

# SUMMER

# SPORTS CAMPS



# 20 ROCKFORD 25 COMMUNITY SERVICES

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*Registration using a computer or tablet is preferred.  
All activities will be in compliance with MHSAA guidelines.*

# BOYS BASKETBALL SUMMER CAMPS

## **BOYS GRADES 1-2**

The Rockford Basketball Program is now offering a Fundamental camp for kids in first and second grades. The primary focus of this camp will be basic skill development and live gameplay. Prior basketball experience is optional. Rockford head coach Kyle Clough, staff, and varsity players will work with the players each day to increase their skill set and make the game of basketball fun. T-shirt included.

**Monday-Thursday, 11:00am-12:00pm**

**June 9-12 #8759-U25A**

**NRMS Gym \$75**

## **BOYS GRADES 3-6**

Learn individual offensive and defensive skills as well as principles of team offense and defense. Individual and team competitions will be held each day. Each player receives a T-shirt, basketball, individual workout program, and more!

**GRADES 3-4**

**Monday-Thursday, 8:00-9:15am**

**June 16-19 #8760-U25A**

**RHS Gym \$75**

**GRADES 5-6**

**Monday-Thursday, 9:45am-11:15am**

**June 16-19 #8761-U25A**

**RHS Gym \$75**



## **BOYS GRADES 7-8**

Designed for the basketball player who desires to play middle school basketball. Individual offensive skill improvement will be stressed along with an introduction to Ram's offensive and defensive concepts. Individual and team competitions will be held each day. Each player receives a T-shirt, basketball, individual workout program, and more!

**Monday-Thursday, 12:30-2:15pm**

**June 9-12 #8762-U25A**

**RHS Gym \$75**

## **BOYS GRADE 9**

For players wanting to go out for our freshmen basketball team. Individual and team offensive and defensive concepts will be taught in a "practice environment". Each player receives a T-shirt, basketball, individual workout program and more!

**Monday-Thursday 5:00-7:00pm**

**June 2- 5 #8763-U25A**

**RHS Gym \$75**

# BOYS GOLF

Work on your golf skills with the Varsity golf coach at the North Kent Golf Course. This camp is for both new and experienced golfers. We will focus on all aspects of the game, including driving, irons, chipping, putting, and decision-making. Please bring your water bottle, wear golf attire, and bring your clubs. Golf shoes are optional.

**GRADES 3-5**

**Tuesday-Thursday, 9:00-11:00am**

**June 10-12 #8402-U25A**

**North Kent Golf Course \$65**

**GRADES 6-8**

**Tuesday-Thursday, 12:00-2:00pm**

**June 10-12 #8402-U25B**

**North Kent Golf Course \$65**





# GIRLS BASKETBALL SUMMER CAMPS

Campers will learn new skills each day and have opportunities for team and individual competitions. Learn our basic offensive and defensive principles. Coached by members of the Girls Varsity Basketball Team and the Girls Coaching Staff, each camper will receive enthusiastic and quality instruction. Each camper receives a camp T-shirt, basketball, and workout packet. A short ceremony will take place during the last 15 minutes of camp on Thursday.

## **GIRLS GRADES 1-2**

Fundamentals camp for kids in grades 1-2. The primary focus of this camp will be basic skill development and some live gameplay. Prior basketball experience is optional. Rockford head coach Brad Wilson, staff, and varsity players will work with the players each day to increase their skill set and make the game of basketball fun. Each player receives a T-shirt, basketball, and more!

**Monday-Thursday 1:00-2:00pm**

**June 9-12 #8769-U25A**

**NRMS Gym \$75**

## **GIRLS GRADES 3-6**

Learn individual offensive and defensive skills as well as principles of team offense and defense. Individual and team competitions will be held each day. Each player receives a T-shirt and a basketball, individual workout program, and more!

**GRADES 3-4: Monday-Thursday 12:00-1:15pm**

**June 16-19 #8770-U25A**

**RHS Gym \$75**

**GRADES 5-6: Monday-Thursday 1:45-3:15pm**

**June 16-19 #8773-U25A**

**RHS Gym \$75**

## **GIRLS GRADES 7-8**

Designed for the basketball player who desires to play middle school basketball. Individual offensive skill improvement will be stressed along with an introduction to Ram's offensive and defensive concepts. Individual and team competitions will be held each day. Each player receives a camp T-shirt, basketball, individual workout program, and more!

**Monday-Thursday 3:00-4:45pm**

**June 9-12 #8771-U25A**

**RHS Gym \$75**

## **GIRLS BASKETBALL CAMP GRADES 9-12**

The Rockford girls basketball program is offering a team camp. At the camp, the high school staff will implement the program's offense and defense for kids who plan to play this summer with their respective grade levels at shootouts and leagues. Includes T-shirt.

**Monday, June 9 @ RHS 6:00-8:00pm**

**Tuesday-Thursday 10:00am-12:00pm**

**June 10-12 #8772-U25A**

**ERMS Gyms \$30**



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**PLEASE SIGN UP FOR GRADE ENTERING FALL OF 2025**

*Registration using a computer or tablet is preferred.*



# CHEERLEADING CAMP

Get ready to bring the spirit to the sidelines like never before! Join our Youth Sideline Cheerleading Summer Camp for a day filled with cheers, stunts, and tumbling excitement, guided by the RHS sideline cheer teams. Whether your little cheerleader is a seasoned pro or just starting, our camp promises a fun and supportive environment to learn and perfect those cheers that will have everyone on their feet. From impressive stunts to dazzling tumbling, this one-day camp is the perfect opportunity to enhance skills, build confidence, and most importantly, have a blast with fellow cheer enthusiasts. Don't miss the chance to cheer, flip, and stunt with the best! Campers will need to wear athletic shorts/shirts, supportive athletic shoes, and have their hair pulled up. Please send a packed lunch and water bottle with your camper's name on it.

## GRADE K-2

**Wednesday, 9:00am-3:00pm**

**June 25 #8100-U25A**

**RHS Cafeteria \$75**

## GRADE 3-5

**Wednesday, 9:00am-3:00pm**

**June 25 #8100-U25B**

**RHS Cafeteria \$75**

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# BASEBALL CAMP

## OFFENSIVE AND DEFENSIVE SKILLS CAMP

Players will learn skills to improve their fielding, throwing, catching, hitting, and more. Varsity players and RHS Baseball coaches will coach players. What to bring to camp: glove, bat, helmet (if you have one) baseball hat, and water bottle. Includes T-shirt. No metal cleats.

## GRADES 2-5

**Tuesday-Thursday, 8:00-10:00am**

**June 10-12 #8753-U25A**

**RHS Varsity Baseball Field \$75**

## GRADES 6-8

**Tuesday-Thursday, 10:15am-12:15pm**

**June 10-12 #8754-U25A**

**RHS Varsity Baseball Field \$75**



# FOOTBALL TEAM CAMP

## RAM PRIDE! RAM TOUGH!

### CO-ED GRADES 7-12

We will focus on learning and practicing football the Rockford way. Throughout this team camp, we will accomplish the following: better acquaint all athletes with their level's offensive and defensive terminology. Learn and polish techniques associated with each offensive and defensive position. Develop and raise the skill level in all positions. Become familiar with the Rockford Football Program drill progression. Each day will also include strength training opportunities to help physically prepare the body for the game of football. All individuals will receive instruction during individual, group, and TEAM periods. We ask that participants wear: T-shirts, shorts, socks, football shoes, and a mouth guard (optional). This camp is non-contact and no equipment is needed.

\*Campers will receive a T-shirt and shorts.

**Monday-Thursday, 2:30-5:30pm**

**July 7-10 (No Rain Date)**

**RHS Football Teams at RHS Stadium \$75**

**NRMS 7 & 8 at NRMS Stadium and Practice Field**

**ERMS 7 & 8 at ERMS Practice Fields**

**ERMS GRADE 7 #8200-U25A**

**ERMS GRADE 8 #8200-U25B**

**NRMS GRADE 7 #8200-U25C**

**NRMS GRADE 8 #8200-U25D**

**GRADE 9 #8200-U25E**

**GRADE 10 #8200-U25F**

**GRADE 11 #8200-U25G**

**GRADE 12 #8200-U25H**



## FUNDAMENTAL YOUTH CAMP

### CO-ED GRADES 3-6

Fundamental Youth Camp focuses on skill development in proper fundamentals and safe techniques used in the following: stance and starts, blocking/tackling vs. bags/shields, introduction to passing mechanics, receiver and defensive position fundamentals, hand off mechanics, and ball security tips. Each day will conclude with fun and exciting 7-on-7 gameplay!

Wear a T-shirt, shorts, socks, football shoes, and mouthguards (optional). This camp is non-contact and no equipment is needed. Includes T-shirt.

\*\*Check-in at the main entrance to the Football Stadium.

**Monday-Wednesday, 9:00-11:30am**

**July 7-9 (No Rain Date)**

**RHS Football Practice Fields \$75**

**(Behind the High School)**

**GRADE 3 #8210-U25A**

**GRADE 4 #8210-U25B**

**GRADE 5 #8210-U25C**

**GRADE 6 #8210-U25D**



## GIRLS FIELD HOCKEY

Come out and have fun while trying a new exciting team sport for girls! This camp will teach basic stick skills and team play while working with our high school players and coaches. No experience or equipment is necessary. This camp is open to all levels! Please bring a mouthguard, water bottle, and stick. Sticks are provided if needed. Wear comfortable running shoes and be prepared to have a fun three days! A T-shirt will be included.

### GRADES 3-5

**Monday-Wednesday, 11:30am-1:00pm**

**June 16-18 #8793-U25B**

**RHS Upper Turf Field \$70**

### GRADES 6-8

**Monday-Wednesday, 1:30-3:00pm**

**June 16-18 #8793-U25A**

**RHS Upper Turf Field \$70**

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## VOLLEYBALL

Varsity Volleyball Coach Kelly Delacher and other RHS Volleyball coaches will instruct in all fundamental skills: passing, setting, serving, attacking, and defensive movement. No experience is necessary. Grades 7-12 will incorporate gameplay into the camp. Bring a labeled water bottle. Knee pads are not required for grades 3-6.

### GRADES 3-5 CO-ED

**Monday-Thursday, 8:15-9:45am**

**June 10-12 #8350-U25A**

**RHS Gym \$55**

### GRADES 6-8 GIRLS

**Monday-Thursday, 10:00am-12:00pm**

**June 10-12 #8350-U25B**

**RHS Gym \$60**

### GRADES 9-12 GIRLS

**Monday & Tuesday, 9:00am-12:00pm**

**July 28 & 29 #8352-U25A**

**RHS Gym \$75**

## BOYS VOLLEYBALL CAMP

Boys entering Grades 6-12. Athletes will be instructed in the fundamental skills of volleyball, passing, setting, serving, and attacking while learning the basics of the game. T-shirt included. Bring a water bottle and knee pads are optional.

\*Registrations after June 16 may not receive a T-shirt.

### BOYS GRADES 6-8

**Monday-Wednesday, 9:00-10:30AM**

**June 23-25 #8354-U25A**

**RHS Gym \$65**

### BOYS GRADES 9-12

**Monday-Wednesday, 10:30am-12:00pm**

**June 23-25 #8354-U25B**

**RHS Gym \$65**

# BOYS LACROSSE CAMP

The RHS coaching staff is dedicated to providing high energy and an enthusiastic atmosphere. We focus on the fundamentals and the building blocks of lacrosse. Campers will work on passing, catching, shooting, and picking up groundballs. Games will be played and prizes will be given in hopes of getting the campers excited about the great sport of lacrosse. The camp will focus on the fundamentals while incorporating team practice concepts. Grades K-5 will need to bring a stick. If you don't have a stick or have questions about the type of stick to bring please email us. Please email questions to coachpratt.lacrosse@gmail.com.

**GRADES K-5**

**Tuesday & Thursday, 9:00-10:30am**

**June 17 & 19 #8780-U25A**

**RHS Upper Turf Field \$55**



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**PLEASE SIGN UP FOR GRADE ENTERING FALL OF 2025**

*Registration using a computer or tablet is preferred.*

# GIRLS LACROSSE CAMP

This camp is put on by the RHS Girls Lacrosse coaching staff and high school players. Campers will have fun working through drills as they learn the fundamentals of the game. Based on experience level, players will be put into similar skill groups. This will allow the coaching staff to work with all the players. All levels of experience are welcome and encouraged to attend camp. Bring a lacrosse stick, goggles and a mouthguard. We will have goggles and sticks for first-time players. \*Please arrive 15 minutes early on the first day for check-in. T-shirt Included.

**GRADES 1-3**

**Tuesday-Thursday, 9:30-11:00am**

**June 10-12 #8790-U25A**

**RHS Upper Turf \$70**

**GRADES 4-6**

**Tuesday-Thursday, 11:30am-1:00pm**

**June 10-12 #8791-U25B**

**RHS Upper Turf \$70**

**GRADES 7-8**

**Tuesday-Thursday, 1:30-3:00pm**

**June 10-12 #8792-U25C**

**RHS Upper Turf \$70**





# CO-ED RAMS SOCCER CAMP

The RHS Boys & Girls Varsity Soccer coaching staff is dedicated to helping your child develop a passion for the sport and grow in skill as a player. While providing a fun and enthusiastic atmosphere, our coaches will prioritize the technical development of every camper. Players will work on ball control/dribbling, passing/receiving, and shooting/finishing. We will have an emphasis on scoring goals and having fun playing the game we love! The camp will be broken up by grade level. Please come equipped with shin guards (mandatory), water, and sunscreen. Please bring a soccer ball.

## **GRADES K-2**

**Monday-Wednesday, 3:30-5:00pm**

**June 23-25 #8785-U25A**

**Roguewood Fields \$65**

## **GRADES 3-6**

**Monday-Wednesday, 3:30-5:00pm**

**June 23-25 #8785-U25B**

**RHS Upper Turf Field \$65**

# BOYS SOCCER CAMP

The RHS Boys Soccer coaching staff invites you to participate in our annual high school (9-12) and middle school (7-8) soccer camp. The focus of the camp is to grow in passion for soccer, develop key technical and tactical competencies, and prepare players for the upcoming high school soccer tryouts and season. Our staff is dedicated not only to helping players improve during camp but also to identifying strengths and weaknesses in each player and offering input for continued training and development. Players will be divided into groups based on age/skill level. You do not have to be a Rockford soccer player to participate in the camp. Questions: Coach Tim Boelman at [timboelman@yahoo.com](mailto:timboelman@yahoo.com)

**Monday-Thursday, 4:30-6:30pm**

**July 14-17**

**GRADES 7-8 #8787-U25A**

**GRADES 9-12 #8787-U25B**

**RHS Upper Turf \$75**



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# SOFTBALL

Coach: Michal Huizenga

This camp is for girls who would like to have fun this summer playing and learning the game of softball. We will be playing fun, interactive games and drills with the Rockford Softball coaching staff and players. They will cover fundamentals, go through practice drills, and offer tips on the following: infield, outfield, hitting, and baserunning. Students can bring the following equipment if they have it: gloves, cleats, bats, and helmets. We will have additional equipment available.

T-shirt Included. \*\* No metal cleats.

## GRADES 1-2

**Monday-Wednesday, 8:00-9:00am**

**June 16-18 #8405-U25A**

**RHS Varsity Softball Field \$60**

## GRADES 3-5

**Monday-Wednesday, 9:30-11:00am**

**June 16-18 #8405-U25B**

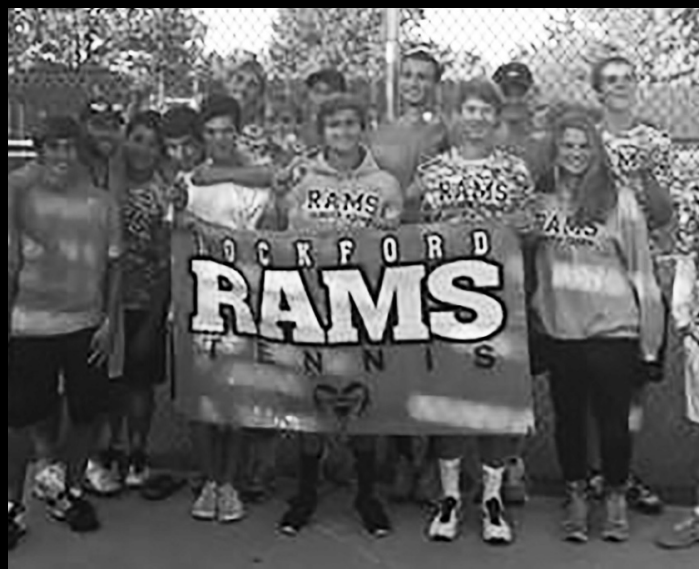
**RHS Varsity Softball Field \$65**

## GRADES 6-8

**Monday-Wednesday, 11:30am-1:30pm**

**June 16-18 #8406-U25A**

**RHS Varsity Softball Field \$70**



# TENNIS CO-ED

## GRADES 6-12

Coach: Tom Huizing, RHS Varsity Tennis Coach

A great opportunity to gear up and get prepared for your up-and-coming tennis season. We focus on preparing you for your middle/high school tennis experience. The coaching staff will cover all aspects of the game including the mental and physical side of tennis, including cardio tennis, shot repetition, and shot fundamentals. No experience is necessary. The camp will be run and facilitated by members of the Rockford boys and girls high school coaching staff.

Bring: tennis shoes, tennis racket, water bottle, snacks, sunscreen, and a hat or visor. T-shirt included. Rain dates will be made up on Fridays of the current week or Mondays of the following week. Max of 90 participants per session.

## SESSION #1

**Tuesday-Thursday, 9:30am-12:30pm**

**June 10-12 #8300-U25A**

**RHS Tennis Courts \$85**

## SESSION #2

**Tuesday-Thursday, 9:30am-12:30pm**

**June 17-19 #8300-U25B**

**RHS Tennis Courts \$85**

## SESSION #3

**Tuesday-Thursday, 9:30am-12:30pm**

**June 24-26 #8300-U25C**

**RHS Tennis Courts \$85**

# RAM STRENGTH FOUNDATIONS

## GRADES 7-8

This is an intensive program aimed to teach and guide our middle school-aged athletes through the foundations and fundamentals of strength training as well as speed and agility mechanics. The participants will be engaged in two strength workouts a week geared towards the following:

1. Optimizing muscle activation patterns and balance
2. To ensure functional movement ranges and patterns
3. To develop a sound base of general strength and stability
4. To ensure sound technique in key resistance training activities

5. Learn to have fun and enjoy training the Rockford Way!

This program includes two speed and agility sessions a week.

The students will receive expert coaching on speed and agility. These sessions will focus on correct body position and posture, correct breathing, and learning how to listen for teaching cues. The weekly speed and agility sessions will build and establish a great foundation for athletes as they learn and understand how to accelerate, enhance their top-end speed, and efficiently change direction. The speed and agility sessions will be led by Rockford's Head Track and Field coach for both boys and girls, Sean O'Brien. Coach O'Brien is an expert in speed and agility mechanics. Our Rockford high school sprinters compete at the highest level.

The strength training sessions will be led by our district's strength and conditioning coordinator and head football coach, Brent Cummings. Coach Cummings has served in this role since 2010 and has worked with thousands of Rockford student-athletes to help build their strength and conditioning foundations. If you have any questions, or concerns, or need to inform the instructors about an absence, please contact Coach Cummings at [Bcumings@rockfordschools.org](mailto:Bcumings@rockfordschools.org)

\*\*No class June 9 & June 30-July 3.

Registration opens on March 29 at 7am.

Max of 48 students per session.

**Mondays-Thursdays, June 10 (6 wks) 9:10-10:00am**

**RHS Fitness Center \$150 #3617-U25A**

**Mondays-Thursdays, June 10 (6 wks) 10:10-11:00am**

**RHS Fitness Center \$150 #3617-U25B**

**Mondays-Thursdays, June 10 (6 wks) 11:10am-12:00pm**

**RHS Fitness Center \$150 #3617-U25C**



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**PLEASE SIGN UP FOR GRADE ENTERING FALL OF 2025**

*Registration using a computer or tablet is preferred.*



## SUMMER RAM POWER STRENGTH

### GRADES 9–12

This is an intensive program aimed towards providing our student-athletes an intense opportunity to build strength as well as improve speed and agility mechanics. The participants will be engaged in two strength workouts a week geared towards the following:

1. Optimizing muscle activation patterns and balance
  2. To ensure functional movement ranges and patterns
  3. To develop a sound base of general strength and stability
  4. To ensure sound technique in key resistance training activities
  5. Learn to have fun and enjoy training the Rockford Way!
- This 6-week program will also include two speed and agility sessions a week. The students will receive expert coaching on speed and agility. These sessions will focus on correct body position and posture, correct breathing, and learning how to listen for teaching cues. The weekly speed and agility sessions will build and establish a great foundation for athletes as they learn and understand how to accelerate, enhance their top-end speed, and efficiently change direction.

If you have any questions, or concerns, or need to inform the instructors about an absence, please contact Coach Cummings at [Bcummings@rockfordschools.org](mailto:Bcummings@rockfordschools.org).

\*\*No class June 9 & June 30–July 3.

Registration opens on March 29 at 7am.

Max of 48 students per session.

**Mondays-Thursdays, June 10 (6 wks) 12:00-12:50pm**  
**RHS Fitness Center \$150 #3615-U25A**

# GIRLS SPEED & POWER DEVELOPMENT CAMP

### GIRLS GRADES 7–12

Unlock your full athletic potential with our Speed & Power Development Camp! This high-intensity girls training program focuses on the key components of speed: form, technique, stride length, stride frequency, acceleration, quickness, and lift for power. This camp is for any athlete from any sport looking to improve your overall athleticism. This camp will help you build the foundation for explosive performance.

Camp Highlights:

- **Form & Technique:** Learn the fundamentals of proper running form to enhance efficiency and reduce injury risk.
- **Stride Length & Frequency:** Develop the mechanics of powerful strides and how to increase your turnover for faster speeds.
- **Acceleration:** Improve your ability to reach top speed quickly with drills focused on explosive starts and powerful drive phases.
- **Quickness:** Sharpen your reaction time and ability to change direction quickly with agility drills that enhance your on-the-field performance.
- **Lift for Power:** Build strength and lift to improve your vertical jump, explosive speed, and overall athletic power.

The speed and power development camp will be led by Rockford's Head Track and Field coach, Sean O'Brien. Coach O'Brien is an expert in speed and agility mechanics. Our Rockford high school sprinters compete at the highest level. Each session is led by experienced coaches who are committed to providing personalized instruction and feedback. Join us for an action-packed camp experience that will take your speed and athleticism to the next level! Max of 50 participants. \*Skip 6/9 & 6/30-7/3

Registration opens on March 29 at 7am. Get ready to run faster, jump higher, and dominate—sign up today!

**Mondays-Thursdays, June 10 (6 wks) 8:00-9:00am**  
**RHS Track \$75 #8251-U25A**



# WRESTLING CAMP

Coach: Brian Richardson

This is a Technique-Based Wrestling Camp. Campers will receive a Wrestling Camp T-shirt. Please bring a water bottle and wrestling shoes. Bring a lunch or snack.

**GRADES 7-12**

**Monday-Thursday, 9:00am-12:00pm**

**June 9-12 #8407-U25A**

**RHS Wrestling Room \$90**



# YOUTH WRESTLING CAMP

We will cover basic technique sessions and drilling sessions each day. Campers will receive a Wrestling Camp T-shirt. Please bring wrestling shoes and a water bottle.

**GRADES K-6**

**Monday-Wednesday, 5:00-6:30pm**

**June 9-11 #8408-U25A**

**RHS Wrestling Room \$45**



# JUST RUN!

**BOYS AND GIRLS ENTERING GRADES 3-6**

We will play a variety of running games that work on both speed and stamina. The focus will be on fun, sportsmanship, and personal improvement. This is a good introduction for kids who are interested in running cross country in middle school, or just want to have fun running! T-shirt included.

Instructor: Emily Weinmann is the cross country and track coach at North Rockford Middle School.

Maximum of 30 students per session.

**SESSION 1**

**Tuesday-Thursday, 9:00-11:00am**

**June 24-June 26, #3180-U25A**

**ERMS Track \$50**

**SESSION 2**

**Tuesday-Thursday, 9:00-11:00am**

**August 5-August 7, #3180-U25B**

**ERMS Track \$50**



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# CO-ED TRACK & FIELD

## SPEED AND JUMP CLINIC

The Rockford Track & Field Team will be running a speed and jump clinic for all sports. Our focus will be first-step quickness, reaction time, lateral speed, power, agility, and vertical/broad jump. Come out and have a fun experience becoming a better athlete. Includes T-shirt.

Please bring/wear: running shoes, shorts, a T-shirt, a sweatshirt, if needed, and a labeled water bottle. We will cancel if it is raining and/or lightning.

## GRADES 3-8

**Monday-Wednesday, 5:00-6:30pm**

**June 23-25 #8250-U25A**

**RHS Track \$75**



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# YOUTH CO-ED DISTANCE RUNNING GROUP

**CO-ED GRADES 7-12**

The purpose of the Rams Running Group is to promote a healthy lifestyle. The group provides students the opportunity to meet other students in a fun environment while building self-esteem as they work to reach their running goals. Workload and paces will be crafted to meet the motivation level, experience level, and aspiration level of each age group. Session 1 participants will receive a white shirt and session 2 participants will receive an orange shirt.

## **RUNNING SEGMENT #1**

**Mondays-Fridays, June 10-23**

**\$40 #3181-U25A**

**Mondays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**

**Tuesdays 7:30-9:00am**

**Townsend Park Ramsdell Parking Lot**

**Wednesdays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**

**Thursdays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**

**Fridays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**

## **RUNNING SEGMENT #2**

**Mondays-Fridays, July 7-August 1**

**\*skip the week of July 21**

**\$55 #3181-U25B**

**Mondays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**

**Tuesdays 7:30-9:00am**

**Townsend Park Ramsdell Parking Lot**

**Wednesdays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**

**Thursdays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**

**Fridays 7:30-9:00am**

**Rockford Freshman Center Parking Lot**



## CO-ED BOWLING CAMP

This co-ed camp is designed to show proper techniques for delivering a bowling ball. Step and swing drills will be used to balance the mechanics of swing and footwork in delivering a bowling ball. Bowlers will also be coached on the following techniques: lane targeting, spare shooting, and pre-shot routines. This camp is open to all experience levels. Balls and shoes will be available at Rockford Lanes if needed.

Instructors: Girls Varsity Bowling Head Coach, Jerry Tarabek & Boys Varsity Bowling Head Coach Brandon Engstrom  
Meet at Rockford Lanes, 117 E Bridge St. NE, Rockford.

### SESSION 1:

**GRADES 6-8**

**Monday-Tuesday, 10:00am-12:00pm**

**July 21-22 #8400-U25A**

**Rockford Lanes \$25**

### SESSION 2:

**GRADES 9-12**

**Wednesday-Thursday, 10:00am-12:00pm**

**July 23-24 #8400-U25B**

**Rockford Lanes \$25**



## WATERPOLO CAMPS

### CO-ED MIDDLE SCHOOL

Continuing to grow and learn the game of water polo. We will focus on bettering our skills which include: treading water, different passing techniques, shooting from different positions, learning the rules of water polo, techniques of water polo, and also beginning to understand the offense and defense of the game. \*Bring a suit, towel, water bottle, swim cap (if preferred), and goggles. Max of 30 participants.

No camp the week June 30-July 4

**GRADES 6-8**

**Tuesday-Thursday, June 17 (4 wks)**

**11:00am-12:30pm**

**RHS Pool \$110 #4403-U25A**

### BOYS HIGH SCHOOL

Gear up and get prepared for your up-and-coming boys water polo season. We cover everything from basic skill instruction & game strategy to advanced individual & team concepts. We focus on preparing you for your high school water polo experience. We cover all aspects of the game including rules, shooting techniques, passing techniques, understanding the offense and defense, as well as incorporating game scenarios into the practice sessions. \*Bring a suit, towel, water bottle, and goggles. Max of 30 participants.

No camp the week June 30-July 4

**GRADES 9-12**

**Monday-Thursday, June 16 (5 wks)**

**9:00-11:00am**

**RHS Pool \$120 #4403-U25B**

**RPS.DIGITALSIGNUP.COM**

**PLEASE SIGN UP FOR GRADE ENTERING FALL OF 2025**

*Registration using a computer or tablet is preferred.*



## CO-ED MIDDLE SCHOOL ROWING

### GRADES 6–8 NON-COMPETITIVE

Coaches: Izzy Macka and Montana Durham.

Try out a new and unique sport this summer, or build upon the skills you have already learned. Our coaching staff will help the students learn and reinforce the fundamentals of the rowing stroke on land and water. Students will also be learning how to handle equipment and build confidence and comfort on the water. This is a great building block for students who may want to participate in the sport in high school or want to try something new. 40 seats available.

For questions please email [Contactus@rockfordrowing.com](mailto:Contactus@rockfordrowing.com)

#### SESSION 1 \*skip July 1 & 3

**Tuesdays & Thursdays, June 17 (4 wks) 6:00-8:00pm**

**Jupiter Boathouse \$120 #8159-U25A**

#### SESSION 2

**Tuesdays & Thursdays, July 22 (4 wks) 6:00-8:00pm**

**Jupiter Boathouse \$120 #8159-U25B**

### CO-ED HIGH SCHOOL DEVELOPMENT ROWING GRADES 9–12 COMPETITIVE

Coaches: Emma Lassig, Montana Durham, Kellen Schellenbarger, Josie Dickerson.

This camp is for experienced high school rowers in the Grand Rapids area looking to continue developing their skills on the water in both sweeping and sculling boats. Practices will be geared towards advancing water technical skills, maintaining strength and endurance between seasons, and integrating into the high school team for individuals from our middle school program. 30 seats available.

For questions please email [Contactus@rockfordrowing.com](mailto:Contactus@rockfordrowing.com)

#### SESSION 1

**M/T/Th/F, June 9 (3 wks) 5:30-8:00pm**

**Jupiter Boathouse \$135 #8165-U25A**

#### SESSION 2

**M/T/Th/F, July 14 (4 wks) 5:30-8:00pm**

**Jupiter Boathouse \$150 #8165-U25B**

### CO-ED HIGH SCHOOL LEARN TO ROW GRADES 9–12 NON-COMPETITIVE

Coaches: Emma Lassig, Montana Durham, Kellen Schellenbarger, Josie Dickerson.

This camp is for any high schooler in grades 9-12 in the Grand Rapids area interested in trying out the sport of rowing. Practices will be focused on learning the basics of the sport, the fundamentals of the rowing stroke, and the care and use of equipment. 30 seats available.

For questions please email [Contactus@rockfordrowing.com](mailto:Contactus@rockfordrowing.com)

#### SESSION 1

**M/W/F, June 9 (3 wks) 5:30-8:00pm**

**Jupiter Boathouse \$115 #8164-U25A**

#### SESSION 2

**M/W/F, July 14 (4 wks) 5:30-8:00pm**

**Jupiter Boathouse \$135 #8164-U25B**



**SIGN UP NOW AT  
RPS.DIGITALSIGNUP.COM**

**PLEASE SIGN UP FOR GRADE ENTERING FALL OF 2025**

*Registration using a computer or tablet is preferred.*

**Questions?**

Call our Rockford Community Services Office at

**616.863.6322**