed sessions.

Where: June @ Cimarron Field & Weight Room, July @ Legend High Turf Field & Weight Room

When: June 3rd- June 28th & July 8th - July 25th

Speed Session 1 – Monday & Thursday 8:15-9:00am

Speed Session 2 – Monday & Thursday 9:45-10:30am

Strength Session 1 – Monday, Wednesday & Thursday 9:00-9:45am

Strength Session 2 - Monday, Wednesday & Thursday 10:30-11:15am

Note – Please have your athletes wear proper lifting attire – shorts/sweats, t-shirt and athletic shoes
Bring a water bottle

Contact: Shane King – shane.king@dcsdk12.org

To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on “Registration”.

Titans Middle School Strength & Speed Summer Camp 2019



About the Camp:

Our summer strength & speed camp is for **ANY** incoming 7th, 8th and 9th grade students looking to gain a solid foundation of speed, agility and strength. Our strength sessions will cover the basics of the following foundational movements: squatting, hinging, pushing and pulling. Our speed sessions will focus 2 days a week toward improving acceleration, deceleration, max velocity, change of direction, shuffling, crossover running and plyometric work. The other 2 days will be geared toward conditioning and game-play.

All participants will receive guided instruction from Coach Shane King, CSCS and Legend High School coaches on weight room safety, proper form and technique in our strength sessions as well as correct movement patterns in our speed sessions. Coach King is the Head Strength & Conditioning Coach for Legend, coached DB's and WR's for the varsity football team and is the sprint coach for the Titans track team. He holds his Certified Strength & Conditioning Specialist certification from the NSCA, Certified Speed & Agility Coach and Certified Weightlifting Performance Coach from the NSPA and the USA Track & Field Technical certification.

Legend Strength Philosophy:

We are here to build athletes. We do this through a comprehensive program of resistance training and our speed/agility work. This is not a powerlifting or bodybuilding program. We see lifting in terms of movements, not specific exercises/lifts. Our program is designed to improve athletic performance for all athletes (not a particular sport) by making them stronger, faster, more resilient and improving their efficiency in athletic movements.

Camp Details:

The cost of the camp will be \$200.

Where: June @ Cimarron Field & Weight Room, July @ Legend High Turf Field & Weight Room

When: Monday, Tuesday, Wednesday, Thursday. June 3rd - June 28th and July 8th - July 25th from 9:00 – 10:30am.

Note – Please have your athletes wear proper lifting attire – shorts/sweats, t-shirt and athletic shoes
Bring a water bottle

Contact: Shane King – shane.king@dcsdk12.org

To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on “Registration”.

Titans Boys Basketball Summer Camp 2019

Boys Offensive Skills Development Camp

Dates: June 3th - 5th (Mon, Tues, Wed)

Time: 9:00am – 3:00 pm

Grades: Incoming 2nd – 9th graders

Place: Legend High School Gym

Cost: \$165 (includes T-shirt)

Instructor: Josh Brenning, Legend High School Boys Basketball Coach and Staff

Equipment: Basketball shoes, T-shirt, shorts, water bottle, a positive attitude, basketball and lunch with name clearly marked.

Description: Camp will focus on offensive skill development including: Ball handling, shooting, passing, and guard/post position play. Camp will include competitive drills, situations, camp games and contests. Campers will be divided based upon size, age and skill level.

Contact: Josh Brenning- jbrenning@dcsdk12.org

Boys Basketball All Skills Camp

Dates: July 8th - 11th (Mon, Tues, Wed, Thurs)

Time: 9:00am – 3:00 pm

Grades: 2nd – 9th grade boys

Place: Legend High School Gym

Cost: \$190 (includes a T-Shirt)

Instructor: Josh Brenning, Legend High School Boys Basketball Coach and Staff

Equipment: Basketball shoes, T-shirt, shorts, water bottle, positive attitude, basketball with name clearly marked. Please bring a lunch.

Description: Camp will focus primarily on offensive skill development, but will also include defense, rebounding, and transition work. Camp is structured and organized to introduce all campers to the skills and drills necessary to become successful at any level of basketball. Teaching progression will take into account age and skill differences. Games will be played, prizes and awards given out.

Contact: Josh Brenning- jbrenning@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on “Registration”.

Titans School Volleyball Summer Camp 2019

Legend Volleyball Middle School Camp

Dates: August 2nd, 5th, 6th (Fri, Mon, Tues)

Time: 3:00–7:00 pm

Grades: Incoming 6th – 9th graders
(Boys and girls)

Place: Legend High School Gyms

Cost: \$100 (includes T-shirt)

Instructor: Travis Underwood, Legend High School Head Volleyball Coach, and LHS volleyball staff

Equipment: Proper gym shoes, training shorts or

Spandex, and a T-shirt (no tank tops). Bring kneepads and a water bottle.

Description: This camp is the best way to prepare for the upcoming middle school volleyball season! Sessions include skills breakdown and instruction (passing, serving, hitting, defense, setting, blocking etc.), position-specific instruction, team systems (offense and defense), speed and agility training, guest speakers, and a variety of game situations. Beginner to advanced players are welcome.

Contact: Travis Underwood – taunderwood@dcsdk12.org

Legend Volleyball Pre-Season High School Camp

Dates: July 15-17th (Mon-Wed)

Time: 8:00–5:00 pm

Grades: 9th – 12th graders

Place: Legend High School Gyms

Cost: \$100

Instructor: Travis Underwood, Legend High School Head Volleyball Coach, and LHS volleyball staff

Equipment: Proper gym shoes, training shorts or Spandex, and a T-shirt (no tank tops). Bring kneepads and a water bottle. Pack a lunch.

Description: This camp is critical to give you the edge you need for tryouts and a successful volleyball season!

Contact: Travis Underwood – taunderwood@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on “Registration”.

Titans Softball

Summer Camp 2019

Youth Softball Camp

Dates: August 5th and 6th
Time: 3:30-5:30 pm
Grades: Entering 7th – 9th graders
Place: Legend High School Softball Field
Cost: \$50 (includes T-shirt with registration before June 20th. Late registrations may not receive a shirt)
Instructor: Kristen Shirk, Head Softball Coach, current and former high school players
Equipment: Bat, glove, helmet and shoes/cleats
Description: This camp is designed to meet the needs of each participant in the areas of hitting, fielding, pitching and catching. Emphasis will be placed on the fundamentals of each skill. Each athlete will be shown technique and drills that can be used to help improve their ability as a player.
Contact: Kristen Shirk - kshirk@dcsdk12.org.

High School Team Softball Camp

Dates: August 7th-9th
Time: 3:30-5:30 pm
Grades: Incoming 9th – 12th graders
Place: Legend High School Softball Field
Cost: \$50 (includes T-shirt with registration before June 20th. Late registrations may not receive a shirt)
Instructor: Kristen Shirk - Head Softball Coach, and LHS coaching staff
Equipment: Bat, glove, helmet and shoe/cleats
Description: For incoming Freshman-Seniors to join the Legend High School Titans' softball coaches as we start to prepare for our season. The camp is designed to meet the needs of each participant in the areas of hitting, fielding, base running, offense and defensive strategies, pitching, and catching. The camp will also focus on conditioning. The Camp is "HIGHLY ENCOURAGED" for those trying out for the high school team. The t-shirt received in the camp price will be worn as a practice t-shirt during the season.
Contact: Kristen Shirk - kshirk@dcsdk12.org.



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on "Registration".

Titans Mini and Middle School Spirit Summer Camp 2019

Dates: June 4th-6th (Tues, Wed, Thurs)

Time: 9:00-11:00am

Grades: Kindergarten-8th Grade

Place: Legend High School Commons
*Last day we will be in the gym from 10:15-11:00am.

Cost: \$85 (Includes T-shirt & Snacks)

Instructors: Kenzie McManus & Thai Bazanac

Equipment: Clothing that participants can dance/cheer in, tennis shoes & a water bottle.

Description: Come join Legend's Pom and Cheer teams for 3 fun filled, SPIRITED days. Participants will be separated into different levels based on age and skill level and over the course of the camp will learn cheers, stunting, poms skills and a pom routine. The final day there will be a Parent Performance in the large gym at 10:50am

Contact: Thai: legendtitanscheer@gmail.com or Kenzie: poms.legend@gmail.com



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on "Registration".

Titans Soccer Summer Camp 2019

Co-ed Youth Soccer Summer Camp

Dates: June 4-6 (Tues, Wed, Thurs)
Time: 6:00-8:00 pm
Grades: 2nd - 9th Graders
Place: EchoPark Stadium
Cost: \$75 (includes T-shirt)
Instructor: Michael Agostinho, Head Boys Soccer Coach, Gil Barkey, Head Girls Soccer Coach and the LHS FC Coaching Staff, current and former FC Legend players
Equipment: Soccer ball, shin guards, water bottle
Description: Join us under the lights of EchoPark Stadium for our summer youth soccer camp! During our three days together your son or daughter will receive instruction on all aspects of the game. We will include technical, tactical and conditioning exercises. Camp will also include coaching in game situations as well as camp competitions.
Contact: Michael Agostinho – michael.agostinho@dcsdk12.org or Gil Barkey – gbarksoccer@gmail.com

FC Legend Young Men's Pre-Season Soccer Camp

Dates: August 5th-9th
Time: 3:15–5:30 pm
Grades: Incoming 9th – 12th grade boys
Place: Legend High School Grass Field
Cost: \$75
Instructor: Michael Agostinho, Head Boys Soccer Coach and LHS Coaching Staff
Equipment: Soccer ball, water and shin-guards
Description: This camp is critical to give you the edge you need for tryouts and a successful soccer season. All boys interested in playing for the LHS Soccer Team are recommended to attend.
Contact: Michael Agostinho – michael.agostinho@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on "Registration".

Titans XC Running Summer Camp 2019

Cross Country (Co-ed) Fitness and Running Camp

- Dates:** June 4th – July 19th (1st day is a Tues) Off July 4- 5th
Monday thru Friday
Attendance is not mandatory, come when you can!
- Time:** 8:15-9:45 am
- Grades:** Incoming 7th – 12th graders
- Place:** Tallman Meadow and Salisbury Parks. Meet at Tallman Meadow Park, across from Legend HS on Mondays, Tuesdays, Thursdays, and Fridays.
** On WEDNESDAYS we meet at Salisbury Park* Times and dates are subject to change. Email Roger Miller for questions or directions.
- Instructor:** Roger Miller, Legend Head Cross Country and Track Coach
- Cost:** \$150 for 7 weeks (32 sessions) Off July 4- 5th
- Equipment:** Running shoes and running attire, water bottle
- Description:** This running camp is for all boys and girls in grades 7-12. The camp is pre-season Cross Country training, but is open to all students who want to improve fitness and conditioning for all sports. Camp is a low-key, fun and social way to get in shape, learn technique and philosophy of running, as well as various forms of training (long easy distance, speed play, running games, hills, etc.). On-line training log, goal setting, and training literature will be included. Runners will be grouped by ability and experience (novice, intermediate, and advanced). Focus will be on building endurance, flexibility, and core strength. No experience is required. Proper footwear and training aides will be addressed and a shoe night (discount) is included.
- Running sites may include:** Trails and paths around Legend High School/Salisbury Park. Travel sites may include Denver City Park, The Bluffs, Castlewood Canyon, Castle Rock Rec area, Red Rocks and other trails TBD. Travel days will be included when transportation by coaches and parent volunteers or student drivers are available. Travel days will be on Fridays **if rides are available**.
- Contact:** Roger Miller – roger.miller@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on "Registration".

Titans Football Summer Camp 2019

FRESHMAN FOOTBALL PLAYERS

Strength Camp

Dates: June 10th - August 1st (Mon–Thur)

Time: 7:00-9:30 am

Grades: Incoming 9th graders

Place: June @ Cimarron Field and Weight Room, July @ LHS Turf Field and Weight Room

Instructor: Head Football Coach Monte Thelen and other Football Staff

Cost: \$120

Equipment: Shorts, T-shirt and Tennis Shoes

Description: Legend coaches are excited to work with incoming 9th graders in preparation for the upcoming season! Participating athletes will receive instruction on core lifting techniques, speed and agility training and nutrition.

Contact: Monte Thelen – mthelen@dcsdk12.org

FOOTBALL PLAYERS 10th – 12th GRADE Strength Camp

Dates: June 10th– August 1st (Mon-Thurs)

Time: 7:00-9:30 am

Grades: 10th – 12th graders

Place: June @ Cimarron Field and Weight Room, July @ LHS Turf Field and Weight Room

Instructor: Head Football Coach Monte Thelen and other Football Staff

Cost: \$120

Equipment: Shorts, T-shirt and Tennis Shoes

Description: Participants will be put through specific strength & core lifts as well as speed, agility and conditioning routines. Legend staff is excited to work with all sophomores, juniors & seniors in preparation for the upcoming season.

Contact: Monte Thelen – mthelen@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on “Registration”.

Titans Girls Basketball Summer Camp 2019

Girls Basketball All Skills Camp

Dates: June 10th, 11th, 12th (Mon, Tues, Wed)

Time: 1:00 pm – 3:00 pm

Grades: 2nd –9th grade girls

Place: Legend High School Gym

Cost: \$95 (includes a basketball if you are signed up by May 15th)

Instructor: John Angelo, Legend High School Head Girls Basketball Coach and Staff

Equipment: Basketball shoes, T-shirt, shorts, water bottle, positive attitude, basketball with name clearly marked.

Description: Camp will focus on the fundamental skills that will help you become a better basketball player. These skills include: ball handling, shooting technique, offensive moves and footwork, perimeter play, post play, passing and defense. Campers will be broken out in groups based on skill level.

Contact: John Angelo – john.angelo@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on "Registration".

Titans Boys & Girls Tennis Summer Camp 2019

Boys and Girls Tennis Skill Development Camp

Date: 6/10-6/14(M-F)

Time: 9am-1pm

Grades: 7th-12th

Where: Legend High School

Cost: \$200(includes lunch)

Instructor(s): Casey Guinn, Legend Head Tennis Coach and staff

Necessary items: Tennis shoes, tennis racquet, water, snacks, smiles, sunscreen, and a growth mindset.

Description: This week long camp is a great way to master new concepts (like a top spin forehand or slice serve), get in great shape playing in the summer weather, have some fun with your team, and be more competitive in seasons to come. The camp lunch will coincide with “classroom time,” or verbal tennis lessons. The days will consist of shot development, footwork development, group games, match play, the above mentioned “classroom” time, strength training specific to tennis, conditioning, and more. It is open to all Titan Tennis present and future athletes.

Contact: Casey Guinn- cguinn@dcsdk12.org

Boys and Girls Tennis Skill Development Camp

Date: 6/24-6/28(M-F)

Time: 9am-1pm

Grades: 7th-12th

Where: Legend High School

Cost: \$200(includes lunch)

Instructor(s): Casey Guinn, Legend Head Tennis Coach and staff

Necessary items: Tennis shoes, tennis racquet, water, snacks, smiles, sunscreen, and a growth mindset.

Description: This week long camp is a great way to master new concepts (like a top spin forehand or slice serve), get in great shape playing in the summer weather, have some fun with your team, and be more competitive in seasons to come. The camp lunch will coincide with “classroom time,” or verbal tennis lessons. The days will consist of shot development, footwork development, group games, match play, the above mentioned “classroom” time, strength training specific to tennis, conditioning, and more. It is open to all Titan Tennis present and future athletes.

Contact: Casey Guinn- cguinn@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on “Registration”.

Boys and Girls Tennis Skill Development Camp

Date: 7/15-7/19 (M-F)

Time: 9am-1pm

Grades: 7th-12th

Where: Legend High School

Cost: \$200(includes lunch)

Instructor(s): Casey Guinn, Legend Head Tennis Coach and staff

Necessary items: Tennis shoes, tennis racquet, water, snacks, smiles, sunscreen, and a growth mindset.

Description: This week long camp is a great way to master new concepts (like a top spin forehand or slice serve), get in great shape playing in the summer weather, have some fun with your team, and be more competitive in seasons to come. The camp lunch will coincide with “classroom time,” or verbal tennis lessons. The days will consist of shot development, footwork development, group games, match play, the above mentioned “classroom” time, strength training specific to tennis, conditioning, and more. It is open to all Titan Tennis present and future athletes.

Contact: Casey Guinn- cguinn@dcsdk12.org

Boys and Girls Tennis Conditioning and Skill Development Camp

Date: 7/29-8/2 (M-F)

Time: 9am-1pm

Grades: 7th-12th

Where: Legend High School

Cost: \$200(includes lunch)

Instructor(s): Casey Guinn, Legend Head Tennis Coach and staff

Necessary items: Tennis shoes, running shoes, tennis racquet, water, snacks, smiles, sunscreen, and a growth mindset.

Description: This week long camp is a great way to gear up for your next season, whether that be tennis for boys or something different for the girls. We will focus more on the physical conditioning and strength training necessary to compete in a grueling 3 hour match. This camp is highly recommended for all of the **BOYS** planning on playing varsity in 2019. The camp lunch will coincide with “classroom time,” or verbal tennis lessons. The days will consist of shot development, footwork development, group games, match play, the above mentioned “classroom” time, **strength training specific to tennis, conditioning**, and more. It is open to all Titan Tennis present and future athletes.

Contact: Casey Guinn- cguinn@dcsdk12.org



To register, please visit our athletic webpage @ www.athletics.legendtitans.org from there, click on “Registration”.

Sports Physicals – DCSD

Physicals are not required for camps, but are required to participate in Legend Tryouts and Practice.

Student athletes of Douglas County School District are welcome to attend any of these fundraising events

Saturday, June 8th, 8 am – 11:50 am

Ridgeline Family Medicine

Centura Health Physician Group

2352 Meadows Blvd, Ste 300

Castle Rock, Colorado 80109-8419

\$35

To Register: <https://www.trgrizzlies.org/register-here>

Saturday July 27th, 8 am – 11:50 am

Panorama Orthopedics and Spine Center

1060 Plaza Dr, Unit 200

Highlands Ranch, CO 80129, United States

\$35

To Register: <https://www.trgrizzlies.org/register-here>

Saturday August 3rd, 8 am – 11 am

Ponderosa High School

7007 E Bayou Gulch Road

Parker, CO 80134

\$35

To Register: <http://tiny.cc/962d5y>

Saturday August 3rd, 8:30 am – 12 pm

Rock Canyon High School – Commons

5810 McArthur Ranch Rd

Lone Tree, CO 80124

\$30

For Questions: cmathewson@dcsdk12.org