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# LOYOLA ACADEMY



**2009 SUMMER SPORTS CAMPS**

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## Camp Policies/Directions

### **Policies**

1. Registration forms for walk-up/mail-in registrations will be available either on-line at [www.goramblers.org](http://www.goramblers.org) (Summer Sports Camp link will be accessible from the Athletics Menu) or by contacting Loyola Academy (Registration forms will be at the front desk).
2. When completing registration form, please make sure the form is completely filled out.
3. One form per camper is required. Each form must be signed by camper's parents or guardians. (Siblings must register separately).
4. Camp Waiver Form must also be completed and signed – camp registration cannot be completed without a signed waiver form. If registering online, waiver agreement is automatically agreed upon. No paper agreement is necessary.
5. All camp fees must be paid at the time of registration. No partial deposits will be taken.
6. All Cancellations within one week of camp start date will be charged a \$25 cancellation fee.
7. There are no refunds once the camp has begun. Exceptions are made for serious injury or illness. Registration fees cannot be transferred to another camp.
8. When registering at the same time a 20% discount is available for two or more siblings in the same camp with the same coach. (Not available when registering on-line)
9. There will be no pro-rated discounts for partial attendance of camps (new rule).
10. All specific camp questions (i.e. weather) should be directed to individual camp coach/instructor. All contact numbers are listed with camp information.
11. Dates and times may change, please check our website for all updated information

### **Directions**

#### **Directions to Glenview Campus from Loyola:**

Lake Avenue west to Waukegan Road, north on Waukegan to Chestnut, west on Chestnut to John's Drive, right on John's Drive to Glenview Campus.

### **Transportation**

No bus service will be provided. The transportation of camp attendees is the sole responsibility of the parents.

# Registration

**Return form to:**  
 Summer Sports Camp  
 c/o John Holecek  
 Loyola Academy  
 1100 Laramie  
 Wilmette, IL 60091  
**Or register online**  
**www.goramblers.org**

### Contact Information

Parent/Guardian Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: (\_\_\_\_) \_\_\_\_\_ Emergency Phone: (\_\_\_\_) \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Camper's First Name: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Grade in Sept. 2009 \_\_\_\_\_

### Camp Selection

Camp ID#	Camp Title	Fee

### Payment Information

Check Total Amount Enclosed: \$ \_\_\_\_\_  
 [Your cancelled check is proof of registration]

Discover  MasterCard  Visa  AMEX

Amount of Payment: \$ \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_ Security code: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_



# Waiver

## Loyola Academy Summer Sports Camp Permission/Waiver/Consent to Medical Treatment

I, the undersigned parent/guardian of \_\_\_\_\_ (insert child's name), hereby give my full permission for my child's participation in the Loyola Academy Summer Sports Camp Program. I understand that this is a voluntary, sports-focused program that may involve a more substantial risk of injury due to the physical nature of the activities planned.

I hereby waive, release and warrant that I shall not individually or collectively bring any claim, by lawsuit or otherwise, against Loyola Academy, its officers, employees, agents and volunteers directly or on behalf of my child or for any other person for any injury, death or loss arising out of the student's participation in the Program.

I further agree to indemnify and hold harmless Loyola Academy and its officers, employees, agents and volunteers (the "Indemnities") from any claim, loss, or expense whatsoever, including without limitation reasonable attorneys' fees, brought against or suffered by any of the Indemnitees due to any injury or loss suffered by my child, myself or my family in connection with the Program, as a result of my child's acts or omissions in connection with the Program, or arising out of a claim directly or indirectly related to the Program brought by any other person and arising out of my child's acts or omissions.

In the event of an emergency, I authorize the Loyola Academy Sports Camp staff to secure from any accredited hospital and/or physician any treatment deemed necessary for the immediate care of my child, and I agree to be responsible for the cost of any and all medical services rendered. By signing below, I further acknowledge and confirm that my child is covered by an accident and health insurance policy that will cover him/her while participating in the Summer Sports Camp Program, and that I agree to maintain such coverage for the duration of the Program.

I further verify that my child has been examined by a physician within the past year and that he/she is in good health and able to fully participate in camp activities.

I have read fully understand this Permission/Waiver/Consent form and execute it of my own individual free will and without any reservation whatsoever.

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

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Co-ed Camps

## Bowling

Coach/Contact Phone Number:  
Bruce Tres (773) 338-4705  
Attire: Bowl

### 1. Bowling Camp 8<sup>th</sup> – 12<sup>th</sup> Grade

- June 15 – June 19
- BZ Bowling Alley (Niles)
- \$130 per athlete
- 2:30 – 4:30 PM

Times may change, please contact Coach Tres prior to the first day of camp. This camp is for current team members and new Loyola bowlers. Special attention will be directed toward refining and developing the skills necessary to compete and succeed in bowling at the High School level. Classroom and lane instruction will be used along with video to provide each athlete a unique and individualized learning experience. Coach Tres was named one of the top 100 coaches by the Bowling Journal for the third straight year.

## Dance

Location: Loyola Academy Room 69  
Instructor/Contact Phone Number:  
Debbie Henslee (847) 920-2577  
Attire: see below

### 2. 7<sup>th</sup> – 9<sup>th</sup> Grade Dance Workshop

- June 15 – June 19
- 10:00 – 12:00 PM
- Monday thru Friday
- \$160 per student

Jazz or ballet shoes not required, bring them if you have them.

Girls – solid colored tank top, shorts or stretch pants.

Boys – tank or short sleeved, solid colored t-shirt with gym shorts or sweat pants.

Dance is for girls and boys who are interested in learning techniques and styles of dance. The camp will focus on Modern and Jazz dance also incorporate Ballet, Improvisation, Swing, Pilates and Yoga.

## Crew/Rowing

Location: Loyola Academy Boathouse  
3220 West Oakton, Skokie  
Corner of Oakton & McCormick  
Instructor/Contact Info:  
Matthew Baldino  
[matthewbaldino@gmail.com](mailto:matthewbaldino@gmail.com) or  
Scott Runkle (847) 929-7721  
Fax (773) 248-9165  
Attire/Apparel: see below

### 3. Beginner

- June 15 – June 19
- 6:00 – 8:00 PM
- Monday thru Friday
- \$225 per athlete

### 4. Beginner

- June 22 – June 26
- Monday – Friday
- 7:30 – 9:30 AM
- \$225 per athlete

### 5. Beginner

- June 22 – June 26
- Monday thru Friday
- 6:00 – 8:00 PM
- \$225 per athlete

### 6. Beginner

- July 6 – July 29
- Monday and Wednesday only
- Four weeks (8 classes)
- 6:00 – 8:00 PM
- \$300 per athlete

### 7. Beginner

- July 20 – July 24
- Monday thru Friday
- 7:30 – 9:30 AM
- \$225 per athlete

### 8. Beginner

- July 27 – July 31
- Monday thru Friday
- 7:30 – 9:30 AM
- \$225 per athlete

# Co-ed Camps

## Crew/Rowing (continued)

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### 9. Advanced Beginner/Intermediate

- June 29 – July 3
- Monday thru Friday
- 7:30 – 9:30 AM
- \$225 per athlete

### 10. Advanced Beginner/Intermediate

- June 29 – July 3
- Monday thru Friday
- 6:00 – 8:00 PM
- \$225 per athlete

### 11. Advanced Beginner/Intermediate

- July 6 – July 29
- Monday and Wednesday only
- Four weeks (8 classes)
- 6:00 – 8:00 PM
- \$300 per athlete

### 12. Advanced Beginner/Intermediate

- July 27 – July 31
- Monday thru Friday
- 7:30 – 9:30 AM
- \$225 per athlete

### 13. Advanced Beginner/Intermediate

- August 3 – August 7
- Monday thru Friday
- 6:00 – 8:00 PM
- \$225 per athlete

Private Lessons Available

Find out more information at [www.skokieparkdistrict.com/](http://www.skokieparkdistrict.com/) or [www.loyolaacademycrew.com](http://www.loyolaacademycrew.com)

Beginner Camps teach basic techniques of rowing. Camp will focus on indoor rowing machine and tanks before moving on to water.

Intermediate camp will focus on more complex drills and techniques that allow for greater speed through the water.

Remember to wear Spandex or tight fitting shorts under your larger shorts. Bring a water bottle. This camp is rain or shine. All Campers will receive t-shirt.

## Swimming

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Location: Loyola Academy Swimming Pool

Coach/Contact Phone Number:

Head Coach Dennis Stonequist

(847) 920-2443

Attire: Swim

### 14. 9<sup>th</sup> – 12<sup>th</sup> Grade Swimming Camp

- June 22 – July 23
- 6:30 – 8:30 AM
- Monday thru Thursday
- \$240 per student

We concentrate on improving all swimmers' strokes: butterfly, backstroke, breaststroke and freestyle. We use stroke drills and sets to enhance the swimmers' strokes and strength, and spend ample time on starts, turns and all other aspects of a swimming race, preparing each swimmer for the upcoming season. This year we will also incorporate dry land and weight training as we continue to grow and improve as a program.

This camp is a great way to get a complete workout throughout the summer. Freshmen are given a great opportunity to get a head start meeting the coaches, the team and getting familiar with the school. Any questions, contact Dennis Stonequist at (847) 920-2443 or at [dstonequist@loy.org](mailto:dstonequist@loy.org).

# Boys' Camps

## Boys' Baseball

Location: Glenview Campus Baseball Field  
Coach/Contact Phone Number:  
Head Coach William San Hamel  
(847) 920-2523  
Attire: see below

- 15. 10<sup>th</sup> – 12<sup>th</sup> Grade Summer League**
- Schedule/Info will be passed out in the spring
  - Two sophomore and one varsity team
  - \$320 per athlete
- 16. 9<sup>th</sup> Grade Camp**
- June 15 – June 30
  - Monday thru Friday June 15-19
  - Monday thru Friday June 22-26
  - 2:30 – 4:00 PM
  - Monday and Tuesday June 29 & 30
  - Scrimmage Games 1:00 – 2:30 PM
  - \$295 per athlete

Players will learn baseball fundamentals and become familiar with the Loyola Baseball Program and its philosophies

- 17. 5<sup>th</sup> – 8<sup>th</sup> Grade Skills Camp**
- June 16 – June 26
  - Tuesday thru Friday June 16-19
  - Monday thru Friday June 22-26
  - 1:15 – 2:30 PM
  - \$225 per athlete

Players will learn the fundamentals of fielding, throwing, pitching, catching and baserunning.

- 18. 5<sup>th</sup> – 8<sup>th</sup> Grade Hitting Camp**
- June 16 – June 26
  - Tuesday thru Friday June 16-19
  - Monday thru Friday June 22-26
  - 12:00 – 1:15 PM
  - \$225 per athlete

Players will learn the mental approach to hitting, including the proper techniques of bunting. Athletes will be placed in age-specific groups.

## Boys' Basketball

Location: Loyola Academy West Gym  
Coach/Contact Phone Number:  
Head Coach Bryan Tucker  
(847) 256-1100  
Attire: Basketball

### 4<sup>th</sup> – 6<sup>th</sup> Grade Camps

- 19. Shooting**
- June 16 – June 17
  - 2:15 – 4:15 PM
  - Tuesday – Wednesday
  - \$ 90 per athlete
- 20. 1 on 1 Moves**
- June 18 – June 19
  - 2:15 – 4:15 PM
  - Thursday – Friday
  - \$90 per athlete
- 21. Skills**
- June 22 – June 25
  - 9:15 – 12:15 PM
  - Monday – Thursday
  - \$200 per athlete
- 22. Competition**
- July 20 – July 23
  - 9:15 – 12:15 PM
  - Monday thru Thursday
  - \$200 per athlete



### **\*note for all Baseball Camps**

All campers should bring bat and glove and baseball cleats if possible. Please put your name on your equipment. All campers will receive a t-shirt. All Camps will be held rain or shine

# Boys' Camps

## Boys' Basketball (continued)

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### 7<sup>th</sup> & 8<sup>th</sup> Grade Camps

#### 23. Shooting

- June 16 – June 17
- 2:15 – 4:15 PM
- Tuesday – Wednesday
- \$90 per athlete

#### 24. 1 on 1 Moves

- June 18 – June 19
- 2:15 – 4:15 PM
- Thursday – Friday
- \$90 per athlete

#### 25. Skills

- June 22 – June 25
- 9:15 – 12:15 PM
- Monday – Thursday
- \$200 per athlete

#### 26. Competition

- July 20 – July 23
- 9:15 – 12:15 PM
- Monday – Thursday
- \$200 per athlete

### 9<sup>th</sup> Grade Camps

#### 27. Shooting

- June 16 – June 17
- 12:15 – 2:15 PM
- Tuesday – Wednesday
- \$90 per athlete

#### 28. 1 on 1 Moves

- June 18 – June 19
- 12:15 – 2:15 PM
- Thursday – Friday
- \$90 per athlete

#### 29. Skills

- June 22 – June 25
- 12:15 – 2:15 PM
- Monday – Thursday
- \$180 per athlete

#### 30. Competition

- July 20 – July 23
- 12:15 – 2:15 PM
- Monday – Thursday
- \$180 per athlete

### 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grade Camp

#### 31. High School Camp

- June 16 – June 19
- Tuesday – Friday
- 10:15 – 12:15 PM
- June 22 – June 25
- Monday – Thursday
- 2:15 – 4:15 PM
- \$230 per athlete
- One fee covers both weeks

Campers will receive a t-shirt for every session they sign up for. Head Varsity Basketball Coach Bryan Tucker is in his 21<sup>st</sup> season running basketball camps. Please call (847) 920-2525 with any questions.

## Cross Country/Distance Running

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Location: Loyola Academy North Quad

Coaches/Contact Phone Number:

Dan Seeberg (847) 920-2628

Attire: Running

#### 32. 6<sup>th</sup> – 9<sup>th</sup> Grade Camp

- June 22 – July 30
- 6 weeks
- 6:30 – 8:00 AM
- Monday – Thursday
- \$180 per athlete

This camp is designed for both novice and experienced runners. The camp is intended as a preparation for those planning to run cross country or track in high school. Camp will be held rain or shine. Please bring a water bottle. All campers will receive a t-shirt.

\* Athletes are invited to attend any or all sessions. The first week is intended as an introduction to distance running at Loyola. If unable to attend first week, coaches strongly encourage you to attend any or all other weeks.

# Boys' Camps

## Cross Country/Distance Running (continued)

### 33. 10<sup>th</sup> – 12<sup>th</sup> Grade Varsity Camp

- June 22 – July 30
- 6 weeks
- 6:30 – 8:00 AM
- Monday – Thursday
- \$180 per athlete

Runners should come prepared to run daily. Preparation for the fall season will be stressed. The emphasis is on training in every important area of distance running and racing. Topics include types of training (aerobic, anaerobic threshold, interval and speed training), racing tactics, strength training, warm up and warm down, stretching, peaking, running technique and running injuries. Please bring a water bottle. All campers will receive a t-shirt.

Both camps will be held rain or shine.



## Football

Location: Loyola Academy

Coach/Contact Phone Number:

John Holecek (847) 920-2491

Attire: Football cleats desirable

### 34. 6<sup>th</sup> – 8<sup>th</sup> Grade Camp (Session 1)

- June 29 – July 2
- 12:45 – 2:45 PM
- Monday – Thursday
- \$95 per athlete

### 35. 6<sup>th</sup> – 8<sup>th</sup> Grade Camp (Session 2)

- July 7 thru July 10
- 12:45 – 2:45 PM
- Tuesday – Friday
- \$95 per athlete

The emphasis of this camp is on non-contact instruction for the grade school level athlete. Every aspect of football is covered, including: stance, footwork, speed, ball handling, passing, route running, receiving, blocking, defending the pass, tackling, punting and kicking. Varsity Coaches and players will instruct all techniques. Campers will receive a t-shirt.

**Note: All 6<sup>th</sup> thru 8<sup>th</sup> Grade Football Players are encouraged to also attend the speed and agility camp.**

### 36. 9<sup>th</sup> Grade Camp

- June 29 thru July 16
- 3:15 – 5:30PM
- Monday – Thursday
- \$280 per athlete

This camp will focus on developing the skills of an incoming freshman football player. Loyola's Offensive, Defensive, and Special Team philosophy and terminology will be taught by Loyola's freshmen and varsity coaches. This camp will introduce incoming freshmen to their new teammates and coaches, develop football skills and will be the first step in becoming a part of the great football tradition at Loyola Academy. Players will also be introduced to the basics of strength and agility training twice a week. Campers will receive a t-shirt.

**Note: All incoming Freshmen Football Players are strongly encouraged to also attend the speed and agility camp.**

### 37. 10<sup>th</sup> Grade Camp

- June 15 – July 16
- 3:00 – 5:00 PM
- Monday thru Thursday
- July 20 – July 30
- 4:00 – 7:00 PM
- Monday thru Thursday
- \$280 per athlete

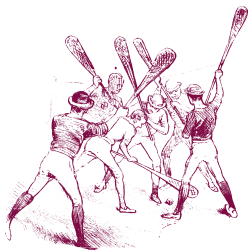
Strength, speed and agility training will be emphasized. The understanding of the Loyola football terminology and playbooks will also be covered.

### 38. 11<sup>th</sup> & 12<sup>th</sup> Grade Camp

- June 15 – July 31
- 5:00 – 8:00 PM
- Monday thru Thursday
- Fridays TBD
- \$280 per athlete

Strength, speed and agility training will be emphasized. The understanding of the Loyola football terminology and playbooks will also be covered.

# Boys' Camps



## Boys' Lacrosse

Location: Glenview Campus Field #6  
Coach/Contact Number:  
Rob Snyder (312) 371-1039  
Attire/Apparel: See Below

### 39. 6<sup>th</sup> – 9<sup>th</sup> Grade Camp

- June 8 – June 11
- 3:30 – 5:30 PM
- Monday thru Thursday
- \$210 per athlete

### 40. 6<sup>th</sup> – 9<sup>th</sup> Grade Camp

- June 22 – June 25
- 3:30 – 5:30 PM
- Monday thru Thursday
- \$210 per athlete

### 41. 6<sup>th</sup> – 9<sup>th</sup> Grade Camp

- July 6 – July 9
- 3:30 – 5:30 PM
- Monday thru Thursday
- \$210 per athlete

These camps strive to deliver the best combination of teaching and playing experiences. Fundamentals will be taught using the same techniques used at the nation's top high school and college programs. Individual and team skills will be applied in a game each day. The staff consists of Loyola coaches, current varsity players and Loyola alums who have college lacrosse experience. Equipment needed: Lacrosse or hockey helmet, stick, gloves, lacrosse shorts, protective eyewear, mouth guard, cleats and elbow pads. Camp rain or shine-exception – lightning.

Mixed Martial Arts/Self-Defense see page 17  
Refer to camp #91 and #92

## Boys' Soccer

Location: Glenview Campus Field #3  
Coach/Contact Number:  
Robert Etheridge (773) 592-6942  
Attire/Apparel: All Players will need a soccer ball and shin guards, all players will receive a t-shirt

### 42. 8<sup>th</sup> – 12<sup>th</sup> Grade Loyola Team Camp

- June 15 – June 19
- Monday thru Friday
- 5:30 – 7:30 PM
- June 22 – June 25
- Monday thru Thursday
- 5:30 – 7:30 PM
- \$275

This Team camp will include the technical and tactical aspects of play. Technical: individual dribbling and control, defending and covering, crossing and shooting/heading. Tactical: principles of play, fundamentals of defending as a team and the development of attacking from transitional play. No day Pro-ration, one week cost is \$175 (no online option). All campers are strongly encouraged to attend both weeks.

### 43. Loyola Young Soccer Stars 1<sup>st</sup> – 7<sup>th</sup> Grade Camp

- June 15 – June 19
- Monday thru Friday
- 9:00 AM – 11:00 AM
- \$100 per week

These camps will focus on the individual player's technical ability thru "skillz and thrillz"™. Introducing and developing the fundamentals of dribble skills, fakes, turns, control and receiving to space and finishing.

# Boys' Camps

## Boys' Speed, Strength and Agility

Location: Loyola Academy Weight Room/Practice Fields (Wilmette Campus)  
Coach/Contact Phone Number:  
Jeff Lindeman  
Email: [jlindemann@loy.org](mailto:jlindemann@loy.org)  
(847) 920-2497

### **44. Male Athletes' 10<sup>th</sup> – 12<sup>th</sup> Grade Strength & Conditioning Camp**

- 7 Weeks
- June 15 – July 17
- Monday, Wednesday, Friday Only
- 12:30 – 2:30 PM
- July 21 – July 31
- Tuesday and Thursday Only
- 12:30 – 2:30 PM
- \$250

This camp will focus on training aspects that will help improve speed mechanics, agility, quickness, coordination, total body strength and dynamic flexibility.

### **45. Incoming 9<sup>th</sup> Grade Conditioning Camp**

- 2 Weeks
- July 20 – July 31
- Monday, Wednesday, Friday Only
- 12:30 – 2:00 PM
- \$125

This camp includes general strength, power, conditioning, speed development, coordination and dynamic flexibility. This will prepare freshmen for the rigors of the fall sports season.

### **46. 6<sup>th</sup> – 8<sup>th</sup> Grade Speed, Agility and Quickness Camp (Session 1)**

- 2 Weeks
- June 16 – June 25
- Tuesday and Thursday Only
- 2:30 – 3:15 PM
- \$75

### **48. 6<sup>th</sup> – 8<sup>th</sup> Grade Speed, Agility and Quickness Camp (Session 2)**

- 3 Weeks
- July 14 – July 30
- Tuesday and Thursday Only
- 2:30 – 3:15 PM
- \$110

This camp will focus on training aspects that will help improve speed mechanics, agility, quickness, coordination, total body strength and dynamic flexibility. A team of professionals will educate athletes to become faster, more agile and stronger through a progression of exercises suitable for 6<sup>th</sup> thru 8<sup>th</sup> grade athletes.

## Boys' Tennis

Location: Loyola Academy Tennis Courts  
Coach/Contact Phone Number:  
Tom Fitzgerald (847) 920-2502  
Email: [tfitzgerald@loy.org](mailto:tfitzgerald@loy.org)

### **49. 7<sup>th</sup> – 12<sup>th</sup> Grade Camp (Session1)**

- June 29 – July 2
- Monday thru Thursday
- 2:30 – 4:30 PM
- \$125 per session

### **50. 7<sup>th</sup> – 12<sup>th</sup> Grade Camp (Session2)**

- July 6 – July 9
- Monday thru Thursday
- 2:30 – 4:30 PM
- \$125 per session

These camps will focus on single and doubles strategies, stroke techniques, drills to improve skill level and fitness and developing an all-court plan. Camps will be coached by former Loyola players and current coaches with players challenged according to skill level. Tournament will be held on last day. These camps will take place rain or shine.

**You can register for  
our camps online at  
[www.goramblers.org](http://www.goramblers.org)**

# Boys' Camps

## Boys' Volleyball

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Location: Loyola Academy East Gym  
Coach/Contact Phone Number:  
Lionel Ebeling (224) 619-7942  
Email: [lionel\\_ebeling@yahoo.com](mailto:lionel_ebeling@yahoo.com)

### 51. 5<sup>th</sup> – 8<sup>th</sup> Grade Camp

- Call Coach Ebeling to set up a date and time!!!
- Four days of camp (90 minutes sessions)
- \$90 per athlete (min 6 players from a school to attend camp)

### 52. 7<sup>th</sup> – 9<sup>th</sup> Grade Camp

- July 27 – July 30
- 5:00 – 6:30 PM
- Monday – Thursday
- \$120 per athlete

### 53. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp

- July 27 – July 30
- 6:30 – 8:30 PM
- Monday – Thursday
- \$175 per athlete

These camps will emphasize offensive and defensive fundamentals. All campers will receive a t-shirt.

## Boys' Water Polo

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Location: Loyola Academy Swimming Pool  
Coach/Contact Number:  
Dan Hengelmann (Head Coach)  
Email: [daniel\\_hengelmann@hotmail.com](mailto:daniel_hengelmann@hotmail.com)  
(773) 988-7810

### 54. 18 & Under Water Polo Camp

- June 22 – July 27
- Monday and Wednesday Only
- 6:30 – 8:00 PM
- \$225 per athlete

6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders welcome. Dates and times may change. Final times will be posted on the Loyola Academy website, please check with Coach Hengelmann for updated information

## Boys' Wrestling

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Location: Loyola Academy Room 63  
Coach/Contact Number:  
Christopher Stephens (Head Coach)  
Email: [chris@cs-realty.net](mailto:chris@cs-realty.net)  
(847) 321-0477

For more information regarding the camp and the Loyola Wrestling Program, please visit our website: [www.loyolawrestling.org](http://www.loyolawrestling.org)

### 55. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp (Session 1)

- June 15 – June 19
- 8:00 – 11:00 AM
- Monday – Friday
- \$250 per athlete

### 56. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp (Session 2)

- June 22 – June 26
- 8:00 – 11:00 AM
- Monday – Friday
- \$250 per athlete

These camps will cover all aspects of wrestling: from basic fundamentals to advanced college-level strategies. Athletes will learn offensive and defensive scoring techniques. Becoming familiar and excelling in all three wrestling positions. Athletes will be taught proper conditioning and strength training methods to improve physical strength. We will also focus on the importance of flexibility in injury care and prevention. Proper dieting and nutrition for maximum performance will also be covered.

### 57. 6<sup>th</sup> – 9<sup>th</sup> Grade Camp

- June 15 – June 19
- 12:00 – 3:00 PM
- Monday – Friday
- \$175 per athlete

This camp is designed to give athletes an introduction to one of the world's oldest and greatest sports. Learning basic point scoring and defensive techniques from each of the three positions of wrestling is the main purpose of the camp. Athletes will be taught proper conditioning and strength-training methods to improve physical strength and flexibility as well as injury care and prevention. Diet and nutrition for maximum performance will also be taught.

# Girls' Camps

## Girls' Basketball

Location: Loyola Academy West Gym  
Head Coach: Jeremy Shoenecker  
Email: [jschoenecker@loy.org](mailto:jschoenecker@loy.org)  
(847) 920-2492

### 58. 6<sup>th</sup> – 8<sup>th</sup> Grade Camp

- June 15 – June 19
- Monday – Friday
- 10:15 – 12:00 PM
- \$125 per athlete

### 59. 4<sup>th</sup> – 5<sup>th</sup> Grade Camp

- June 15 – June 19
- Monday – Friday
- 12:15 – 2:00 PM
- \$125 per athlete

Emphasis at camps 58 and 59 will be on skill development on both offensive and defensive fundamentals; also included are team and individual contests.

### 60. 9<sup>th</sup> Grade Camp

- June 15 – June 19
- Monday – Friday
- 8:00 – 10:00 AM
- June 29 – July 2
- Monday – Thursday
- 12:30 – 2:30 PM
- \$250 per athlete

The Loyola system is introduced into a program of continuing development of offensive and defensive fundamentals.

### 61. 6<sup>th</sup> – 8<sup>th</sup> Grade Shooting Camp

- June 29 – July 2
- Monday – Thursday
- 11:00 – 12:15 PM
- \$90 per athlete

Emphasis in this camp is on the aspects of shooting only. Drills on shooting, footwork, shot pocket, hand placement and follow-through are covered.

### 62. 7<sup>th</sup> – 12<sup>th</sup> Grade Position Camp

- July 27 – July 30
- Monday – Thursday
- 12:30 – 2:00 PM
- \$90 per athlete

The object of the Position camp is to assist each camper in improving the skills needed to play the forward or center position. Campers will improve their skills through teaching progressions, position-specific drills and individual instruction.

### 63. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp

- June 15 – June 19
- 2:15 – 4:15 PM
- June 29 – July 2
- 2:30 – 4:30 PM
- June 23 – June 26
- Every Monday & Wednesday in July
- 5:00 – 6:30 PM
- \$250 per athlete

Loyola coaches will be on staff working summer basketball camps along with several former players who are currently playing college basketball.

All campers will receive a t-shirt



# Girls' Camps

## Cheerleading

Location: Loyola Academy West Gym  
Coach/Contact Phone Number:  
Laura Soldato (847) 920-2493  
Email: [lsoldato@loy.org](mailto:lsoldato@loy.org)

### 64. 3rd – 5th Grade Camp

- July 13 – July 17
- Monday thru Friday
- 8:00 – 10:00 AM
- \$150



This camp is open to all girls interested in cheerleading. Girls will work with various coaches and current Varsity cheerleaders on skills such as jumping, tumbling, motions and stunting. Furthermore, girls will learn a cheer and a dance that will be performed on the last day of camp. Any girl who has a background in cheerleading or who is interested in pursuing the sport would benefit from the beginner to intermediate level instruction. All campers receive a t-shirt.

### 65. 6th – 8th Grade Camp

- July 13 – July 17
- Monday thru Friday
- 10:00 – 12:00 PM
- \$150

This camp is open to all girls interested in cheerleading. Girls will work with various coaches and current Varsity cheerleaders on skills such as jumping, tumbling, motions and stunting. Furthermore, girls will learn a cheer and a dance that will be performed on the last day of camp. Any girl who has a background in cheerleading or who is interested in pursuing the sport would benefit from the beginner to intermediate level instruction. All campers receive a t-shirt.

### 66. Varsity and Junior Varsity Cheerleading Camp (Current squad members only)

- June 15 – July 31
- Location and Time TBA
- \$150

These camps are only open for those girls who were chosen via tryouts for either Loyola Academy's Varsity Cheerleading or Junior Varsity Cheerleading squads. Girls will work with coaches on jumping, tumbling, motion and stunting skills in preparation for the upcoming football, basketball, and competition seasons.



## Cross Country/Distance Running

Location: Loyola Academy North Quad  
Coaches/Contact Phone Number:  
ChrisJon Simon (847) 920-2644  
Attire: Running

### 67. 6<sup>th</sup> – 9<sup>th</sup> Grade Camp

- June 22 – July 30
- 6 weeks
- 6:30 – 8:00 AM
- Monday – Thursday
- \$180 per athlete

This camp is designed for both novice and experienced runners. The camp is intended as a preparation for those planning to run cross country or track in high school. Camp will be held rain or shine. Please bring a water bottle. All campers will receive a t-shirt.

\* Athletes are invited to attend any or all sessions. The first week is intended as an introduction to distance running at Loyola. If unable to attend first week, coaches strongly encourage you to attend any or all other weeks.

### 68. 10<sup>th</sup> – 12<sup>th</sup> Grade Varsity Camp

- June 22 – July 30
- 6 weeks
- 6:30 – 8:00 AM
- Monday – Thursday
- \$180 per athlete

Runners should come prepared to run daily. Preparation for the fall season will be stressed. The emphasis is on training in every important area of distance running and racing. Topics include types of training (aerobic, anaerobic threshold, interval and speed training), racing tactics, strength training, warm up and warm down, stretching, peaking, running technique and running injuries. Please bring a water bottle. All campers will receive a t-shirt.

Both camps will be held rain or shine.

# Girls' Camps

## Field Hockey

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Location: Glenview Campus

Coach/Contact Number:

Head Coach: Kristen Provencher

(803) 315-9492

Email: [Kristinproven44@hotmail.com](mailto:Kristinproven44@hotmail.com)

Attire/Apparel: Running shoes or cleats, fitted mouth guard, hockey stick and shin guards.

### 69. 5<sup>th</sup> – 8<sup>th</sup> Grade Camp

- June 15 – June 19
- 10:00 AM – 12:00 PM
- Monday thru Friday
- \$150 per athlete

This camp is open to all girls interested in field hockey, offering a great introduction for beginners as well as a fun and challenging curriculum for intermediate players. This camp offers a great opportunity to have fun, develop as an athlete, and learn from coaches who have played at the highest collegiate level. All campers will receive a t-shirt.

### 70. 9<sup>th</sup> Grade Camp

- June 15 – June 19
- 2:00 – 4:30 PM
- Monday thru Friday
- \$150 per athlete



This camp will provide an introduction to field hockey. there will also be a more advanced group for the athletes that are familiar with field hockey. This also gives the athletes a chance to get to know the Loyola Academy field hokey coaching staff as well as our requirements and expectations for our program. All campers will receive a t-shirt and a summer program that will prepare them for preseason.

### 71. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp

- June 22 – June 26
- 8:00 – 10:00 AM
- Monday thru Friday
- Every Tuesday and Thursday Night Starting June 23rd and ending July 30th from 6:00 -7:30 PM
- \$200 per athlete

The camp will provide a solid foundation of basics fundamentals and continue the development of the current JV and Varsity teams who are training for their 2009 seasons. All campers will receive a t-shirt.

## Girls' Lacrosse

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Location: Glenview Campus Field #3

Coach/Contact Number:

John Dwyer

(312) 203-4299

Attire/Apparel: see below

### 72. 4<sup>th</sup> – 8<sup>th</sup> Grade Camp

- July 6 – July 9
- July 13 – July 16
- Monday thru Thursday
- 5:00 – 6:30 PM
- \$195 per athlete

### 73. 9<sup>th</sup> Grade Camp

- July 6 – July 9
- July 13 – July 16
- Monday thru Thursday
- 5:00 – 6:45 PM
- \$195 per athlete

### 74. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp

- July 6 – July 9
- July 13 – July 16
- Monday thru Thursday
- July 20 – July 21
- Monday and Tuesday
- 6:30 – 8:00 PM
- \$195 per camper

All camp sessions will feature an emphasis on fundamentals and skills such as cradling, passing receiving, shooting and defensive techniques. Also, scrimmages and games will emphasize offensive and defensive concepts and systems. Equipment needed: lacrosse stick, mouth guard and protective eyewear. Camp rain or shine, unless there is lightning. Call Coach John Dwyer to confirm (312) 203-4299. Camp staff will include Loyola Head and Assistant Coaches as well Loyola graduates playing in college.

# Girls' Camps

## Poms Dance Team

Location: Loyola Academy Student Center  
Coach/Contact Phone Number  
Head Coach Cindy McLean  
Email: [cmclean@loy.org](mailto:cmclean@loy.org)  
(847) 920-2453

Attire: Sports top or t-shirt, shorts or dance pants, dance shoes or gym shoes.

### **75. 4<sup>th</sup> – 9<sup>th</sup> Grade Camp**

- June 15 – June 19
- 1:00 – 3:00 PM
- Monday – Friday
- \$175 per participant

This camp is for girls who are interested in learning dance routines that promote spirit and entertain the crowd at football and basketball games. Participants will also learn dance technique and skills that can be used in dance competition. Girls will work with the Varsity Ramblerettes and their coach. All girls who is intersted in dance would have a great time at this camp!. All participants will receive a t-shirt.

### **76. Varsity Poms Camp (Current Team Only)**

- June 15 – June 19
- 1:00 – 3:00 PM
- Monday – Friday
- \$175 per participant

This camp is open to girls who were chosen via tryouts and new to the Varsity or Jr Varsity team. Girls will work with the Varsity captains on routines used regularly by the Ramblerettes during the football and basketball season. Girls will work with the technique instructor to perfect dance moves used in competitive routines.

## Girls' Self-Defense see page 17

Refer to camp #93

## Girls' Speed, Strength and Agility

Location: Loyola Academy Weight Room/Practice Fields (Wilmette Campus)  
Coach/Contact Phone Number:  
Jeff Lindeman  
Email: [jlindemann@loy.org](mailto:jlindemann@loy.org)  
(847) 920-2497

### **77. Female Athletes' 10<sup>th</sup> – 12<sup>th</sup> Grade Strength & Conditioning Camp**

- 5 Weeks
- June 16 – July 16
- 12:00 – 2:30 PM
- Tuesday and Thursday
- \$150 per athlete

This camp will focus on training aspects that will help improve speed mechanics, agility, quickness, coordination, total body strength and dynamic flexibility.

## Girls' Soccer

Location: Glenview Campus Field #2  
Coaches/Contact Number:  
Craig Snower and Kathrine Massey  
(847) 903-2685

### **78. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp**

- June 15 – June 18
- June 22 – June 25
- 6:00 – 8:00 PM
- Monday thru Thursday
- \$275 per athlete

This camp will emphasize individual improvement through technical and tactical development. Campers will work on areas of their game that need improvement as identified by coaches from the previous season. Shooting, heading and 1 on 1 defending will also be emphasized. This camp is an excellent opportunity to improve your skills and knowledge for off season teams and the spring season. Cleats and shin guards are needed for all sessions. All campers receive a t-shirt and soccer ball.

### **79. 9<sup>th</sup> Grade Camp**

- June 15 – June 18
- June 22 – June 25
- 6:00 – 8:00 PM
- Monday thru Thursday
- \$275 per athlete

This camp will provide an introduction to the Loyola system of play while also focusing on individual skill development and technical ability. Dribbling, passing, shooting, defending and heading will be covered. This camp is an excellent opportunity to meet the Loyola coaching staff and prepare for the upcoming season. Cleats and shin guards are required for each session. Campers will receive a t-shirt and soccer ball.

# Girls' Camps

## Girls' Soccer (continued)

### 80. 5<sup>th</sup> – 8<sup>th</sup> Grade Camp \*

- June 15 – June 18
- 4:30 – 6:00 PM
- Monday – Thursday
- \$110 per athlete
- \* Camp will be held only if ten or more players are registered by June 6

The emphasis of this camp is the technical development of both offensive and defensive skills. Dribbling, passing, shooting, defending and heading will be taught through a series of technical and small-sided games. Campers will receive a t-shirt and a soccer ball

## Softball

Location: Glenview Campus  
Coach/Contact Phone Number:  
Martin Jennings  
(847) 920-2483

### Fastpitch Camp

### 81. Incoming Frosh Camp (9<sup>th</sup> Grade)

- June 22 – June 25
- 3:00 – 5:00 PM
- Monday – Thursday
- \$150 per athlete

### 82. 10<sup>th</sup> – 11<sup>th</sup> Grade Softball Camp (Non-Varsity)

- June 15 – June 19
- 3:00 – 5:00 PM
- Monday – Thursday
- \$150 per athlete

This camp focuses on the specific skills involved with pitching, hitting, base running and fielding. Techniques are learned through both individual and group instruction. Players will be grouped by age and skill level. All campers receive a t-shirt.



## Girls' Tennis

Location: Loyola Academy Tennis Courts  
Coach/Contact Phone Number:  
Varsity Coach Joan Dowdle  
(847) 920-2501  
Email: [jdowdle@loy.org](mailto:jdowdle@loy.org)

### 83. 7<sup>th</sup> – 9<sup>th</sup> Grade Camp (Session 1)

- June 22 – June 25
- 2:30 – 4:00 PM
- Monday – Thursday
- \$125 per athlete

This camp will focus on single and doubles strategies, stroke techniques, drills and all-court play. (Not for beginners).

### 84. 7<sup>th</sup> – 9<sup>th</sup> Grade Camp (Session 2)

- July 20 – July 23
- 2:30 – 4:00 PM
- Monday – Thursday
- \$125 per athlete

This camp will focus on single and doubles strategies, stroke techniques, drills and all-court play. (Not for beginners).

### 85. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp (Session 1)

- June 22 – June 25
- Monday – Thursday
- 4:00 – 6:00 PM
- \$140 per athlete

The first half of each day's camp will focus on conditioning through Cardio Tennis, which utilizes programs and drills as music is playing, to get a great cardio workout while improving your game. During the second half of camp, students will play game-based drills to develop shots and strategy.

# Girls' Camps

## Girls' Tennis (continued)

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### 86. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp (Session 2)

- July 20 – July 23
- Monday thru Thursday
- 4:00 – 6:00 PM
- \$140 per athlete

This camp is open to all girls trying out for the varsity team. Conditioning will be part of the camp each day. On Mondays and Wednesdays, drills to improve techniques will be the focus of the camp as well as drills emphasizing singles and doubles strategies. Tuesday and Thursdays will be 'match days' in which the girls will compete against each other (and be coached while doing so) in mini-sets and tie-breakers.

## Girls' Volleyball

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Location: Loyola Academy West gym

Coach/Contact Phone Number:

Varsity Coach Jennifer Morris  
(847) 920-2647

### 87. 6<sup>th</sup> – 8<sup>th</sup> Grade Camp

- July 6 – July 10
- 10:30 – 12:00 PM
- Monday thru Friday
- \$150 per athlete

This camp's emphasis is on offensive and defensive fundamentals. Athletes work individually, in stations, and in individual and team contests. This camp fills quickly. Campers will be enrolled on a first come, first served basis. Register early to avoid being closed out of camp.

### 88. 9<sup>th</sup> Grade Camp

- July 6 – July 9
- July 13 – July 16
- Monday thru Thursday
- 12:15 – 2:15 PM
- \$210 per athlete

In this camp, in addition to offensive and defensive fundamentals, the Loyola team volleyball system is introduced.

### 89. 10<sup>th</sup> – 12<sup>th</sup> Grade Camp

- July 6 – July 9
- July 13 – July 16
- July 20 – July 23
- 2:30 – 4:30 PM
- Monday thru Thursday
- \$230 per athlete

The Loyola system is expanded upon for the junior varsity and varsity level of competition. Tactical strategies and formations are emphasized.

## Girls' Water Polo

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Location: Loyola Academy Swimming Pool

Coach/Contact Phone Number:

Richard Schici (773) 910-1314

### 90. Girls Water Polo 18 and Under

- June 23 – July 30
- Tuesday and Thursdays only
- 6:30 – 8:00 PM
- \$250 per athlete

Water Polo Camp is designed for players of all skill level and experience. Swimmers seeking to increase their strength, speed and agility play water polo because it combines aerobic and anaerobic activity in the water. The program is structured to focus on the "five tools" every successful player must develop: ball handling, passing, shooting, defense, and speed.

# Self-Defense

## Boys' Grappling Self-Defense

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Location: Loyola Academy Room 63

Coach/Contact Phone Number

Ed Kress

Email: [coachkress@loy.org](mailto:coachkress@loy.org)

(847) 910-2169

Ed Kress is a 5th Degree Black Belt at the Degerberg Academy, named by Black Belt Magazine as the "Best Overall School of the Year"

Attire: Shorts and t-shirt. Wear tight fitting shorts or spandex under your larger shorts. Wrestling shoes optional.

### 91. 9<sup>th</sup> – 12<sup>th</sup> Grade Camp

- June 22 – June 26
- Monday thru Friday
- 12:30 – 2:30 PM
- \$150 per athlete

It goes by many names, Brazilian Jujitsu, Catch Wrestling, or Shoot Wrestling, but the basics are the same no matter what you call it. Take your opponent down to the mat and use a variety of chokes, arm bars, and ankle locks to control your opponent. You will also learn how to defend yourself against these tactics.

## Boys' Mixed Martial Arts

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Location: Loyola Academy Room 63

Coach/Contact Phone Number

Ed Kress

Email: [coachkress@loy.org](mailto:coachkress@loy.org)

(847) 910-2169

### 92. 9<sup>th</sup> – 12<sup>th</sup> Grade Camp

- July 6 – July 10
- 9:00 – 11:00 AM
- Monday thru Friday
- \$150 per athlete

Learn a wide variety of striking and defensive techniques, from Boxing, Kenpo, Jeet Kune Do, as well as various kicking styles, from Muay Thai Boxing, French Savate, and Tae Kwon Do. Put them together with arm locks, ankle locks, chokes, focus and self-discipline and you have a total self-defense system.

## Girls' The World of Self-Defense

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Location: Loyola Academy Room 63

Coach/Contact Phone Number

Ed Kress

Email: [coachkress@loy.org](mailto:coachkress@loy.org)

(847) 910-2169

### 93. 9<sup>th</sup> – 12<sup>th</sup> Grade Camp

- July 6 – July 10
- 12:00 – 2:00 PM
- Monday thru Friday
- \$150 per athlete

This blend of martial arts from around the world will teach you a variety of methods used in self-defense. The class will include techniques from English Boxing, French Savate, American Kickboxing, Filipino Kali and Escrima, and Muay Thai Boxing. The philosophy of the class is closely aligned with Bruce Lee's Jeet Kune Do. The self-defense techniques will be taught in a safe and fun environment.



Did you know...



You can register for Loyola's Summer Sports Camps online at  
**[www.goramblers.org](http://www.goramblers.org)**

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