

Rock Canyon High School Summer/Preseason Camps 2019



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Mascot: Jaguars

Colors: Vegas Gold, Black



Rock Canyon High School

March 2019

Dear Students and Parents:

It is with great pride that the Athletic Department of Rock Canyon High School presents our 15th Annual Summer/Preseason Camp Program.

This is a great opportunity to meet our coaching staff. Their expertise and experience insures the best opportunity for young athletes to improve their knowledge and skill level during the spring and summer months.

Registration begins April 5, 2018.

Please complete your registration online by going to rchsjags.com and clicking on the Summer Camp Info at the top of the page. Open the Summer/Pre-Season Sports Camps and review the camps offered. Then click the link for **My School Bucks Camp** Payment/Registration and click on the sport you are interested in. There are no prorated pricing and no refunds after the start of the camp date. Camps and start times are subject to change. If a camp changes its schedule, the coach will email you.

We look forward to your participation and your continued support of our athletic programs.

Thomas Brieske
Athletic Director
Rock Canyon High School

To Empower, To Explore, To Encourage and to Excel in Education

Girls Basketball High School and Youth G3 SHOOTING Camp

Dates: April 11 – June 27 Weekly
Will post dates on website
Times: TBA - Vary weekly
Who: 4-12 grade girls (Fall 2019)
Where: RCHS Gym
Cost: \$100
Contact: becmudd@yahoo.com

Details: Different girls' basketball coaches will lead ONE HOUR skills sessions at random days/times through the spring and summer. Each session will focus on shooting form and finishing. Players will need to shoot and track shooting outside of camp times as well.

Girls Basketball HS Summer Tryouts

Dates: May 1, 2
Times: 6-8pm
Who: Grades 9-12 (next year)
Where: RCHS Gym
Cost: no fee
Contact: becmudd@yahoo.com

Details: All players who are interested in playing summer league for RCHS should plan to attend (If you're in a spring sport, please talk to Coach Mudd.)

Girls Basketball Spring/Summer League Play

Dates: TBD
Times: TBD
Who: HS Players by coach invite
Where: League games at Rock Canyon, Littleton, and other HS leagues
Cost: \$160
Team Camp is an additional charge
Contact: becmudd@yahoo.com

Details: League play games & schedule TBA

Girls Basketball Jaguar Hoops Camp

Dates: June 18-21
Times: 1:00-4:00pm
Who: 4 – 8 grade girls (Fall 2019)
Where: RCHS Gym
Cost: \$110
Instructors: RCHS Girls' Coaching Staff and HS players
Contact: becmudd@yahoo.com

Equipment: Basketball shoes, shorts, t-shirt, and water bottle.

Girls of all skill levels are invited to come and learn the great game of basketball. Camp will emphasize fundamental skills with primary focus on shooting form, footwork, and ball handling. Also, will be held daily games and contests.

Girl's Summer Strength & Conditioning Camp

Dates: June 10th – July 24th Mon./Wed.
(Excluding the week of July 4th)
Time: 8:00 a.m. - 9:15 a.m.
Who: All new and returning female Rock Canyon Athletes
Where: RCHS Weight Room/Gym
Cost: \$175 per athlete for the entire summer (price includes a shirt)
Instructor: Chrissie Marcilliat

Details: All female athletes are welcome to participate in this summer's strength and conditioning program. Sessions will include a variety of lifts, agility movements, body awareness and sport-specific muscle conditioning. Feel free to email cmarcilliat@dcsdk12.org with any questions regarding the program. I look forward to continuing to challenge, empower and strengthen all RC athletes.

Poms Jr Jag Summer Camp

Times: June 5 - 3:00-6:00pm (GYM)
June 6 - 1:00-3:30pm (COMMONS)
Who: Ages 5-12
Where: RCHS Gym
Cost: \$50 per camper
Contact: rcpoms@gmail.com

Details: Come and dance with us! Join the RCHS POMS Coaching Staff & teams. Learn dance skills, proper pom technique, cheers and choreography! Jr Jags will learn a routine and Perform at half time of the youth basketball camp game on Thursday afternoon!

Registration fee includes snacks and T-shirt. Dancers should wear with athletic shoes or jazz shoes, leggings or shorts, tank or t-shirt, have hair pulled back, & bring a full water bottle.

Poms Future Summer Training Camp

Times:
Date: June 18-20 - 1:00-3:00pm
Who: 6th-8th
Dancers with 2+ years' experience
Intended for future RC Poms Dancers
Where: RCHS Wrestling room
Cost: \$95 per camper
Contact: rcpoms@gmail.com

Details: Dancers will receive a t-shirt and set of poms. Dancers will learn from RCHS Poms and work on dance Technique, Pom Technique, Choreography and game day routines! A performance for family and friends will take place at 2pm on Thursday, June 20th.

- Additional details will be emailed prior to the camp
- Deadline to be guaranteed a T-shirt is Monday 6/10/19
- Email us with questions at :
rcpoms@gmail.com

Cheer Jr Jags Summer Camp

Dates: June 12 – June 13
Times: 1:00pm – 4:30pm
Who: ages 5 and up
Where: RCHS Gym
Cost: \$50 (includes t-shirt, craft, snack and lots of fun)
Contact: rockcanyoncheer@gmail.com
**Parent Performance at 4:15pm on June 13

Details: Come join the award winning Rock Canyon cheerleaders for two days of cheers, tumbling, stunting, dancing, games, crafts and FUN!!

Registration fee includes snacks both days and a camp t-shirt. Bring a full water bottle with your name on it. Participants should come in comfortable clothes, shoes. Gym shoes recommended

Girls Lacrosse Jr Jags Summer Camp

Dates: June 3 – June 7
Time: 8:00am – 10:00am
Who: 6 – 8 Grades
(Beginners to experienced)
Where: RCHS Grass Lacrosse Field
Cost: \$75
Instructor: Coach Jason Barbosa, Coach Shelbie Johnson and RCHS Varsity High School Players, as well as Special Guests....

Details: Camp will allow our Jr. Jags to meet with future teammates and learn some of our training routines. Camp is also open to any Jr. Jag interested in playing Girls Lacrosse that has not yet played. Students are divided up by ability so that appropriate coaching can take place.

Email: rclaxcoach@gmail.com
Phone: 516.458.6243

Volleyball High School All Skills Camp w/ Guest Coach from University of Denver

Dates: June 27 – June 28
Times: 9:00am – 4:00pm
Who: 9-12 Grades (Fall 2019)
Where: RCHS Gym
Cost: \$155
Instructor: DU Guest Coach & RCHS Volleyball Coaching Staff
Contact: rchsvball@gmail.com

Equipment: Appropriate gym clothing, knee pads, sneakers, water bottle and a healthy lunch

This camp provides an opportunity for high school players to improve their skills with coaching from DU Coaches and their athletes. Players will learn from college coaches and athletes the skills that are being taught at the collegiate level. This camp is similar to attending a college camp but is conveniently located at RCHS and is tailored to fit our athlete's needs. There will be a lunch break from 12 to 1pm each day. Please bring a healthy lunch because athletes will not be allowed to leave the RCHS campus.

You will need to fill out [DU Skills Camp Forms](#) and bring them with you to the first day of camp to be able to participate.

Volleyball High School Incoming Freshman Skills Camp

Date: Aug 5 – Aug 8
Time: M-W 3:00pm – 5:00pm & Thurs 3:30pm - 5:00pm
Who: 9th Grade (Fall 2019)
Where: RCHS Gym
Cost: \$65
Instructor: RCHS Volleyball Coaching Staff
Contact: rchsvball@gmail.com

Equipment: Appropriate gym clothing, knee pads, VB shoes, outside running shoes, and water bottle

This camp provides an opportunity for high school players to improve their skills, technique and athleticism as well as prepare for tryouts the following week. Campers will become acquainted with the RCHS Coaching Staff and other players.

Volleyball High School Upper Classmen Skills Camp

Date: Aug 5 – Aug 8
Time: M-W 5:00pm – 7:00pm & Thurs 3:30pm - 5:00pm
Who: 10 – 12 Grades (Fall 2019)
Where: RCHS Gym
Cost: \$65
Instructor: RCHS Volleyball Coaching Staff
Contact: rchsvball@gmail.com

Equipment: Appropriate gym clothing, knee pads, VB shoes, outside running shoes, and water bottle

This camp provides an opportunity for high school players to improve their skills, technique and athleticism as well as prepare for tryouts the following week. Campers will become acquainted with the RCHS Coaching Staff and other players.

Volleyball UNC Team Camp Coaches Invitation Only

**Registration opens June 17, 2019

Date: July 18 – July 20
Time: Overnight
Who: Coaches Invite Only
Where: UNC Greeley
Cost: \$225 (includes two nights of lodging and 7 meals)
Contact: rchsvball@gmail.com

Equipment: Appropriate gym clothing, knee pads, sneakers, and a water bottle.

By mid-June, 20 to 24 girls will be chosen by the RCHS Coaching Staff to create two competitive teams to attend this overnight team camp with the RCHS Coaching Staff. At this camp, the girls will play at least 12 matches against teams from all over Colorado and surrounding states to prepare for the 2019 season.

**Register in June

Volleyball Middle School Skills Camp

Dates: June 17 – June 19
Time: 4:00pm – 6:00pm
Who: 6 – 8 Grades (Fall 2019)
Where: RCHS Gym
Cost: \$65
Instructor: RCHS Volleyball Coaching Staff
Contact: rchsvball@gmail.com

Equipment: Appropriate gym clothing, kneepads, water bottle and sneakers

This camp provides an opportunity for middle school players to improve their skills and athleticism. Campers will experience drills similar to what they will see in high school and have a chance to become acquainted with the RCHS Coaching Staff and other players.

Softball Summer Workout/Team Builders

Dates: June 1 – July 20 M/W/F
Time: 8:00am – 10:00am
Who: All RCHS returning players and incoming 9th graders (Fall 2019)
Where: RCHS Softball Field
Cost: \$100
Contact: rcjaguarsoftball@gmail.com

Details: All returning RCHS players and incoming 9th grade players are invited to join our coaching staff for summer workouts. Our workouts will include hitting and fielding instruction including games, contests and team building activities. Schedule is subject to change. Any changes will be communicated well in advance.

Equipment: Softball gear and any necessary equipment, sunscreen and safety equipment.

Softball Preseason Camp

Dates: July 29 – August 9
Time: 4:00pm – 6:00pm Subject to Change
Who: All RCHS returning players and incoming 9th graders (Fall 2019)
Where: RCHS Softball Field
Cost: N/C – included in Summer workouts Fee

**Players must register for Softball Camp
Contact: rcjaguarsoftball@gmail.com

Details: All returning RCHS players and incoming 9th grade players are invited to join our coaching staff for preseason workouts. Our workouts will include hitting and fielding instruction including games, contests and team building activities.

Equipment: Softball gear and any necessary equipment, sunscreen and safety equipment.

Softball Youth Camp

Dates: May 30
Time: 8:00am – 12:00pm
Who: Age 8 - 14
Where: RCHS Softball Field
Cost: \$45 (includes an RC Softball T-Shirt)
Contact: rcjaguarsoftball@gmail.com

Details: All incoming RCHS Freshman are invited to attend our youth camp and work out with our current players and our alumni. We work on softball hitting, fielding, and base running. Our day will include drills, games and scrimmages.

Equipment: Softball gear and any necessary equipment, sunscreen and safety equipment.

Football Youth 7 v 7 Team Tournament (3rd – 8th)

Dates: July 27 – July 28
Times: Saturday 9 – 5, Sunday 9 – 12
Who: 3 – 8 Grades (Fall 2019)
Where: RCHS Football Fields

Cost: Team (minimum of 7 athletes)
\$150
Register your team under one name

Instructor: Brian Tinker and RCHS
Football Coaching Staff
Contact: btinker@dcsdk12.org

Equipment: Helmets, mouthpiece, cleats,
uniform

Benefits: Pass only, team competitive, double
elimination, 2 game pool play. Preseason tune-
up

Football Summer Pride Strength & Conditioning Camp (9th – 12th)

Dates: May 29 – August 3
(off July 4th)
Times: 8:00am – 10:00am Tu&TH&F
Who: 9 – 12 grades (Fall 2019)
Where: RCHS Weight Room& Turf
Cost: \$250
Instructor: Brian Tinker and the RCHS
Football Coaching Staff
Contact: btinker@dcsdk12.org

Equipment: Workout attire

Benefits: Improving/building the strength and
speed for football. Emphasis on conditioning
major muscle groups along with speed training.

Football Summer Team Camp (9th – 12th)

Dates: May 28 – June 7
Times: 4:00pm – 6:30pm (May28-31)
8:00am (June 1st)
4:00pm -6:30pm (June3-7)
Who: 9 – 12 grades (Fall 2019)
Where: RCHS Turf
Cost: \$175

Instructors: Brian Tinker and RCHS Football
Coaching Staff
Contact: btinker@dcsdk12.org

Equipment: Football cleats and RC football
gear will be checked out prior to camp
Benefits: Improving fundamentals of RCHS
football players. Team building

Football Youth Strength & Conditioning Camp (6th – 8th)

Dates: June 4 – July26
Times: 7:00am – 8:00am
Who: 6 – 8 Grades (Fall 2019)
When: Tue, Thurs,Fri
(off July 4th)
Where: RCHS Weight Room
Cost: \$175
Instructor: Allen Chapman and
RCHS Football Strength & Conditioning Staff
Contact: btinker@dcsdk12.org

Equipment: Athletic Shoes and work out attire

Benefits: Get a head start on lifting, technique,
and see the proper way a high school program
runs its weight room. Coach Allen Chapman is a
former strength and conditioning coach for the
Denver Broncos. With his staff, he will be
running an extensive camp that will prepare
younger players to have proper form and build
their posterior chain to give them success on the
field and in the weight room for years to come.

**Registration begins April 1

Boys Basketball Summer Strength and Conditioning/Development Camp

Dates: June 10 – July 26

Monday/Wednesday/Friday everyone will go together from 9-10:30 in the gym (not July 3 & 4)

Time: 8:45 - 11:00 M/W (9-10 in the weight room, 10-11 in the gym). Friday 9-11 in the gym.

Who: All interested RC Basketball Players interested in playing basketball.

Where: RCHS Weight Room/Gym

Cost: \$225 per athlete for the entire summer (price includes a shirt)

Instructor: Coach Grams and the RC coaching staff.

Details: All boys basketball players are welcome to participate in the summer strength and conditioning program. Sessions will include a variety of lifts, agility movements, body awareness and sport-specific muscle conditioning. I look forward to continuing to challenge, empower and strengthen all RC athletes.

Boys Basketball Youth Camp

Dates: June 3 – June 6

Time: 9:00am to 3:00pm

Who: 3 – 7 grade kids (Fall 2019)

Where: RCHS Gymnasium

Cost: \$190 (price includes a shirt)

Instructor: Coach Grams and the RC coaching staff.

Details: Instructor: RCHS Boys Coaching Staff

Contact: kenton.grams@dcsdk12.org

Equipment: Basketball shoes, shorts, t-shirt, and water bottle. Bring a sack lunch.

Benefits: Learn and improve defensive and offensive basketball skills. Campers will participate in drills in the morning and the afternoon will consist of competitive contests and Basketball games.

Boys Elite Basketball Camp

Dates: July 15 – July 17

Times: 11:00am – 1:30pm

Who: 8th and 9th graders (Fall 2019)

Where: RCHS Gym

Cost: \$150

Instructor: RCHS Boys Coaching Staff

Contact: kenton.grams@dcsdk12.org

Equipment: Basketball shoes, shorts, t-shirt, and water bottle.

Benefits: Learn and improve defensive and offensive basketball skills within the Rock Canyon Philosophies.

Boys Soccer Training Camp 9th – 12th Grade

Dates: July 22 – July 25
July 29 – August 1
August 5 – August 9

Times: 6:00pm – 8:00pm;
Last week 3:30pm – 5:30pm

Who: 9 -12 grade (Fall 2019)

Where: RCHS Turf Field

Cost: \$150 (includes t-shirt)

Instructor: RCHS Head Coach and other Certified coaches

Contact: aaron.carpenter@dcsdk12.org

Equipment: Spikes, running shoes, soccer attire, soccer ball and water bottle

Details: This camp is designed to improve players technical ability (ball mastery), understanding of team tactics (1st, 2nd, 3rd Defenders/Attackers), functional training (players in position), and building team unity.

Boys Soccer Conditioning Camp

Dates: July 22 – July 25
July 29 – August 1
August 5 – August 9

Times: 7:00am – 8:30am;
Last week 6am to 7:30am

Who: 9 -12 grade (Fall 2019)

Where: RCHS Turf Field

Cost: \$50

Instructor: RCHS Head Coach

Contact: aaron.carpenter@dcsdk12.org

Equipment: Running shoes, soccer attire, soccer ball, yoga mat (towel) and water bottle

Details: The camp is designed to focus on specialized soccer fitness training to improve speed/agility, core strength, recovery time, flexibility, and strength.

Girls and Boys 2019 Summer Golf League

Dates: June 5 – July 26
Time: Session 1 12:00pm – 1:30pm
Session 2 4:30pm – 6:30pm
League: Tee times will be assigned
Who: 12 – 18 yr olds
Tournaments: 9 Holes to 18 Holes
(dates TBA)
Where: Regulation Golf Courses
Cost: Session 1 \$100 - \$300
Session 2 \$75 - \$200
Instructor: Dave Vahling
Contact Info: rkymtngolfwh@gmail.com or
720.495.4608

Contact Dave Vahling for incoming freshman for summer camp information and private lessons. For detailed Camp and League info, call or email Coach Vahling.

Gymnastics Co-op Summer Camp

Dates: July 30 – August 2
Times: 12:30pm - 3:00pm
Who: 9-12 Grades (Fall 2019)
Where: Active Athletics
8175 Grant Way
Littleton, CO 80122
Cost: \$175
Contact: Rchsgymnastics@gmail.com

Equipment: Comfortable clothing, leotard, running shoes, hair pulled back, no jewelry, water bottle, snack (optional)

Details: We will focus on team dynamics, relationship building, skill refinement and progression of new skills.

RCHS Cross Country Preseason Training and Middle School Summer Camp

Dates: June 3 – July 26 M - F
Time: 7:30am – 9:00am
Who: All Rock Canyon HS and Rocky Heights MS – Cross Country Athletes
Where: RCHS West Parking Lot
Tuesday and Friday runs will start from various locations close to Highlands Ranch
Cost: \$125 for RCHS
\$125 for Middle School
(includes t-shirt)

Instructors: RCHS XC Coaches Dan Davies, Emily Tremaine, Daniel Grant, as well as RHMS XC Coaches. Appearances by RCHS XC runners currently competing at the NCAA level.

Contact Info: dan.davies@dcsdk12.org or
720.308.4123 (cell), 303.387.3037 (work)
Website:
www.canyoncountryxc.weebly.com for more information

Equipment: Shorts, t-shirt (or weather appropriate clothes), running shoes and water bottle

Every RCHS XC runner receives individualized training programs throughout the summer.

RCHS Athletes will also be invited to attend the Annual High Altitude Camp in Steamboat Springs, July 17 – July 20. (separate fee applies for High Altitude Camp)

Boys Tennis Pre-Season Camp

Date: August 5 – August 10
Time: 3:30pm – 5:30pm
Who: 9 – 12 grade (Fall 2018)
Where: RCHS Tennis Court
Cost: \$100
Instructor: Coach Glauco Nascimento
Contact: gntennis77@gmail.com

Equipment: Tennis Racquet, Tennis shoes, water bottle and sunscreen

Boys and Girls Tennis Summer Camp

Dates: May 27 – Aug 2 M – F
Weekly Sessions

Time: 9:00am – 12:00pm
Who: K – 12 grade (Fall 2019)
Where: RCHS Tennis Court
Cost: \$280 per week
Instructor: Coach Glauco Nascimento
Contact: gntennis77@gmail.com

More Info and Registration:
www.gntennis.com

Equipment: Tennis Racquet, Tennis shoes, water bottle and sunscreen

Details: To improve tennis abilities, footwork and mental toughness

Summer Film Camp Dates

Date: June 10– June 13
Time: 8:00am – 4:00pm
Who: 6th – 9th Grade (2019)
Where: RCHS
Cost: \$375 (includes t-shirt, adult sizes)
Instructor: Jim McClurg
Contact: jim.mcclurg@dcsdk12.org

Details: Bring your own lunch M – TH

Wrestling Summer Conditioning Camp

Date: June 17 – July 25 (Monday and Wednesday)
Time: 3:00pm – 4:30pm
Who: All Wrestlers
Where: Wrestling Room
Cost: \$50

Instructor: RCHS Wrestling Staff Coaching Staff

Contact: reidheller21@gmail.com 816-588-6748 text or call. Subject to change depending on new coach.

Equipment: Appropriate clothing, and wrestling shoes

Benefits: Learn technique and fundamentals to be successful in High School

Band Camp (mandatory)

Dates: July 22 – August 2 M - F
Time: All Day Events
Who: 9 -12 grade (Fall 2019)
Where: RCHS Band Room/Fields
Cost: Included in band fees collected
(\$490 total)
Instructor: Mr. Fruits and RCHS
Marching Band Staff
Contact: zac.fruits@dcsdk12.org

Equipment: All students will need a 1 gallon water thermos, comfortable athletic clothing, athletic/running shoes, sunscreen, hat, sunglasses, instrument, pencils, 1" binder, clear page protectors, index card book (bound with metal rings)

Details: Students will learn music and marching fundamentals, rehearse show music, and learn drill for the 2018 – 2019 competitive show. Students will also participate in physical training, team building exercises, games and activities.

RCHS Summer Marching Band Camp Color Guard and Percussion Spring Training (open to all, required for marching percussion/guard)

Dates: TBA
Times: TBA
Contact: zac.fruits@dcsdk12.org

Donuts and Basic (all new marching band members and leadership)

Date: TBA
Time: 9:30am – 12:30pm

