

2017 SMCHS SUMMER SPORTS PROGRAMS

REGISTER ONLINE AT [HTTP://SMCATHOLICSCHOOLS.ORG/SUMMER-ATHLETICS/](http://smcatholicschools.org/summer-athletics/) OR COMPLETE AND RETURN THE REGISTRATION FORM

SOFTBALL CAMP

When: June 12 – June 15, 1:00 p.m. – 3:00 p.m.
Where: SMC Softball Diamond
Who: Girls entering grades 4 – 9
Cost: \$40 per camper, includes camp t-shirt
Director: Brian Gullickson, fifth-year varsity softball coach

This fun camp is designed to teach girls the fundamentals of softball. Offense, defense and hitting skills will all be worked on while the campers find themselves enjoying the team atmosphere.

Campers should bring any equipment that they may have. We will also have equipment on hand that a camper may need. If you have any questions about softball camp, please contact Coach Brian Gullickson at 920-585-2008 or gullysden3@gmail.com.

TENNIS CAMP

When: June 26 – June 29
Where: SMC Riviere Tennis Center (eight courts and ball machine)
Who: Boys and girls entering grades 6-9: 1:00 p.m. – 3:00 p.m.
Boys and girls entering grades 2-5: 3:00 p.m. – 5:00 p.m.
Cost: \$75 per camper, includes camp t-shirt
Director: Lizzy Auth, second-year girls varsity tennis coach

This year we have the awesome opportunity to have John and Tate Whittlinger help SMC's Girls Tennis Coach Lizzy Auth run our camp. John played at Stanford University where he won the NCAA singles and doubles championship in 1974, played on the pro tour from 1975-1980 and coached at Stanford from 1987-2014 with great success. He also directed the well-known Stanford Tennis Camp.

Tate, John's nephew, is currently a tennis pro at the Fox Cities Racquet Club. He has coached many young tennis players and has helped them become very successful. In the past, he has provided individual instruction to notable SMC Alumni Tess Reddin (3x individual state champion) and Mick Kelly (1x individual state champion).

Campers should bring a snack and a water bottle. If you have any questions regarding tennis camp, please contact Coach Lizzy Auth at lizzyba@gmail.com or 920-205-0712. Each camp will be capped at 40 kids.

SOCCER CAMP

When: June 5 – June 8
Where: SMC Zephyr Fields
Who: Boys entering grades 4-6 & girls entering grades 4-9:
8:00 a.m. – 10:00 a.m.
Boys entering grades 6-9: 10:00 a.m. – 12:00 p.m.
Cost: \$60 per camper, includes camp t-shirt
Directors: Gary Kruger, 17th-year girls varsity soccer coach
Sean Johnson, second-year boys varsity soccer coach

Gary Kruger was also the SMC boys varsity soccer coach for the 16 years before Sean Johnson. His 2004 boys soccer team was a WIAA State Finalist and his 2005 boys soccer team was a WIAA State Semi-Finalist. His 2005, 2006, 2008, 2009,

2010, 2012 and 2013 girls soccer teams were WIAA State Semi-Finalists and his 2007 girls soccer team was a WIAA State Champion. He has coached U-12 to U-18 classic division teams in the PVYSC club soccer for 17 years and holds a USSF National D coaching license.

Sean Johnson spent his playing career in Minnesota and has more than 20 years of experience coaching on the club level at all ages and skill levels. For the past several years, he has been coaching teams playing in the WYSA state league for Oshkosh United Soccer Club. He also coached at Ripon College for six years and holds a USSF National D coaching license.

The focus of this 17th annual soccer camp is to teach elementary and middle school athletes, in a relaxed and positive atmosphere, the individual skills they will need to compete at a higher level. All skill levels from beginner to expert should consider this camp.

Past and present varsity soccer players from SMC staff the camp. The players include defensive specialists as well as leading goal scorers and top midfielders. In the past, there has been a 1:5 coaching ratio. Each day begins with warm-up activities and stretching. Camp starts with one-on-one possession and builds from there every day. It will cover passing, receiving, finishing, defensive position and concept. There will also be camp time for potential goalkeeper instruction. Each player needs to come prepared with shin guards, soccer cleats, flat tennis shoes, water bottle and soccer ball (#4 for grades 4, 5, 6 and #5 for grades 7, 8, 9). Please dress according to the weather – shelter is available if needed.

If you have questions regarding soccer camp, please contact Coach Gary Kruger at 920-209-2920 or gkruger57@gmail.com or Coach Sean Johnson at 920-851-1170 or coachspj@gmail.com.

GIRLS VOLLEYBALL CAMP

When: July 18 – July 20
Where: SMC McClone Gymnasium
Who: Girls entering grades 4-6: 4:00 p.m. – 5:30 p.m.
Girls entering grades 7-8: 5:30 p.m. – 7:00 p.m.
Cost: \$35 per camper, includes camp t-shirt
Director: Mike Mauritz, fourth-year varsity volleyball coach

This fun camp is designed to teach the proper, ever-evolving technique of the game of volleyball. Serving, passing and setting skills will be developed with attacking, block and court awareness at the older-age sessions. Strong communication and teamwork will also be incorporated at all age levels.

A typical camp day includes warm-up, footwork, ball handling, passing drills, setting drills, serving, games and team play. Each player needs to come prepared with volleyball shoes, t-shirt and kneepads. Sign-in starts 15 minutes prior to the first session on Tuesday.

If you have questions regarding volleyball camp, please contact Coach Mike Mauritz at zephyr.volleyball@gmail.com.



St. Mary Catholic Schools
Grades P3-12

2017 SMCHS SUMMER SPORTS PROGRAMS

REGISTER ONLINE AT [HTTP://SMCATHOLICSCHOOLS.ORG/SUMMER-ATHLETICS/](http://smcatholicschools.org/summer-athletics/) OR COMPLETE AND RETURN THE REGISTRATION FORM

FOOTBALL CAMP

When: July 18 - July 20, 5:00 p.m. – 7:00 p.m.
Where: SMCHS Zephyr Field
Who: Boys entering grades K – 9
Cost: \$75 per camper, includes camp t-shirt
Director: Ryan Pues, second-year varsity football coach

The Zephyr football camp will provide the players an opportunity to learn about the game of football, and work on football specific skills in a fun and non-contact environment. The Zephyr football coaching staff and current Zephyr football players will take the campers through a variety of offensive and defensive drills that they work on every day. The campers will do drills that focus on blocking, snapping, tackling, catching, throwing, route running, kicking, and punting. To wrap up each day of camp, we will have a flag football game, and all campers will have the opportunity to take part in the pre-game introduction of the Zephyr football team during a 2017 home game!

Campers should come to camp wearing athletic clothes. This includes shorts, a t-shirt (or their favorite football jersey), football cleats and gym shoes. In case of inclement weather, we will move the Zephyr football camp into the gym. Water will be provided to the campers, but they can bring their own water or Gatorade if they like.

If you have questions regarding the Zephyr football camp, please contact Head Coach Ryan Pues at rpues@smcatholicschools.org or 920-213-6842.

GIRLS BASKETBALL

What: Girls Basketball Camp
When: June 26 – June 29, 9:00 a.m. – 11:30 a.m.
Where: SMC McClone Gymnasium
Who: Girls entering grades 3-9
Cost: \$75 per camper, includes camp t-shirt
Director: Kali Sawyer, fourth-year girls varsity basketball coach

This camp is designed to improve basic basketball skills through individual and team instruction, and to give players the tools to get better on their own. This fun, fast-paced camp will prepare them for the intensity of Zephyr girls basketball.

What: Girls Middle School Shooting League
When: Tuesdays – June 6 – July 25, 5:30 p.m. – 6:15 p.m.
Thursdays – June 8 – July 27, 4:30 p.m. – 5:15 p.m.
Where: SMCHS McClone Gymnasium (Tuesdays) & SMCMS Gymnasium (Thursdays)
Who: Girls entering grades 6-8
Cost: \$30 per camper, no camp t-shirt
Director: Kali Sawyer, fourth-year girls varsity basketball coach

Shooting league is designed as an individual shooting competition. During the session, players will focus on proper shooting form, footwork and mechanics with a lot of repetition.

If you have questions regarding either the girls basketball camp or the girls middle school shooting league, please contact Coach Kali Sawyer at coachkali.smczephyrs@gmail.com.



CROSS COUNTRY / TRACK

What: Zephyr Olympics
When: Tuesdays and Thursdays – June 20 – August 3, 9:00 a.m. – 10:15 a.m.
Where: St. Mary Catholic High School
Who: Boys and girls entering grades 4-9
Cost: \$35 per camper, includes camp t-shirt
Director: Tara Gagne, sixth-year assistant coach

A new twist on the cross country camp – Become the next Zephyr Olympic team member! Participate in a series of running and field events to win the gold, silver or bronze medal. Of course, there will still be fun running games! Athletes of all abilities are encouraged to join. Current SMC cross country runners will be involved throughout the summer.

If you have questions regarding the cross country camp, please contact Coach Tara Gagne at tgagne@smcatholicschools.org.

STEPS

What: Summer Training for Endurance, Power, Strength and Speed
When: Monday – Thursday – June 5 – July 27
Three sessions:
7:00 a.m. – 8:00 a.m.
8:00 a.m. – 9:00 a.m.
9:00 a.m. – 10:00 a.m.
Where: SMC Weight Room, McClone Gymnasium and Zephyr Fields
Who: Boys and girls entering grades 6-12
Cost: \$100 per camper, includes STEPS t-shirt

STEPS is a summer strength and conditioning program that will introduce your student to exercises using primarily free weights combined with plyometrics, conditioning and agility work designed to maximize your student's ability and prepare him/her for the upcoming season. All athletes will be taught proper form and technique and will be fully supervised during their entire workout.

STEPS is offered for ¼ credit for SMCHS students. Two full summers of STEPS participation will result in ½ credit on a student's transcript (the equivalent of one semester of P.E.)

BOYS BASKETBALL CAMP

When: June 5 – June 8
Where: SMC McClone Gymnasium
Who: Boys entering grades 4-6: 11:00 a.m. – 1:00 p.m.
Boys entering grades 7-9: 1:30 p.m. – 3:30 p.m.
Cost: \$75 per camper, includes camp t-shirt
Director: Dave Michalkiewicz, fourth-year boys varsity basketball coach

This camp is devoted to all levels of basketball players with an emphasis on all of the skills required to play the game of basketball. Special emphasis will be placed on improving ball handling, shooting, defensive skills, passing, and understanding the rules of the game. The camp will also include competitive contests.

If you have questions regarding either boys basketball camp, please contact Coach Dave Michalkiewicz at 920-228-0929 or dpmichalkiewicz@gmail.com.



St. Mary Catholic Schools
Grades P3-12