

**Glen Ellyn Park District  
Glenbard West Summer Camps  
Summer 2010 – As of May 26, 2010**



**Glenbard West Girls Basketball Camp  
Grade: 4-12**

The FUNdamentals of passing, shooting, ball handling, and rebounding are emphasized through a variety of drills and competitive game situations for grades 4-8. Grades 9-12 focus on learning the Hilltoppers team offense and defense. All participants receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7000-0	4-6	M-Th	Jun. 28-Jul. 8	10am-12pm	\$90.00	GBW Main Gym
7000-1	7-8	M-Th	Jun. 14-24	10am-12pm	\$90.00	GBW Main Gym
7000-2	9-10	M-F	Jun. 9-25	8-10am	\$100.00	GBW Fieldhouse
7000-3	Varsity	M-Th	Jun. 9-24 Jun. 28-Jul. 1	10am-12pm 1-3pm	\$100.00	GBW Fieldhouse

**Glenbard West Girls Cheerleading Camp  
Grade: 1-12**

Cheerleaders in grades 1-5 learn basic skills including dance steps, jumps, and motion techniques in preparation of putting on a performance at the end of the week. Grades 6-12 add a stunting and tumbling component to the camp. Participants in grades 1-5 receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7001-0	1-5	M-F	Jul. 5-9	9-11am	\$70.00	GBW Fieldhouse
<del>7001-1</del>	<del>6-12</del>	<del>M-F</del>	<del>Jul. 5-16</del>	<del>1-3pm</del>	<del>\$100.00</del>	<del>GBW Fieldhouse</del>

**Glenbard West Girls Cross Country Camp  
Grade: 6-12**

This camp is designed to introduce young runners (grades 6-12) to the fundamentals of training, while providing more experienced runners a solid base for the upcoming season. The camp instructs runners on proper running form, injury prevention, and weight training. Camp meets four days per week (Wednesdays are off-days). All participants receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7002-0	6-12	M, T, Th, F	Jun. 14-Jul. 23	6:30-8:15am	\$75.00	GBW Outdoor Track

### Glenbard West Girls Golf Camp

Grade: 7-12

Calling all female golfers entering grades 7-12! Come out to Western Acres Golf Course to practice hitting, pitching/chipping and putting. Golfers practice fundamental skills through games and drills. The camp instructs golfers on proper form and playing strategy. Golf course fees are included in the price.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7003-0	7-12	M	Jun. 7-Jul. 12	1-3pm	\$150.00	Western Acres GC

### Glenbard West Girls Field Hockey Camp

Grade: 3-12

All girls are welcome to become involved in one of our newest sports at Glenbard West. The camp teaches the fundamentals of field hockey to beginners and continues to develop skills and game play for returning players. All players are required to provide their own mouth and shin guards. All participants receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7004-0	3-8	M-F	Jun. 14-25	1-2:30pm	\$75.00	Spaulding Park
7004-1	9-12	M-F M	Jun. 14-25 Jun. 28-Jul. 26	10:30am-12:30pm 6-7:30pm	\$100.00	Spaulding Park

### Glenbard West Girls Lacrosse Camp

Grade: 6-12

Lacrosse Camp provides new players the opportunity to learn stick skills, positioning, rules of the game and basic strategy. Returning players are challenged through drills and game situations, combined with advanced game strategy. All players are required to provide their own mouth guard. Equipment is available for loan to new players.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7005-0	6-8	M-F	Jul. 12-16	4-6pm	\$75.00	Ackerman Park
7005-1	9-12	M-F	Jul. 5-16	4-6pm	\$100.00	Ackerman Park

### Glenbard West Girls Soccer Camp

Grade: 6-12

This camp provides a safe and supportive environment in which the participants can learn and enjoy the game of soccer. Skills and fundamentals are taught in preparation for the upcoming season. Games and scrimmages are a part of the daily routine. All skill levels are welcome to attend this fun-filled camp!

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7006-0	6-8	M-F	Jun. 21-25	10:30am – 12pm	\$60.00	Ackerman Park
7006-1	9-12	M-F	Jun. 14-25	8:30 –10:30am	\$100.00	Ackerman Park

### Glenbard West Girls Softball Camp

Grade: 4-12

Utilizing a variety of drills, including throwing, catching, footwork, base running, and hitting, players improve their fundamental mechanics, and position specific softball skills. This camp emphasizes the importance of the basics to develop advanced skills and techniques.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7007-0	4-8	M-F	Jun. 14-18	9-11am	\$75.00	Ackerman Park
7007-1	9-12	M-F	Jun. 14-18	7-9am	\$75.00	Ackerman Park

### Glenbard West Girls Volleyball Camp

Grade: 5-12

Grades 5-6 learn the basics of the game of volleyball. Ball control and offensive and defensive drills are added for Grades 7-8, along with an end of session tournament. Incoming freshmen work on volleyball fundamentals and Glenbard West volleyball terminology, while grades 10-12 prepare for the summer league. All participants receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7008-0	5-6	M-Th	Jun. 14-24	3-5pm	\$110.00	GBW Main Gym
7008-1	7-8	M-Th	Jun. 14-24	5-7pm	\$110.00	GBW Main Gym
7008-2	9	M-Th	Jun. 14-24	7-9pm	\$110.00	GBW Main Gym
7008-3	10-12	M M-Th	Jun. 14-Jul. 19 Jul. 26-29	6-9pm	\$125.00	GBW Main Gym

### Glenbard West Co-Ed Basketball Camp

Grade: 2-3

The fundamentals of the game of basketball, including passing, dribbling, and shooting are taught daily with an emphasis on FUN! All participants receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7009-0	2-3	M-Th	Jun. 28-Jul. 8	9-10:30am	\$65.00	GBW Fieldhouse

### Glenbard West Co-Ed Basketball Shooting Camp

Grade: 6-8

All shooting, all the time! The fundamentals of shooting are taught, including ball position, release, and footwork. All participants receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7009-1	6-8	M-Th	Jun. 28-Jul. 8	10:30am-12pm	\$65.00	GBW Fieldhouse

Glenbard West Co-Ed Volleyball Camp - **CANCELLED**

Grade: 1-8

An introduction to volleyball for boys and girls, the focus of the camp is on passing and serving. Students receive individual attention and instruction of the basic fundamentals volleyball. Beginning in grades 3-5, setting is introduced along with more difficult skills as the camp progresses.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
<i>7012-0</i>	<i>1-2</i>	<i>M-Th</i>	<i>Jun. 7-10</i>	<i>4:30-5:30pm</i>	<i>\$65.00</i>	<i>GBW Fieldhouse</i>
<i>7012-1</i>	<i>1-2</i>	<i>M-Th</i>	<i>Jul. 12-15</i>	<i>4-5pm</i>	<i>\$65.00</i>	<i>GBW Fieldhouse</i>
<i>7012-2</i>	<i>3-5</i>	<i>M-Th</i>	<i>Jun. 7-10</i>	<i>4:30-5:45pm</i>	<i>\$70.00</i>	<i>GBW Fieldhouse</i>
<i>7012-3</i>	<i>3-5</i>	<i>M-Th</i>	<i>Jul. 12-15</i>	<i>5-6:30pm</i>	<i>\$70.00</i>	<i>GBW Fieldhouse</i>
<i>7012-4</i>	<i>6-8</i>	<i>M-Th</i>	<i>Jul. 12-15</i>	<i>6:30-8pm</i>	<i>\$75.00</i>	<i>GBW Fieldhouse</i>

Glenbard West Boys Baseball Camp

Grade: 2-12

Skills Camp focuses on the fundamentals and mechanics of the game. Campers run the latest drills for hitting, pitching, throwing, fielding and base-running.

Hitting Camp focuses on developing a quality swing and reinforcing proper playing skills through drill work. Individual evaluation and competition are addressed.

Games Camp participants are evaluated in speed, arm strength, accuracy and compete in several events concluding with actual game play.

Newcomers Camp participants have the opportunity to develop and improve their baseball skills while interacting with their future teammates!

Participants must bring their own glove, bat, and drink to camp. All participants receive one t-shirt regardless of the number of sessions registered for. Rain make up day is Friday.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION/ADD. INFO
7020-0	2-8	M-Th	Jun. 14-17	10:30am-12pm	\$65.00	Village Green (Skills)
7020-1	2-8	M-Th	Jun. 21-24	10:30am-12pm	\$65.00	Village Green (Hitting)
7020-2	2-8	M-Th	Jun. 28-Jul. 1	10:30am-12pm	\$65.00	Village Green (Games)
7020-3	2-8	M-Th	(see above)	(see above)	\$165.00	All Three (7020-0, 1, 2)
7020-4	9	M-Th	Jun. 28-Jul. 1	12-2pm	\$75.00	Village Green (Newcomers)
7020-5	10	M-Th	Jun. 14-Jul. 22	3-7pm	\$150.00	Village Green
7020-6	11-12	M-Th	Jun. 14-Jul. 22	1-6pm	\$200.00	Village Green

## Glenbard West Boys Basketball Camp

Grade: 4-12

For grades 4-6, the fundamentals of passing, shooting, ball handling, and rebounding are emphasized through a variety of drills and competitive game situations. In addition, an introduction to offensive and defensive concepts is added for grades 7-8. Grades 9-12 focus on offensive and defensive drills along with techniques used during the regular season.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION/ADD. INFO
7021-0	4-6	M-Th	Jun. 14-24	8-10am	\$70.00	GBW Fieldhouse
7021-1	7-8	M-Th	Jun. 14-24	10am-12pm	\$70.00	GBW Fieldhouse
7021-2	9-10	M-Th	Jun. 14-Jul. 1	1-3pm	\$90.00	GBW Fieldhouse
7021-3	Varsity	M-Th	Jun. 10-Jul. 8	1-4pm	\$110.00	GBW Main Gym

## Glenbard West Boys Track & Field/Cross Country Camp

Grade: 1-6

Camp participants experience many different developmental activities including high jump, long jump, hurdles, and speed development to enhance endurance while having fun. This camp utilizes local running specialists to help with proper shoe selection and to provide instruction on how to prevent injuries, along with coaches who are committed to challenging each athlete to strive for excellence.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION/ADD. INFO
7022-0	1-2	M-Th	Jun. 21-Jul. 29	6:30-8:15am	<b>\$75.00</b>	GBW Outdoor Track
7022-1	3-6	M-Th	Jun. 21-Jul. 29	6:30-8:15am	<b>\$75.00</b>	GBW Outdoor Track

## Glenbard West Boys Cross Country Camp

Grade: 7-12

Gear up for the 2010 cross country season with an intense training program consisting of form running, flexibility exercises, interval training, pace running, hill work, base mileage and weight training. This camp utilizes local running specialists to help with proper shoe selection and to provide instruction on how to prevent injuries, along with coaches who are committed to challenging each athlete to strive for excellence.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION/ADD. INFO
7022-2	7-12	M-Th	Jun. 21-Jul. 29	6:30-8:15am	<b>\$75.00</b>	GBW Outdoor Track

### Glenbard West Boys Football Camp

Grade: 6-12

For grades 6-9, athletes get a feel for the skills, drills, and techniques necessary to play high school football. Players should wear athletic shorts, shirt, and gym shoes, as well as bring cleats and a water bottle.

Sophomore and varsity players in grades 10-12 are taught the skill progressions for every position while implementing the base offense and defense for the upcoming season. Players must bring a 3-ring binder, gym shoes, cleats, and a water bottle each day. \* No camp July 5-9.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION/ADD. INFO
7023-0	6-8	M-F	Jun. 21-25	12:30-2:30pm	\$75.00	Newton Park
7023-1	9	M-F	Jun. 14-25	10am-12pm	\$75.00	GBW Biester Gym
7023-2	10-12	M-Th	Jun. 14-24 Jun. 28-Jul. 29*	6:30-9:30am 6:30-8:15am	\$150.00	GBW Biester Gym

### Glenbard West Boys Golf Camp

Grade: 7-9

Players work on the fundamentals of golf and play two rounds. Day One is spent on the practice range and practice green. The nine hole course is played on Days Two and Three.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7024-0	7-9	W Th/F	Jul. 21 Jul. 22-23	2-4pm 2-6pm	\$90.00	Village Links GC

### Glenbard West Boys Gymnastics Camp

Grade: 9-12

Camp focus is on the fundamentals and mechanics of gymnastics with gymnasts working towards skill development and proper routine construction.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7025-0	9-12	M, T, Th	Jun. 14-Jul. 29	4-6pm	\$150.00	GBW Gymnastics Balcony

### Glenbard West Boys Lacrosse Camp

Grade: 5-12

Camp focus is on the fundamentals of passing, catching, footwork, groundballs, and shooting. \* No camp July 5.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7026-0	5-9	M	Jun. 14-Jul. 26*	2:30-4:30pm	\$100.00	Spaulding Park
7026-1	9-12	M	Jun. 14-Jul. 26*	4:30-6:30pm	\$100.00	Spaulding Park

### Glenbard West Boys Soccer Camp

Grade: 6-12

Prepare for the upcoming season with skills, drills, and games during this fun-filled camp.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7027-0	6 – 8	M-F	Jun. 28-Jul. 2	8:30-10:30am	\$60.00	Ackerman Park
7027-1	9 - 12	M-F	Jun. 14-Jul. 2	6:30-8:15am	\$150.00	Ackerman Park

### Glenbard West Boys Wrestling Camp

Grade: 7-12

Grades 7-8 learn the fundamentals of wrestling with drills to improve techniques including riding, escapes, takedowns, and throwing. Grades 9-12 gain mat experience while wrestling practice matches against area high school competition, combined with individualized instruction.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7028-0	7 – 8	M-F	Jun. 14-25	8-10am	\$90.00	GBW Wrestling Dungeon
7028-1	9 - 12	T, TH	Jun. 15-Jul. 29	6-7:30pm	\$90.00	GBW Wrestling Dungeon

### Glenbard West Boys Volleyball Camp

Grade: 6-12

Grades 6-8 learn the basics of the game of volleyball, including ball control and offensive and defensive drills, along with an end of session tournament. Grades 10-12 prepare for the summer league. All participants receive a t-shirt.

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7029-0	6-8	M-Th	Jun. 7-10	6-7:30pm	\$75.00	GBW Main Gym
7029-1	9-12	Th	Jun. 17-Jul. 29	6-8pm	\$100.00	GBW Main Gym
7029-2	9-12	M-Th	Jul. 19-22	6-7:30pm	\$80.00	GBW Main Gym

### Glenbard West Boys Speed, Agility & Strength Camp

Grade: 8-9

Through supervised workouts, participants learn principles, techniques and drills to become the fastest, strongest, and most powerful athlete you can be!

CODE	GRADE	DAY	DATE	TIME	FEE	LOCATION
7029-3-0	8-9	M-Th	Jun. 14-24	8-9:30am	\$75.00	GBW Fitness Center