

FOOTBALL CAMP

Fundamental Camp—Grades 5-6 & 7-8

The main emphasis of this camp is to introduce the training techniques and skills involved with becoming a successful football player/athlete. This camp teaches young football players the benefits of flexibility, speed and agility to achieve optimum athletic performance. The fundamental camp offers athletes the opportunity to train with qualified coaches/personal trainers in a safe and instructional environment.

**Dates: July 16—July 20 Monday—Friday
5:00—7:00 p.m.**

FEE: \$30.00

High School Football Bison Pride

This camp is necessary for all 2018 sophomore, junior and seniors Bison football players. This will be the final ingredient of the off-season training. Bison Pride camp will lay the foundation for our season and will determine our success for the year. Three 7 on 7 tournaments have tentatively scheduled for the month of July, further details will follow.

June 1st Fundraiser Night	Friday	5:00—9:00 p.m.
June 4—June 22	M-W-F	8:00 a.m.—11:00 a.m.
June 25—June 29	M—F	8:00 a.m.—12:30 p.m.
July 9—July 19	M—T	8:00 a.m.—12:30 p.m.
July 23—July 25	M—W	8:00 a.m.—12:30 p.m.
July 26	Thurs	TBA

FEE: \$50.00

Bison Freshman

This camp is for the incoming Class of 2018 freshman. This Camp is essential in order to be prepared to play high school football. To be successful in this league we must operate as a team. In order to do that we must understand our offensive and defensive responsibilities. This camp will teach you those necessary skills and instill in you BISON PRIDE

Dates: Same as high school camp times.

FEE: \$50.00

BOYS BASKETBALL CAMPS

FUNDAMENTAL Grades 5th—8th

This camp is designed to help young players build a sound fundamental base for the game. Campers will be assessed individually and instruction will be focused on improving weaknesses and developing abilities. The first hour of each day will be devoted to basic fundamentals of dribbling, shooting, rebounding and ball handling. Camp will also include skill contests and will play two game each day after the fundamental session.

June 18-28th M—TH (8 dates/No Fridays)
10:30 a.m.—1:00 p.m.

FEE: \$60.00 Field House

RISING STAR Grades 2nd—4th

Junior players will have the opportunity to learn and play basketball with the use of junior-sized balls. Focus will be fundamentals based with an emphasis on improving the student's skill set. Camp will also include skill contests and 5-on-5 play.

June 18—28th M-Th (8 dates/No Fridays)
9:00 a.m.—10:30 a.m.

FEE: \$60.00 Field House

HIGH SCHOOL BASKETBALL-BISON ONLY

The High School Basketball Camp offers each player the opportunity to improve their game, develop their shooting style and fine tune their defensive and offensive performance. Participation in this camp will help the player become a strong force in a team setting.

Dates:
June 4—28th Varsity M-TH 3:00—5:00 p.m.
June 4—28th Soph M-TH 3:00—5:00 p.m.
June 4—28th Fresh M-TH 3:00—5:00 p.m.
8 dates—No Fridays

Varsity Team Camp on Tuesday/Thursday will be from 2:00—4:00 p.m.

FEE: \$75.00 Field House

BOYS BASEBALL YOUTH CAMP

3rd—12th Grades

June 18—June 22
9:00 a.m.—11:00 a.m.

Location: Fenton Sophomore baseball field

FEE: \$50.00

BOYS & GIRLS TENNIS CAMP

7th—12th Grades

Participants will partake in stroke and footwork drills to improve consistency and accuracy of the basic tennis skills for overall match-play performance. Participants will also compete in match-play in order to develop court tactics and strategies necessary for success. All athletes interested in competing at the Varsity level are strongly encouraged to attend camp.

Dates: Monday, July 9th through Friday, July 13th

10th—12th graders, 4:00—5:30 p.m. **FEE: \$50.00**

7th—9th graders, 5:30—6:30 p.m. **FEE: \$25.00**

BOYS VOLLEYBALL CAMPS

6th—12th Grades

Clinic: Thursdays
7/12, 7/19, 7/26 6:00—8:00 p.m.

FEE: \$30.00 Field House

9th—12th Grades

Clinic: Thursdays
7/12, 7/19 & 7/26 6:00—8:00 p.m.
Tournament: Mondays (7/9, 7/16, 7/23) & Friday (7/27)
approximately 2:30—10:00 p.m.

Field House/Great Lakes Center (bus provided)

FEE: \$60.00 Tournament & Clinic Field House

Come out to play volleyball and learn skills needed to play at a competitive level. Beginners and advanced players are welcome.

WRESTLING CAMP

7th—12th Grades

Basics, Offensive & Defensive Moves. Opportunity to refine skills that will help with success on the mat

May 29 1:00—3:00 p.m.

May 30, 31 & June 1 12:00—2:00 p.m.

FEE: \$20.00 Wrestling Room

GOLF

Fenton H.S. Junior Golf Clinic **6th—entering 9th Grades**

Where: White Pines Golf Course, Bensenville

Dates: June 11—June 15 (Monday—Friday)

Time: 3:30 p.m.—5:30 p.m.

To register for the class or if you have any questions, please contact: Rick Johnson, Fenton H.S. Head Golf Coach at johnson@fenton100.org

FEE: \$75.00 cash or checks payable to White Pines Golf Course

*Note: This clinic is offered only to Wood Dale and Bensenville residents

Rain makeup date—June 18th (if necessary)

BOYS CROSS COUNTRY

7th—12th Grades

Summer Fun Runs

June 5—July 28 (Tuesday, Thursday & Saturday)

Every Tuesday, Thursday and Saturday at 8 a.m.
Group runs for all abilities and levels of fitness.

NO FEE Meet at front parking lot of school

GIRLS SOFTBALL
SKILLS CAMP
6th—12th Grades

Monday, June 11—Thursday, June 14

1:00 p.m.—3:00 p.m.

Bring your spikes and glove and be prepared to learn the fundamental skills of girls' softball. Bring gym shoes in case the weather forces us inside.

Meet at the east field behind the school

FEE: \$50.00 includes t-shirt

2018 CHEER CAMP
Grades K—8

August 15, 16 & 17 1:00 p.m.—3:00 p.m.

3 days of spirit, fun & games! Campers will be divided by age and learn cheer skills including jumps, cheers, a dance, basic stunting and tumbling. At the end of day 3, campers will perform their routine for family and friends, and they will all be invited to perform at a home football game in August!

FEE: \$45.00 includes camp & camp t-shirt Gym 3

2018 DANCE CAMP
Grades K—8

August 31 5:15 pm.—7:15 p.m.

Performance date Friday, August 31 (varsity football game)

Come and learn technique and a routine from the Junior Varsity and Varsity Dance Force members. Campers will perform at halftime of the first home Varsity football game! Please wear black bottoms, gym or dance shoes, and a blue shirt to perform in.

FEE: \$20.00 Gym 3

GIRLS CROSS COUNTRY/TRACK
5th—12th Grades

Time: 8:00 a.m.—10:15 a.m.

Days: Monday, Tuesday, Thursday, Friday & Saturday

Start Date: June 4th Last Day: July 30th

Location: Week 1: Fenton Track, Week 2: TBA

FEE: \$40.00

Questions: kekstadt@fenton100.org

GIRLS VARSITY BASKETBALL CAMP
SOPHOMORES— SENIORS

May 29 2:00—4:00 p.m.

May 30, 31, June 4—7
June 11—14, June 18, 20, 25 & 27

7:00 a.m.—9:00 a.m.

Improving skill development through learning and repetition, developing and fostering basketball instincts, competitiveness, dedication through serious time commitment and an individual and team sense of accomplishment

FEE: \$80.00 includes t-shirt Front Gym

GIRLS BASKETBALL CAMP
7—9th Grades

June 11—June 18
June 18—21

3:00 p.m.—5:00 p.m.

Improving skill development through learning and repetition, developing and fostering basketball instincts, competitiveness, dedication through serious time commitment and an individual and team sense of accomplishment

FEE: \$60.00 includes t-shirt Front Gym

GIRLS BASKETBALL CAMP
3—6th Grades

June 11—June 14

3:00 p.m.—5:00 p.m.

Improving skill development through learning and repetition, developing and fostering basketball instincts, competitiveness, dedication through serious time commitment and an individual and team sense of accomplishment

FEE: \$30.00 includes t-shirt Front Gym

GIRLS VOLLEYBALL CAMP
6,7, 8 9, 10, 11 & 12 Grades

July 9—July 26 (Monday—Thursday)

JV & Varsity: 11:00 a.m.—2:00 p.m.
6th, 7th, 8th & Freshman: 2:00—4:00 p.m.

Anyone interested in volleyball, encouraged to attend summer camp. Camp will focus on conditioning, fundamentals, and advanced volleyball skills by level.

Sign up through the Athletic Office prior to the start of camp. This includes a MANDATORY waiver (picked up in the athletic office) and your \$65 check or cash made out to Fenton High School.

FEE: \$65.00 includes camp t-shirt Front Gym

GIRLS & BOYS SOCCER YOUTH CAMP

5th—12th Grades

Teach basic skills & fundamentals along with agility & speed training

Monday, June 26—Friday, June 29
5:00—7:00 p.m.

FEE: \$50.00 Redmond Park
Deadline June 12
Minimum 16 campers to run camp
Bring cleats, shin guards, ball & water bottle

GIRLS & BOYS BOWLING CAMP
6th—12th Grades

Participants of all different skill levels are welcome. Learn the proper approach and delivery, along with learning about how to play different oil patterns and how to adjust to the lanes.

Monday—Thursday (July 9—July 12)
2:00 p.m.—3:30 p.m.
Location: Wood Dale Bowl

FEE: \$20.00



**ATHLETIC
DEPARTMENT**

630.860.6261

Todd Becker

Athletic Director

Mark Kos

Assistant Athletic Director

Lori Speiden

Administrative Assistant

SUMMER

CAMP

2018

Note:

Summer programs are encouraged but are not a requirement for high school athletics.

Summer participation does not guarantee a place on the varsity squad.