



ATHLETIC CAMPS SUMMER 2019

Registration & schedules at www.reshs.org

All camps are filled on a first-come-first-serve basis. Resurrection College Prep High School reserves the right to cancel any camp due to lack of enrollment. The registration fee will be refunded, if and only if, the camp a student has enrolled in is cancelled. If we are hosting a camp session, there will be no camp refunds.

BASKETBALL

Basketball Skills Camp

Basketball skills and team development camp will focus on the progressive skill development of the whole player. The skills will be developed in both individual skill development drills, and integrated into a team format. The drills will focus on individual footwork, passing, ball handling, body positioning, defensive skill work, and shooting. The skills will also focus on team development within an offensive and defensive system. The skill development will progress over the multiple weeks of summer camp resulting in the improvement of the player overall.

DANCE

Dance Camp -

Join us for a fun-filled week of kicks, jumps, turns and so much more! Resurrection's Dance Camp will explore the fundamentals of dance, from ballet to hip hop. At this four day camp, participants will work alongside the Resurrection High School Orchestras Dance Team. Participants will learn two dances through their time at camp, concluding with a performance for family and friends in our theater. Don't miss out on this exciting week!

LACROSSE

Youth and New Freshmen Lacrosse Skills Camp

Week One

The program is designed to be a building progression starting with the basic ball skills include scooping, passing, catching, cradling and shooting. Lacrosse is a running and physical sport and requires an understanding of checking and dodging techniques which will be taught by the end of the week.

- Goalie is a special position with individual attention given to interested players.
(Goalie equipment provided)
- Athletes must provide a lacrosse stick, lacrosse protective eyewear, and a mouth guard by day 2.
- Games will be played at a tournament weekend for the additional tournament fee.
(see sign-up)

Week Two (week following 4th of July week)

Building upon and emphasizing all basic ball skills we will work on individual and team defense and offensive plays. Lacrosse philosophy and game strategy will round out the week. New camp participants will start with week-one skills development.

- Athletes must provide a lacrosse stick, lacrosse protective eyewear, and a mouth guard.
- Games will be played at a tournament weekend for the additional tournament fee.
(see sign-up)

Tournament weekend (see separate sign-up)

At the end of the camps the players will be game ready for games scheduled at the 2019 Pipe City Lacrosse Festival High School Recruiting Event & Youth Tournament from July 13-14, 2019 in Vernon Hills, IL.

Experienced Freshman, Sophomore, Junior, and Senior Lacrosse Skills Camp

Week One

An advanced program enhancing skills with drills, small area games, foot work, and staying in condition. Focus will be on the following and doing them full speed. Perfecting Shooting accuracy & shooting off a dodge, passing/catching/feeding all passes sharp, possession, passing off a ground ball, dodging in control with both hands, cutting, clearing, riding the ball, and defense (individual and team).

- An alumnae game is planned the Saturday after week one.
- Goalie is a special position with individual attention given to returning or interested players. (Goalie equipment provided)
- Athletes must provide a lacrosse stick, lacrosse protective eyewear, and a mouth guard,
- Games will be played at a tournament weekend for the additional tournament fee.
(see sign-up)

Week Two (week following 4th of July week)

Building upon and continuing week one adding plays for offense, defense, and draws. More game situations and get ready for the weekend tournament

- Athletes must provide a lacrosse stick, lacrosse protective eyewear, and a mouth guard.
- Games will be played at a tournament weekend for the additional tournament fee (see sign-up)

Tournament weekend (see separate sign-up)

At the end of the camps the players will be game-ready for games scheduled at the 2019 Pipe City Lacrosse Festival High School Recruiting Event & Youth Tournament on July 13-14, 2019 in Vernon Hills, IL.

RUNNING

Running Skills Camp

Running camp emphasizes fundamentals, with warmups and cooldowns. Distance, speed, endurance, sprints, and track techniques will be reviewed throughout the workouts. The runner should be prepared to run approximately 12 to 16 miles per week. Athletes are invited to attend any or all sessions.

SOCCER

Soccer Skills Camp

Soccer camp will consist of training sessions that will focus on skill development and fun! Camp will start with a dynamic warm-up and individual technique with the soccer ball. Next, the players will work on soccer skills and technique such as passing, receiving, shooting, dribbling, and controlling the soccer ball through fun games. These game are designed to build skills but also make sure the players enjoy their experience. Finally, every day will conclude with a competitive game to end camp.

SOFTBALL

Softball Skills Camp

Fundamentals and game strategy will be reviewed through competitive drills and games. Instruction will focus on catching, throwing, hitting, fielding and base running skills.

Softball Pitchers and Catchers Camp

Campers will focus on fundamentals of pitching and catching, as well as understanding pitch location and selection.

Softball Hitters Camp

Campers will focus on fundamentals of hitting, slap hitting, and bunting.

TENNIS

Intro to Tennis through Pickleball Camp

Campers will learn the racquet skills and strategies needed to play tennis through fast-paced games of pickleball and eclipse ball played in the gym. Pickleball is one of the fastest growing sports in the United States!

Intro to Tennis Camp

Campers will learn and improve their tennis strokes and strategies in four active, game-based sessions. No experience necessary! Returning team members encouraged.

VOLLEYBALL

Volleyball Varsity Skills Camp Grades 10-12

Skill progressions begin with single-contact drills and move to multi-contact, combination drills before culminating with complex transition and team drills. The camp will consist exclusively of position-specific training and will be high-intensity. Each session will progress from where the preceding camp left off.

Volleyball Advanced Skills Camp Grade 9

Drill progressions will be aimed towards recognizing and developing good habits in all aspects of the game. Players will receive valuable instruction on the fundamental skills of volleyball. Campers will be made aware of the characteristics that define successful players. Organized games between campers will provide a competitive outlet after specific drills have been practiced. Each session will progress from where the preceding camp left off.

Volleyball Skills Camp Grades 5-6

Gradeschool camp is designed to teach the fundamental skills of volleyball. Campers will be grouped based on age and skill level and will be introduced to serving, passing, setting, attacking, blocking and defense. Coaching techniques will include drills, interactive games, and real competition.

Volleyball Skills Camp Grades 7-8

Junior high camp is designed to push the girls toward high school level volleyball. Campers will be shown techniques to build upon their serving, passing, setting, attacking, blocking and defensive current skills. Coaching techniques will include drills, interactive games, and real competition.

Volleyball Setting Grades 5-8

Setter camp is designed for aspiring and current Setters. Setters of any skill set are welcome. This position specific camp is designed to improve your volleyball setting technique along with the other skills needed of a setter. This includes hand positioning, location, footwork, blocking, defense, and will cater to each skill set!

Volleyball Attacking Clinic Grades 5-8

Hitter camp is designed for aspiring and current Attackers. Hitters of any skill set are welcome. This position specific camp is designed to improve your volleyball outside hitter, middle hitter, and right side hitter technique. This includes technique in arm swing, footwork, different attack shots, blocking, serving, and defense.

Volleyball Defense and Passing Clinic Grades 5-8

Defense/Passing camp is designed for aspiring and current Back-Row Players. Defensive players of any skill set are welcome. This position specific camp is designed to improve your volleyball passing and defense technique. This includes forearm passing, overhead passing, digging, run-throughs, and safe floor moves.

Volleyball Setting Clinic Grades 9-12

The camp is designed for the player that is looking to take their game to a higher level. They will get multiple repetitions in all aspects of their position. Setters will work on footwork, consistency in delivery, attacking the second ball, and defense.

Volleyball Attacking Clinic Grades 9-12

The camp will include drills for the volleyball player who is trying to take their game to the next level. Areas of focus will be on having a more explosive approach, a faster and more powerful armswing, and attacking the ball against a defense. Hitters will also focus on finding a way to score more often through various shot selections.

Volleyball Defense and Passing Clinic Grades 9-12

The camp is designed for the player that is looking to take their game to a higher level. They will get multiple repetitions in all aspects of their position. Players will work on serve receive, defense, setting the second ball, and serving.