

HPS SUMMER ATHLETIC CAMPS 2022

| Sport | Grade | Date/Time | Location | Cost |
|---|----------|--|-----------------|------|
| Holland Sports Performance | 6th-12th | Monday, Wednesday, Thursday starting June 13 | HHS Weight Room | FREE |
| Athletes will go through a strength and conditioning program run by Holland High School coaches every Monday, Wednesday, and Thursday throughout the summer (with the exception of the week of July 4) from 8:00-10:00 am. We will seek to build strength, speed, agility, and stamina throughout this program in preparation for the upcoming sports season. | | | | |

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| Baseball | K-4th | June 20-24, 4:00 - 5:00 p.m. | West K-5 | \$20.00 |
| Baseball | 5th-8th | June 20-24, 5:30 - 7:00 p.m. | West K-5 | \$25.00 |
| Players will be taught the fundamentals of baseball, while at the same time instilling a foundation for success. | | | | |

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| Basketball (Boys) | 3rd-6th | June 27-30, 10:30 a.m. - Noon | Holland High | \$30.00 |
| Basketball (Boys) | 7th-10th | June 20-23, 12:30 - 2:00 p.m. | Holland High | \$30.00 |
| HHS coaching staff will emphasize the skills needed to succeed in basketball. Focus will be placed on the importance of hard work and fundamentals while having fun along the way. | | | | |

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| Basketball (Girls) | 3rd-5th | June 20-23, 8:30 - 10:00 a.m. | Holland High | \$20.00 |
| Basketball (Girls) | 6th-8th | June 20-23, 10:30 a.m. - Noon | Holland High | \$20.00 |
| The HHS coaching staff and varsity players will provide instruction with the goal of improving basketball skills and knowledge. Specific skills to be developed will include shooting, ball control, offensive strategy, as well as individual and team defensive principles. The week will be filled with games, drills, and fun. | | | | |

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| Cheerleading | 1st-5th | September 20, 22, 23, 5:00 - 6:30 p.m. | Holland High School | \$30.00 |
| The HHS coaching staff and varsity cheerleaders will teach participants the skills related to the sport. Participants will also learn the motions and words to cheers used by the HHS teams. Camp attendees will be invited to cheer at the varsity football game on Friday, September 24th. | | | | |

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|---|----------|------------------------------|---------------------|---------|
| Cross Country (Boys) | 5th-12th | June 14-18, 6:00 - 8:00 p.m. | HHS/VanRaalte Farms | \$30.00 |
| HHS coaching staff will serve as instructors for the fourth annual cross country camp. Athletes will focus on building base endurance. In addition, core body workouts will be introduced with the goal of improving runner efficiency. Participants will be introduced to dynamic stretching, core strength work and will also begin to build a mileage base for the season. | | | | |

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|---|---------|--|-------------------|---------|
| Football | 3rd-6th | July 12, 14, 19, 21, 10:30 a.m. - Noon | HS Practice Field | \$20.00 |
| The HHS coaches and players will lead kids in a flag football-based camp. Each day will consist of 30 minutes of instruction followed by flag football games between camp participants. | | | | |

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|--|----------|---|-------------------|---------|
| Football | 7th-10th | June 28 - July 1, 6:00 p.m. - 9:00 p.m. | HS Practice Field | \$30.00 |
| HHS high school and middle school coaches will teach participants the fundamentals and skills needed to be successful. Participants will also learn and implement the offensive and defensive schemes used in the HPS program. | | | | |

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|--|-----------|---|-------------------|---------|
| Football | 11th-12th | June 28 - July 1, 9:00 a.m. - 9:00 p.m. | HS Practice Field | \$30.00 |
| HHS high school and middle school coaches will teach participants the fundamentals and skills needed to be successful. Participants will also learn and implement the offensive and defensive schemes used in the HPS program. | | | | |

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|--|----------|------------------------------|-------------------|---------|
| Football | 9th-12th | July 27-29, 6:00 - 9:00 p.m. | HS Practice Field | \$20.00 |
| HHS high school and middle school coaches will teach participants the fundamentals and skills needed to be successful. Participants will also learn and implement the offensive and defensive schemes used in the HPS program. | | | | |

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| Golf (Boys) | 7th-12th | July 13-14, 10:00 a.m. - Noon | Clearbrook GC | \$35.00 |
| The HHS coach will provide camp participants with instruction and lessons related to the fundamentals, skills, and rules of golf. Emphasis will be place on teaching and learning the fundamentals of the game. | | | | |

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|--|----------|----------------------------------|---------------|---------|
| Golf (Girls) | 7th-12th | June 21-June 23 6:00 - 8:00 p.m. | Clearbrook GC | \$30.00 |
| The HHS coaches will provide instruction on the fundamentals of golf. It is mportant that all players take advantage of camp week. This is a time to break down the game, work on skills and drills, etc. in an isolated, focused environment. | | | | |

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| Soccer (Boys) | Pre-K - 1st | June 13-17, 11:00 a.m. - Noon | HS Soccer Complex | \$40.00 |
| Soccer (Boys) | 2nd-5th | June 13-17, 9:30 a.m. - 11:00 a.m. | HS Soccer Complex | \$40.00 |
| Soccer (Boys) | 6th-9th | June 13-17, 1:00 p.m. - 3:00 p.m. | HS Soccer Complex | \$40.00 |
| HHS coaching staff, along with current and past varsity players from the men's and women's varsity teams, look forward to providing participants with a safe and enjoyable soccer experience. | | | | |
| Soccer - Elite Camp (Boys) | 9th-12th | July 25, 26, 28, 29, 7:00 - 9:00 p.m. | HS Soccer Complex | \$40.00 |
| Holland Soccer is excited to offer an elite camp directed by former Holland Soccer stars. Players will improve their skill while having fun competing throughout the week. | | | | |

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| Softball | 2nd-5th | June 23-25, 5:00 - 6:30 p.m. | HS Softball Field | \$20.00 |
| Softball | 6th-8th | June 23-25, 6:30 - 8:00 p.m. | HS Softball Field | \$20.00 |

The HHS coaching staff will instruct participants on the fundamentals of the game. This is a great opportunity for those learning the game for the first time as well as those who are currently playing softball.

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| Swim and Dive (Boys/Girls) | 6th-12th | June 20-July 1, 8:00 - 10:00 a.m. | Bouws Pool | |
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HHS coaching staff will instruct participants in a number of areas, including stroke technique and turn work. Special emphasis will be put on learning proper streamline and underwaters.

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|---------------------|----------|------------------------------|-------------------|---------|
| Tennis (Boys/Girls) | 9th-12th | July 11-15, 6:00 - 8:00 p.m. | HS Tennis Complex | \$40.00 |
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HHS coaching staff will instruct participants in a number of areas, including stroke technique, tennis strategy, and tactics. Students will have the opportunity to improve their skills through match play and drill work.

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| Tennis (Boys/Girls) | 5th-8th | July 11-15, 4:30 - 5:30 p.m. | HS Tennis Complex | \$40.00 |
|---------------------|---------|------------------------------|-------------------|---------|

HHS coaching staff will instruct participants in a number of areas, including stroke technique, tennis strategy, and tactics. Students will have the opportunity to improve their skills through match play and drill work.

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| Volleyball | 3rd-5th | June 20-23, 10:30 a.m. - Noon | Holland High | \$20.00 |
| Volleyball | 6th-9th | June 20-23, 12:30 - 2:00 p.m. | Holland High | \$20.00 |

The HHS coaches and team members will instruct students in a fun atmosphere with an emphasis on exercise and basic volleyball techniques. The camp will provide introductory instruction and training including passing, setting, attacking and serving. This is an excellent opportunity for young players to interact with the HHS varsity team and discover the excitement of playing volleyball.

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