

Rock Canyon High School Summer/Preseason Camps 2021



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Mascot: Jaguars

Colors: Vegas Gold, Black



Rock Canyon High School

May 2021

Dear Students and Parents:

It is with great pride that the Athletic Department of Rock Canyon High School presents our 17th Annual Summer/Preseason Camp Program.

This is a great opportunity to meet our coaching staff. Their expertise and experience ensures the best opportunity for young athletes to improve their knowledge and skill level during the spring and summer months.

Registration begins May 1, 2021 for only a few camps (Summer Camp may have restrictions and are subject to change or cancelation) All campers/parents will need to sign a waiver at time of registration.

Please note some registrations will not open until July.

Please complete your registration online by going to rchsjags.com and clicking on the Summer Camp Info at the top of the page. Open the Summer/Preseason Sports Camps and review the camps offered. Then click the link for **My School Bucks Camp** Payment/Registration and click on the sport you are interested in doing. There is **no prorated pricing** and **no refunds** after the start of the camp date. Camps and start times are subject to change. If a camp changes its schedule, the coach will email you.

We look forward to your participation and your continued support of our athletic programs.

Sports Physical exam date: August 7 @RCHS 8am to 12noon. Cost \$30

Thomas Brieske
Athletic Director
Rock Canyon High School

To Empower, To Explore, To Encourage and to Excel in Education

Volleyball Summer Strength Training

Dates: June 7-July 30 (except July 5 & 16)
Time: M,W,F 12:00-1:15 PM
Who: 9-12 Grades (Fall 2021)
Where: RCHS Weight Room (June 28, 30 and July 2, 7 will be at the Elite training facility due to school closure)
Cost: \$200
Instructor: Elite Speed Trainers
Contact: angela.hanson@dcsdk12.org

Equipment: Appropriate gym clothing, water bottle and sneakers

This strength training camp (22 sessions) will help you build strength and agility while helping with injury prevention. The elite speed trainers are highly skilled and have trained numerous volleyball athletes. This camp will help to get you in shape and better prepare you for the upcoming season.

Volleyball High School Incoming Freshman Skills Camp

Date: Aug 2 – Aug 5
Time: M-W 3:00pm – 5:00pm & Thurs 3:30pm - 5:30pm
Who: 9th Grade (Fall 2021)
Where: RCHS Gym
Cost: \$70
Instructor: RCHS Volleyball Coaching Staff
Contact: angela.hanson@dcsdk12.org

Equipment: Appropriate gym clothing, knee pads, VB shoes, and water bottle.

This camp provides an opportunity for high school players to improve their skills, technique and athleticism as well as prepare for tryouts the following week. Campers will become acquainted with the RCHS Coaching Staff and other players.

Volleyball High School Upper Classmen Skills Camp

Date: Aug 2 – Aug 5
Time: M-W 5:00pm – 7:00pm & Thurs 3:30pm - 5:30pm
Who: 10 – 12 Grades (Fall 2021)
Where: RCHS Gym

Cost: \$70
Instructor: RCHS Volleyball Coaching Staff
Contact: angela.hanson@dcsdk12.org

Equipment: Appropriate gym clothing, knee pads, VB shoes, and water bottle.

This camp provides an opportunity for high school players to improve their skills, technique and athleticism as well as prepare for tryouts the following week. Campers will become acquainted with the RCHS Coaching Staff and other players.

Volleyball UNC Team Camp Coaches Invitation Only

**Registration opens June 30, 2021

Date: July 15 – July 17
Time: Overnight TBD
Who: Coaches Invite Only
Where: UNC Greeley
Cost: TBD
Contact: angela.hanson@dcsdk12.org

Equipment: Appropriate gym clothing, knee pads, sneakers, water bottle, overnight items.

By mid-June, 20 to 24 girls will be chosen by the RCHS Coaching Staff to create two competitive teams to attend this overnight team camp with the RCHS Coaching Staff. At this camp, the girls will play at least 12 matches against teams from all over to prepare for the upcoming season.

Volleyball Middle School Skills Camp

Dates: June 21 – June 23
Time: 4:00pm – 6:00pm
Who: 6 – 8 Grades (Fall 2021)
Where: RCHS Gym
Cost: \$65
Instructor: RCHS Volleyball Coaching Staff
Contact: angela.hanson@dcsdk12.org

Equipment: Appropriate gym clothing, kneepads, water bottle and sneakers

This camp provides an opportunity for middle school players to improve their skills and athleticism. Campers will endure drills similar to what they will see in high school and have a chance to become acquainted with the RCHS Coaching Staff and other players.

Girls Basketball High School & Youth Camp

Dates: June 21-24

Times: 9:00-11:30am Youth camp

Who: 4th-8th grade girls (Fall 2021)

Where: RCHS Gym

Cost: \$125

Contact: Rebecca.Mudd@dcsdk12.org

Details: This camp is designed for players to work on fundamental basketball skills--with a focus on ball handling, shooting, and finishing, as well as to have competitions and FUN playing every day.

Softball Summer Workout/Team Builders

Dates: May 17 – June 28, 2021

Time: 8 – 10am (subject to change)

Who: All RCHS returning players and incoming 9th graders (Fall 2021)

Where: RCHS Softball Field

Cost: Included in Annual Fees **Players must register for Softball Workouts

Contact: rcjaguarsoftball@gmail.com and mdesimone@dcsdk12.org

Details: All returning RCHS players and incoming 9th grade players are invited to join our coaching staff for summer workouts. Our workouts will include hitting and fielding instruction including games, contests and team building activities. Schedule is subject to change. Any changes will be communicated well in advance.

Equipment: Softball gear and any necessary equipment, sunscreen and safety equipment.
Softball camp registration will not open until to July 27th.

Softball Preseason Camp

Dates: August 2 – August 6, 2021

Time: 4:00pm – 6:00pm
Subject to Change

Who: All RCHS returning players and incoming 9th graders (Fall 2019)

Where: RCHS Softball Field

Cost: N/C – included in Annual Fee **Players must register for Softball Camp

Contact: rcjaguarsoftball@gmail.com and mdesimone@dcsdk12.org

Details: All returning RCHS players and incoming 9th grade players are invited to join our coaching staff for preseason workouts. Our workouts will include hitting and fielding instruction including games, contests and team building activities.

Equipment: Softball gear and any necessary equipment, sunscreen and safety equipment
Softball camp registration will not open until to July 27th.

Softball Youth Camps

Dates: June 2, 2021

Time: 8:00 – 12noon

Who: All Rocky Heights Middle School softball players and guests

Where: RCHS Softball Field

Cost: \$100 per camper per camp

Contact: rcjaguarsoftball@gmail.com and mdesimone@dcsdk12.org

Details: All Rocky Heights Middle School and high school grade players are invited to join our coaching staff for camp #1 in our Softball Camp Series. Schedule is subject to change. Any changes will be communicated well in advance.

Equipment: Softball gear and any necessary equipment, sunscreen and safety equipment.

Gymnastics Co-op Summer Camp

Dates: August 2- 6
Times: 2:00pm – 4:0pm
Who: 9-12 Grades (Fall 2021)
Where: Active Athletics
8175 Grant Way
Littleton, CO 80122
Cost: \$180
Contact: Cholte@dcsdk12.org

Equipment: Comfortable clothing, leotard, running shoes, hair pulled back, no jewelry, water bottle, snack (optional)

Details: We will focus on team dynamics, relationship building, skill refinement and progression of new skills.

Football Summer Team Camp (9th – 12th)

Dates: July 19 – July 23
Times: 9:00am - 2:00pm (lunch included)
Who: 9 - 12 grades (Fall 2021)
Cost: \$225
Instructors: Kevin Meyer and RCHS Football Coaching Staff
Contact: kmeyer1@dcsdk12.org

Equipment: Football cleats and RC football gear will be checked out prior to camp

Benefits: This camp will be helmet (CHSAA) restricted. The goal of this camp is to teach fundamentals, teamwork, build offensive/ defensive/special teams and establish a WINNING CULTURE!

Meadows Dental Group works with Rock Canyon Football to provide free custom mouth guards for players. They are located at 7430 Park Meadows Drive # 100, Lone Tree, CO 80124. Call 303-790-2323 to schedule an appointment.

Football Summer Strength & Conditioning Camp (9th – 12th)

Dates: June 7 – July 30
(Closed June 27- July 8)
Times: 7:00 – 9:00 a.m. (Sr/Jr)
9:00 -11:00 a.m. (Fr/Soph)
Where: RCHS Weight Room & Turf
Cost: \$210
Instructor: Kevin Meyer and the RCHS Football Coaching Staff
Contact: kmeyer1@dcsdk12.org

Equipment: Workout attire, cleats, and training shoes

Details: Includes eight weeks of lifting, conditioning, agility, and football skill development, two compression t-shirts and two shorts. Improving/building the strength and speed for football.

Jaguar Summer Football Camp (9th – 12th)

Dates: July 26 - July 30
Times: 9:00am - 2:00pm (lunch included)
Who: 9 - 12 grades (Fall 2021)
Cost: \$220
Instructors: Kevin Meyer and RCHS Football Coaching Staff
Contact: kmeyer1@dcsdk12.org

Equipment: Football cleats and RC football gear will be checked out prior to camp

Benefits: This camp will be helmet (CHSAA) restricted. The goal of this camp is stressing fundamentals, build offensive/ defensive/special teams, conditioning, footwork and establish a WINNING CULTURE!

Boys Basketball Summer Strength and Conditioning/Development Camp

Dates: June 8 – July 29

Time: TUE 8-8:45am (Track), 9-10am (WT) 10-11am (GYM)

WED 9-10am (WT) 10-11am (GYM)

THURS 8-8:45am (Track), 9-10am (WT) 10-11am (GYM)

Who: All interested RC Basketball Players

interested in playing basketball.

Where: RCHS Track/Weight Room/Gym

Cost: \$250 per athlete for the entire summer

Boys Basketball 5-8 Grade Youth Camp

Dates: June 7 – June 10

Time: 1:00-4:00

Who: All 5th through 8th graders (Fall 2021) interested in playing basketball.

Where: RCHS GYM

Cost: \$125 per athlete

Instructors: Rock Canyon Coaching Staff

Equipment: Basketball shoes, shorts, t-shirt and water bottle.

Benefits: Learn and improve offensive and defensive basketball skills.

Campers will participate in 2 hours of skills work.

The last hour will be competitive drills and games.

Boys Basketball 2-4 Grade Youth Camp

Dates: June 7 – June 10

Time: 9:00-11:30

Who: All 2nd through 4th graders (Fall 2021) interested in playing basketball.

Where: RCHS GYM

Cost: \$100 per athlete

Instructors: Rock Canyon Coaching Staff

Equipment: Basketball shoes, shorts, t-shirt and water bottle.

Benefits: Learn and improve offensive and defensive basketball skills.

Campers will participate in an hour and a half of individual skill work.

The last hour will be competitive drills and games.

Boys Basketball Elite Camp

Dates: July 20 – July 22

Time: 10:00-12:00

Who: All Incoming Freshmen (Fall 2021) interested in playing basketball.

Where: RCHS GYM

Cost: \$100 per athlete

Instructors: Rock Canyon Coaching Staff

Equipment: Basketball shoes, shorts, t-shirt and water bottle.

Benefits: Learn and improve offensive and defensive basketball skills.

We will implement all the drills we use in high school.

This will be an advanced camp which will be run much like a high school practice.

Boys Soccer Training Camp 9th – 12th Grade

Dates: July 19 – July 23
July 26 – July 30
August 1 – August 6
Times: 1:00pm – 3:00pm
Who: 9 -12 grade (Fall 2021)
Where: RCHS Turf Field
Cost: \$150 (includes t-shirt)
Instructor: RCHS Head Coach and other
Certified coaches
Contact: aaron.carpenter@dcsdk12.org

Equipment: Spikes, running shoes, soccer attire, soccer ball and water bottle

Details: This camp is designed to improve players technical ability (ball mastery), understanding of team tactics (1st, 2nd, 3rd Defenders/Attackers), functional training (players in position), and building team unity.

Boys Soccer Conditioning Camp

Dates: July 19 – July 23
July 26 – July 30
August 1 – August 6
Times: 8:00 am – 9:30 am;
Who: 9 -12 grade (Fall 2021)
Where: RCHS Turf Field
Cost: \$50.00
Instructor: RCHS Head Coach
Contact: aaron.carpenter@dcsdk12.org

Equipment: Running shoes, soccer attire, soccer ball, yoga mat (towel) and water bottle

Details: The camp is designed to focus on specialized soccer fitness training to improve speed/agility, core strength, recovery time, flexibility, and strength.

RCHS Cross Country Preseason Training and Middle School Summer Camp

Dates: June 14 – July 31 M - F
Time: 7:30am – 9:00am
(7:00am - Weight Room M/W) HS
Who: All Rock Canyon HS and Rocky Heights MS Cross Country Athletes
Where: RCHS West Parking Lot
Tuesday and Friday runs will start from various locations close to Highlands Ranch
Cost: \$150 for RCHS
\$100 for Middle School
(includes t-shirt)

Instructors: RCHS XC Coaches Dan Davies, Emily Tremaine, as well as RHMS XC Coaches. Also, training runs with RCHS XC runners currently competing at the NCAA level.

Contact Info: dan.davies@dcsdk12.org or 720.308.4123 (cell), 303.387.3037 (work)

Website:

www.canyoncountryxc.weebly.com for more information

Equipment: Shorts, t-shirt (or weather appropriate clothes), running shoes and water bottle

Every RCHS XC runner receives individualized training programs throughout the summer.

RCHS Athletes will also be invited to attend the Annual High-Altitude Camp in Steamboat Springs, July 21 – July 24. (separate fee applies for High Altitude Camp)

Girls and Boys 2021 Summer Golf League

Dates: **June 7 – July 26**

Times: **Mondays:** Indoor golf training 4:30-6pm
Golf Colorado 365 (all level of golfers)

Wednesdays: 18-hole tournaments each week starting 11am to Noon, different golf courses each week (JV and Varsity golfers)

Wednesday evenings: BFF golf league starting at 5:30pm at Denver University Golf Club (JV and Varsity golfers)

Thursdays: 9 hole executive golf starting 11-Noon, different courses each week (JV and C players)

Fridays: Outdoor golf training 5-6:30pm, Denver University Golf Club. 45 minutes instruction and 45 minutes on course time (All level of golfer)

Packages of 3, 5, 7 or 10 or more sessions available. Please contact for more info and to place your golfer in the appropriate activity for their skill level.

Leagues: Tee times will be assigned,

Who: 12 – 18 yrs olds

Tournaments: 9 Holes to 18 Holes (dates starting on June 7th on days of the week above).

Instruction: Mondays and Fridays June 7th to July 26th.

Where: Regulation Golf Courses and state-of-the-art training facilities

Cost: Pricing is based on activities selected and is available for all skill levels. Please contact for registration and pricing info.

Instructor: Dave Vahling and Ron Saul

Contact Info: golfrchs@gmail.com or Coach Vahling 720.495.4608 or Ron Saul 303.419.8073

JV POMS TEAMS Summer Dance Camp (3-Day Camp)

- JV & Frosh Pom teams invited to attend a 3-Day Dance Camp
- Coaches must be present throughout
- UDA Staff will be teaching choreography and skills workshops
- Email Coach Leone for more details on how to register:
RCPOMS@dcsdk12.org
- No Charge

• **June 10th:**
○ 12:00pm-6:30pm

• **June 11th:**
○ 9am-4pm

• **June 12th**
○ 9am-4pm

Junior Jags Cheer Summer Camp (2-Day Camp)

Date: Aug 6 – Aug 7

Times: 9:00 am – 11:30 am

Parents showcase Aug 7th @ 11:15am

Who: grade (Fall 2021)

Where: RCHS

Cost: \$50.00

Instructor: RCHS Head Coach

Contact: rockcanyoncheer@dcsdk12.org

Details: Camp includes snacks, t-shirt, fun activities & a craft.