

UNIVERSITY HIGH SCHOOL ATHLETIC CAMPS — 2017



GIRLS BASKETBALL

Cost: \$275
 Director: Nicole Bradshaw
 Questions: nicolebradshaw@iusd.org or (949) 936-7677

With over 20 years of experience (5 of them at Uni), Coach Bradshaw leads a successful, highly competitive program that requires complete commitment from November – February and July.

The camp will cover the basics of the sport of basketball (for beginners) and for the more advanced players, the camp will focus on improving basics and participating in several summer league games. Get ready to learn basic basketball skills, teamwork, endurance, communication and game experience.

Varsity: Tuesday / Thursday, June 19—July 20
 10:00 a.m. – 12:30 p.m., Uni Small Gym
 Monday / Wednesday Games

Lower Levels: Monday - Thursday, June 19 – July 20
 1:00 p.m. – 3:00 p.m., Uni Main Gym
 Monday / Wednesday Games (JV Only)

Location: UHS Gym

Camp will meet in the gym, dress in athletic clothing and tennis shoes and hair should be tied back. Bring water and your University High School Athletic ID card to show proof of athletic clearance.



GIRLS LACROSSE

Cost: \$185
 Director: Martin Stibolt, Head Coach
 Questions: martinstibolt@iusd.org or (949) 936-7640

The girl's lacrosse camp is intended for all athletes who want to play lacrosse at University for this upcoming season. Camp will cover basic lacrosse skills and teamwork.

Dates: June 19 – June 29 (2 weeks)
Times: Monday – Thursday 3:00 p.m. – 5:00 p.m.

Location: Grass Field #6 (Behind Varsity Baseball Field)

All athletes need to bring their athletic ID card, girl's lacrosse stick, goggles, mouth guard and cleats in order to participate.



GIRLS SOCCER

Cost: \$185
 Director: Nacho Cid, Head Coach
 Questions: nachocid@iusd.org

The summer camp is open to all incoming freshman that are interested in joining the Uni girls soccer program for the 2017-2018 school year. It is also meant for all Frosh/Soph girls soccer players that were in the program last year. If you are not attending summer camp but you are interested in playing for the soccer program, please email coach Nacho and let him know you are interested.

The soccer staff will use the summer camp to evaluate new players as well as returning Frosh/Soph players for the 2017/2018 season. The more the staff observes players, the better assessment they can provide.

Dates: July 10 — July 21 (2 weeks)
Time: Monday – Thursday 9:00 a.m. – 11:00 a.m.
Location: University High School Stadium

All Campers should dress in athletic clothing and bring their Uni athletic ID Card with them to camp.



GIRLS SOFTBALL

Cost: \$185
 Director: Gretchen Bock, Head Coach
 Questions: gretchen_bock@yahoo.com

The Uni Softball camp will include conditioning and the fundamentals of competition. Campers will learn teamwork and Softball fundamentals.

Dates: July 10 — July 21 (2 weeks)
Times: Monday – Thursday, 1:00 p.m. - 4:00 p.m.
Location: Uni Softball Fields

All athletes should bring their Athletic ID Card and softball equipment (glove, cleats, knee pads, bats, etc.)



BOYS/GIRLS WATER POLO

Cost: \$235
 Director: Kevin Hurley
 Questions: kevinhurley7@yahoo.com

Dates: June 12 – July 13 (M – TH) (5 weeks)
Times (tentative): Monday / Wednesday Evenings (After 5 p.m.)
 Tuesday / Thursday Mornings (Between 7 a.m. – 12 p.m.)
Location: UHS Pool

More specific times will be released at www.universityhigh.org/athletics closer to the start date of camp.

Camp will be held at the UHS pool. Bring your Uni Athletic ID Card to show proof of athletic clearance, suit, towel, cap, goggles and sunscreen.



GIRLS VOLLEYBALL

Cost: \$185
 Director: Brandon Directo, Head Coach
 Questions: coachbdirecto@gmail.com or unigirlsvb@gmail.com

Location: UHS Gym
Dates: July 10 — July 22 (Monday – Friday)
Times: Varsity & JV (Coach's Discretion): 3:00 p.m. – 5:00 p.m.
 Frosh/Soph: 5:00 p.m. – 7:00 p.m.

Campers should bring Athletic Clearance Card, water bottle, shorts/spandex, kneepads (recommended), and athletic shoes. Camp may include optional morning conditioning or weight lifting.

For more information on Uni Girl's Volleyball, please visit our website: <http://unigirlsvb.com>. The website is updated periodically, so please check back often. If you are interested in signing up for our mailing list, click on the interest link and you can sign up to receive news and updates.



BOYS/GIRLS - CROSS COUNTRY

Cost: \$130
 Directors: Eric Davies, Boys Head Coach &
 Courtney Mosey Girls Head Coach

Questions: ericdavies@iusd.org or (949) 936-7664
courtneymosey@iusd.org or (949) 936-7721

Dates: June 26 – July 31
Times: Monday – Friday, 6:30 a.m. – 8:30 a.m.

Meet at the Uni Racquetball Courts in athletic clothing and shoes. Bring your Uni Athletic ID Card with you.



BOYS/GIRLS TENNIS

Cost: \$275
 Director: John Kessler, Head Coach
 Questions: johnkessler@iusd.org or (949) 936-7759

Camp is open to all University High school students. Campers must have their athletic ID Card with them on the first day of camp to participate. Camp will run Monday - Thursday from June 19 – July 20, with the week of July 3rd off.

Dates: June 19 – July 20 (Week of July 3rd off)
Times: Session One: 1:00 p.m. – 3:00 p.m. (Monday – Thursday)
 Session Two: 3:00 p.m. – 5:00 p.m. (Monday – Thursday)
Location: UHS Tennis Courts



BOYS VOLLEYBALL

Cost: \$260
 Director: Curt Mahle, Head Coach
 Questions: cmahle3@gmail.com

Location: UHS Gym

Dates: June 19 – June 30, M / W / F, 3:00 p.m. – 6:00 p.m. and
 July 10 – July 21, Monday – Friday, 8:00 a.m. – 10:00 a.m.

Meet in the UHS Gym on the first day of camp. Campers should wear athletic apparel, knee pads are recommended but not required. Please bring your Uni Athletic ID Card to show proof of athletic clearance and plenty of water to drink. We will see you there!

**INCOMING ATHLETES AND
 PARENTS ARE PROHIBITED FROM
 HAVING ANY CONTACT WITH
 COACHES PRIOR TO JUNE 9TH**

IUSD does not discriminate in enrollment in or access to any athletics program available. Admission to these programs is based on age appropriateness, team roster space, aptitude and meeting academic and behavioral eligibility requirements. The lack of English skills shall not be a barrier to admission to or participation in the District's activities and programs. See Bd Policy 5145.5 Nondiscrimination for more information and who to contact.

UNIVERSITY HIGH SCHOOL



ATHLETIC SUMMER CAMPS 2017

BOYS (Season)

- * Baseball (spring)
- * Basketball (winter)
- * Cross Country (fall)
- * Football (fall)
- * Lacrosse (spring)
- * Soccer (winter)
- * Tennis (spring)
- * Volleyball (spring)
- * Water Polo (fall)
- * Wrestling (winter)

GIRLS (Season)

- * Basketball (winter)
- * Cross Country (fall)
- * Lacrosse (spring)
- * Soccer (winter)
- * Softball (spring)
- * Tennis (fall)
- * Volleyball (fall)
- * Water Polo (winter)
- * Wrestling (Winter)

★★★ Attention ★★★

All campers must have a 2017 - 2018 Uni Athletic ID Card to participate in summer camp.

★★★ NO EXCEPTIONS ★★★

UNIVERSITY ATHLETIC SUMMER CAMPS — 2017

ATHLETIC CLEARANCE INSTRUCTIONS:

- Go to www.athleticclearance.com
- For first time users, watch the video and create an account
- For returning athletes, login with your username and password
- Click "Start Clearance Here!"
- Choose 2017-2018 for the year, University (CIF-SS) for the school, and your sport
- Fill out all required information
- Scan and upload your physical (**must be dated AFTER May 1, 2017**)
- Print and sign the "Confirmation Page" and bring to the athletic office by June 12th to receive student athletic ID Card. Student must be present (picture will be taken).

TIP: If you don't have a scanner:

- Take a picture of your physical with a smart phone
- Email the picture to yourself
- Save it on your computer
- Then upload to the clearance website (click the yellow pencil in the "Student Info" column and scroll to the bottom of the page).

Students must have a Uni Athletic ID Card to Participate in Summer Camp

Visit www.universityhigh.org/athletics for more information regarding Clearance and Athletic ID Cards.

Camp Registration / Payment Deadline:

June 9th

NO REFUNDS ~ NO REFUNDS ~ NO REFUNDS

University Athletic Summer Camps

University High School Athletics is proud to announce their annual Summer Skills Camp Programs. The University Athletic Department continues to credit much of its athletic success to its strong summer programs.

Many of the Trojan athletic teams have captured league and CIF championships. This athletic opportunity comes from a strong commitment by both our athletes and our coaching staff. The camps are designed to teach skills in each sport as well as proper conditioning and strength techniques.

Summer Athletic Camps are open to all University H.S. athletes. Summer Camp offers a great opportunity to show off your skills to the varsity head coaches and also make new friends before the school year begins. Although the camps are not a prerequisite for participation in athletics during the year, the athletic department encourages all potential athletes to attend summer camp. Get ready to learn new skills, make friends and have fun!

CAMP REGISTRATION

Registration/payment for all our Athletic Summer Camps will be processed through our web store. Athletes may access our online web store at www.universityhigh.org.

Payment & Registration Deadline: June 9th

Step #1: Visit <http://www.universityhigh.org/athletics> and select "Summer Camp Enrollment"

Step #2: Follow the web store instructions for login (**DO NOT** set up a new web store account. Accounts for all 2017-2018 UHS Students have already been created. **DO NOT CHANGE YOUR PASSWORD**)

Step #3: Select "summer camps" under "departments" tab on left.

Step #4: Select the desired camp(s) to be added to the student's cart.

Step #5: Checkout is completed via American Express, MasterCard, Visa or Discover card.

A complete list of all camps offered can be found by clicking "summer camps" under the "Departments" tab on the left side of the page.



BOYS BASEBALL

Cost: \$235
Director: Kevin McCaffrey, Head Coach
Questions: kevinmccaffrey@iusd.org

FIRST DAY TO REPORT: Monday, June 12, 2017 at 1:00 p.m.

All incoming freshman will meet in the dugout of the varsity baseball field. Bring your athletic ID card. Come dressed for baseball practice as we will start at 1:15 p.m. after checking all athletic IDs. UNI baseball shirt and hat will be available to purchase. Shirt \$15 – Hat \$20. Purchasing clothing is completely optional and has no impact on whether a student makes the team or not.

Camp Dates and Times (No Camp July 3 – 5):

Incoming Freshman & Sophomores: Monday, June 12 – Thursday, July 13th
On Field Practice Every Monday – Thursday 1:15 – 3:15
Weight Room Tuesday & Thursday 12:00 – 1:00

All Juniors and Seniors: Monday, June 12 – Thursday, July 13th
On Field Practice Every Monday – Thursday 1:15 – 3:15
Weight Room Monday & Wednesday 12:00 – 1:00



BOYS BASKETBALL

Cost: \$275
Director: Mike Dinneen, Head Coach
Questions: mikedinneen@iusd.org or (949) 936-7711

The Boys Basketball Summer Camp is intended for all athletes who want to play basketball at Uni this upcoming season. We offer three sessions which will meet in the Uni Gymnasium from June 12 – July 14.

Camp Dates: June 12 – July 14 (5 weeks)

Varsity (Coach's Discretion): 7:30 a.m. – 10:00 a.m.

Lower Level Session #1: 10:00 a.m. – 12:00 p.m.

Lower Level Session #2: 12:00 p.m. – 2:00 p.m.

If you are attending summer school please plan on attending Lower Level Session Two. Please plan on attending after summer school ends each day. If you are a freshman and not attending summer school, please attend Lower Level Session One. Thank you and we look forward to seeing you this summer.



FOOTBALL

Cost: \$235
Director: Mark Cunningham, Head Coach
Questions: markcunningham@iusd.org

JV and Varsity players will meet in the weight room at 2:00 p.m. on Monday, June 12th. Bring Uni football shorts/t-shirt, tennis shoes and cleats.

Freshman Football players bring cleats, shorts and a t-shirt. Freshman will meet on June 12th at 3:00 p.m. on the JV Softball Field.

Our Camps will cover strength and conditioning, individual positional skill training and group work. There is no live contact. Bags, shields and sleds will be used to work on individual skills. All Campers should bring their athletic ID Card with them on the first day of camp to show proof of athletic clearance. Water will be provided for all camps.

Varsity & JV:

Dates: June 12 – July 13 (5 Weeks)
Times: Weight Room Training: 2:00 p.m. – 3:00 p.m.
Stadium: 3:00 p.m. – 5:00 p.m.
Location: UHS Weight Room / Stadium

Freshman:

Dates: June 12 – July 13 (5 Weeks)
Times: 3:00 p.m. – 5:00 p.m.
Location: JV Softball Field



BOYS LACROSSE

Cost: \$75
Director: Andreas Gaynor
Questions: tribzlacrosse.com@me.com

7 year Head Coach Andreas Gaynor
University of Virginia 1989-1993

Dates: July 17 – July 21 (1 week)

All Players: 2:00 p.m. – 4:00 p.m.

Location: Uni Stadium

The boy's lacrosse summer camp is for all current players and incoming 9th graders interested in improving or learning the sport of lacrosse. No prior playing experience is necessary. The camp will focus on skill development and fundamentals, fitness, and the basics of team play. Experienced players should bring their equipment and sticks; beginning players, limited loaner sticks are available for use.

Meet at University HS outdoor basketball courts the first day at 1:00pm. Bring water, and cleats (soccer or football cleats are perfect) and wear athletic clothing. Be energetic and excited and ready to have fun.



BOYS SOCCER

Cost: \$185
Director: Martin Wallwork, Head Coach
Questions: mwallwork7@gmail.com

The Boys Soccer camp is intended for anyone interested in joining the Uni High Boys Soccer program. The camp is a two week camp, Monday – Thursday. Campers should dress in soccer attire and bring their Uni Athletic ID Card to show proof of athletic clearance.

The soccer staff will use the summer camp to evaluate returning frosh/soph, JV players as well as incoming freshman for the 2017/2018 season. The more the staff observes players, the better assessment they can provide.

Dates: June 12 – June 22 (2 Weeks)

Times: Monday – Thursday
8:00 a.m. – 10:00 a.m.

Location: UHS Stadium



WRESTLING

Cost: \$185
Director: Steve Shiflett, Head Coach
Questions: stevenshiflett@iusd.org

The Uni Wrestling Camp will run from July 10th – July 28th (Monday – Friday). Meet in the Small Gym (Gym closest to Culver parking lot). This will be a viable experience, especially for beginners. Bring Wrestling clothes (shorts, shirt, shoes & Headgear). Bring water daily.

Dates: July 10 – July 27, Monday-Friday (3 Weeks)

Times: 7:30 a.m. – 10:00 a.m.

Location: UHS Small Gym (Gym closest to Culver Parking Lot)

Equipment: Wrestling shoes, athletic shorts, t-shirt & Headgear

