

# District 26

# Summer Camps

Located at Cary Junior High School

2016 Camp Director/Coach: Julie Bemis  
 For more information: [julie.bemis@cary26.org](mailto:julie.bemis@cary26.org)

**100% OF CAMP PROCEEDS GO TO THE CARY JUNIOR HIGH SPORTS/ DRAMA PROGRAMS.**

*\*NEW\**

## Drama Camp

Instructors: Carolyn Dunn & Angie Swanson

**Description:** Through participation in improv games, Reader's Theater and short skits, students will increase their sense of self-confidence and interpersonal skills, as well as have a great time. Did you know that involvement in the performing arts can also be associated with improvements in abilities in math, reading, critical thinking, and verbal skills? A showcase for parents will be held on Friday from 11:00 - 12:00.

Camp	Cost	Days	Time	Dates
6 <sup>th</sup> - 8 <sup>th</sup> Grade Drama Camp	\$50	Mon. – Fri.	10:00-11:00	July 25-29

## All-In-One Sport Camps

For Boys and Girls

Instructors: Julie Bemis & Kaiti Niggemann

**Description:** The All-In-One Sports camp is a way for students to have fun while staying active. Students will have a great time while working on the fundamentals of a variety of sports including basketball, soccer, T-ball/whiffle ball, volleyball, "Rocks"(capture the flag), kick ball, team building, dodgeball, parachute activities and many more. Each day we focus on a different sport/activity.

Camp	Cost	Days	Time	Dates
1 <sup>st</sup> – 3 <sup>rd</sup> Grade All in One Camp 1	\$55	Mon. - Fri.	9:00-10:00	June 13-17, 20-24
1 <sup>st</sup> – 3 <sup>rd</sup> Grade All in One Camp 2	\$55	Mon. - Fri.	10:00-11:00	July 11-15, 18-22
4 <sup>th</sup> – 6 <sup>th</sup> Grade All in One Camp 1	\$65	Mon. - Fri.	10:00-11:30	June 13-17, 20-24
4 <sup>th</sup> – 6 <sup>th</sup> Grade All in One Camp 2	\$65	Mon. - Fri.	11:00-12:30	July 11-15, 18-22
7 <sup>th</sup> – 8 <sup>th</sup> Grade All in One Camp	\$65	Mon. - Fri.	10:00-11:30	June 13-17, 20-24

## Softball Camp

Instructors: Nicole Pauly & Joe Capalbo

**Description:** Located on the softball fields behind Cary Junior High, participants will learn the basic fundamentals of hitting and fielding, as well as the rules and regulations of softball from experienced head coach, Nicole Pauly. Nicole Pauly played Collegiate Softball at Northwestern University and Professional Softball with the "Chicago Bandits" and the "Akron Racers." Please feel free to contact Mr. Capalbo with any questions: [joseph.capalbo@cary26.org](mailto:joseph.capalbo@cary26.org)

Camp	Cost	Days	Time	Dates
6 <sup>th</sup> - 8 <sup>th</sup> Grade Girls Softball Camp	\$50	Mon. – Fri.	9:00-10:30	July 18-22

## Lacrosse Camp

For Boys and Girls

Instructor: Joe Capalbo

**Description:** Camp will be held on the football field behind Cary Junior High. If students have their own sticks, please bring them! Please feel free to contact Mr. Capalbo with any questions: [joseph.capalbo@cary26.org](mailto:joseph.capalbo@cary26.org)

Camp	Cost	Days	Time	Dates
6 <sup>th</sup> - 8 <sup>th</sup> Grade Lacrosse Camp	\$50	Mon. – Fri.	9:00-10:30	Aug. 1-5

## Speed/Agility/Quickness Camp

For Boys and Girls

Instructor: Julie Bemis

**Description:** This program is focused on developing speed, agility, quickness, balance, and flexibility by teaching techniques and developing overall strength. We use large and small group stations. The equipment used includes pull-up bars, steppers, stability balls, jump ropes, hurdles, agility ladders, and parachutes, in addition to many more. Obstacle courses and games will take place as well.

Camp	Cost	Days	Time	Dates
Speed/Agility/Quickness Camp Entering 5 <sup>th</sup> -8 <sup>th</sup> Grade	\$65	Mon. – Thur.	11:30 - 1:00	(8 sessions) June 6-9 June 13-16

## Girls' Volleyball Camp

Instructor: Julie Bemis

**Description:** This camp is designed to teach the fundamentals of volleyball. Drills will include passing, setting, and hitting. Join us!

Camp	Cost	Days	Time	Dates
6 <sup>th</sup> - 8 <sup>th</sup> Grade Volleyball Camp	\$50	Mon. - Fri.	9:30 - 11:00	June 6 - 10

## Basketball Fundamental Camps

For Boys and Girls

Instructor: Julie Bemis

**Description:** This program is designed to work on players' basic fundamentals. Drills will include ball handling, passing, and shooting. Also included will be competitive games. Get your game face on!

Camp	Cost	Days	Time	Dates
6 <sup>th</sup> - 8 <sup>th</sup> Grade Girls Basketball Camp	\$50	Mon. - Fri.	1:00-2:30	July 18-22
6 <sup>th</sup> - 8 <sup>th</sup> Grade Boys Basketball Camp	\$50	Mon. - Fri.	1:00-2:30	June 6-10

## Basketball Shooting Camp

For Boys and Girls

Instructor: Julie Bemis

**Description:** This program will instruct campers on proper shooting techniques and footwork. Offensive fundamentals will also be addressed, including dribbling, passing, and driving. This is a great place to improve your shot for next season!

Camp	Cost	Days	Time	Dates
5 <sup>th</sup> - 8 <sup>th</sup> Grade Shooting Camp	\$50	Mon. - Fri.	1:00 - 2:30	June 13-17

## Climbing Camp – Crate Stacking

For Boys and Girls (Limited to 16 participants per camp)

Instructor: Julie Bemis

**Description:** Crate Stacking is a fun and exciting activity. The objective is to stack as many milk crates as possible while standing on them or climbing on the side of them. We'll help you get acclimated with the gear, offer instruction on technique, teach basic climbing safety, climbing knots and commands, and basic top roping. Participants will get in a ton of climbs to help build your confidence. The process is not all about the climb itself, as there is an emphasis on helping fellow climbers by relaying, encouragement and teambuilding activities.

**\*\*\* Due to the limited # of spots for this camp, payment is due at the time of registration. \*\*\***

Camp	Cost	Days	Time	Dates
Climbing Camp 1	\$60	Mon. - Fri.	9:00-11:00	July 18 - July 22
Climbing Camp 2	\$60	Mon. - Fri.	11:00-1:00	July 18 - July 22

## Track and Field Camp

Instructor: Kathy England & Kaiti Niggemann

**Description:** The track and field camp will be held at the CJH track located behind the school. The camp will focus on conditioning and instruction. Athletes will be exposed to the shot put, discus, hurdles, long jump, triple jump, the use of blocks and relay exchanges. This is a wonderful opportunity for the junior high athletes to reinforce muscle memory.

Camp	Cost	Days	Time	Dates
6 <sup>th</sup> - 8 <sup>th</sup> Grade Track and Field	\$50	Mon.- Fri.	8:30 – 10:00	July 11 – July 15

## Wrestling Camps

Instructor: Rory Peterson, Angie Swanson, Ed Villarreal

**Description:** Wrestling is truly a sport for all. It enhances strength, speed and power, as well as elevates concentration, discipline and mental toughness. At the Beginners Camp, participants will learn the basics of wrestling through drills and games that will improve their balance, coordination, strength and agility. Participants will practice with opponents of the same weight. At the Technique Camp, participants will improve their mat skills through instruction, drilling and live competition.

Camp	Cost	Days	Time	Dates
3 <sup>rd</sup> – 8 <sup>th</sup> Grade Beginner	\$40	Mon. - Fri.	10:00-11:00	June 27 – July 1
6 <sup>th</sup> - 8 <sup>th</sup> Grade Technique	\$50	Mon. - Fri.	11:00-12:30	June 27 - July 1

DIRECTIONS: Please check off the camp(s) you will be participating in.

Camp	Cost
___ 5 <sup>th</sup> - 8 <sup>th</sup> Grade Speed/Agility/Quickness Camp	\$65
___ 5 <sup>th</sup> - 8 <sup>th</sup> Grade Basketball Shooting Camp	\$50
___ 1 <sup>st</sup> - 3 <sup>rd</sup> Grade All In One Sports Camp 1	\$55
___ 1 <sup>st</sup> - 3 <sup>rd</sup> Grade All In One Sports Camp 2	\$55
___ 4 <sup>th</sup> - 6 <sup>th</sup> Grade All In One Sports Camp 1	\$65
___ 4 <sup>th</sup> - 6 <sup>th</sup> Grade All In One Sports Camp 2	\$65
___ 7 <sup>th</sup> - 8 <sup>th</sup> Grade All In One Sports Camp	\$65
___ 6 <sup>th</sup> - 8 <sup>th</sup> Grade Boys Fundamental Basketball Camp	\$50
___ 6 <sup>th</sup> - 8 <sup>th</sup> Grade Girls Fundamental Basketball Camp	\$50
___ 6 <sup>th</sup> - 8 <sup>th</sup> Lacrosse Camp	\$50
___ 6 <sup>th</sup> - 8 <sup>th</sup> Softball Camp	\$50
___ 5 <sup>th</sup> - 8 <sup>th</sup> Grade Climbing Camp 1 (Crate Stacking)	\$60
___ 5 <sup>th</sup> - 8 <sup>th</sup> Grade Climbing Camp 2 (Crate Stacking)	\$60
___ 6 <sup>th</sup> - 8 <sup>th</sup> Grade Volleyball Camp	\$50
___ 3 <sup>rd</sup> - 8 <sup>th</sup> Grade Wrestling Beginner Camp	\$40
___ 6 <sup>th</sup> - 8 <sup>th</sup> Grade Wrestling Technique Camp	\$50
___ 6 <sup>th</sup> - 8 <sup>th</sup> Grade Drama Camp	\$50
___ 6 <sup>th</sup> -8 <sup>th</sup> Track and Field Camp	\$50

Name of Participant:	Grade Entering:
Address:	Home or Cell Phone #
Email Address:	
Emergency Contact:	Emergency Phone #
Total amount enclosed: Make checks payable to <b>Cary Junior High School</b>	T-shirt size (circle one): Adult-X-Large    Adult-Large    Adult-Medium    Adult-Small Youth-Large    Youth-Medium

**Parent/Guardian signature granting permission for their child to participate in the CJH Summer Sports Camp (required):**

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

**All participants will be guaranteed a camp t-shirt if registered by June 1st.**

**No Refunds issued after June 10<sup>th</sup>**

BEFORE June 24th send to:	AFTER June 24th send to:
Cary Junior High School Attn: Summer Sports Camps 2109 Crystal Lake Road Cary, IL 60013	D26 Administration Office Attn: Summer Sports Camps 2115 Crystal Lake Road Cary, IL 60013