

2021 SMNW COUGARS Summer Camp Information

BASEBALL

Coach Domenic Mussat

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| June 7-10 (9 a.m.-12:00 p.m.) | Grades 5-8 | Cougar Fundamental Camp | Cost \$80.00 |
| *June 7-10 (12:30 p.m.-2:00 p.m.) | Grades 5-8 | Cougar Hitting Session I | Cost \$45.00 |
| *June 14-17 (9 a.m.-10:30 a.m.) | Grades 5-8 | Cougar Hitting Session II | Cost \$45.00 |
| June 14-17 (11a.m.-12:30 p.m.) | Grades 5-8 | Cougar Pitching & Catching | Cost \$45.00 |

*NOTE Hitting session has a max of 20 participants. Both sessions are issued the same instruction. Sign up for the camp that suits you best.

Payments: All participants must register through the 3&2 website: www.3and2baseball.com All checks are made payable to 3 and 2 Baseball Club

These camps are designed to help players take their game to the next level. Instruction will include the proper techniques of hitting, the proper fundamentals of infield and outfield play, and the fundamentals of pitching and catching. We are committed to providing the best possible instruction to each individual in all phases of the game. Campers will receive a T-shirt for their participation. Campers should wear hats, baseball pants and bring a pair of indoor athletic shoes. The camp will be held at baseball field behind SMNW high school. For more information contact Coach Mussat at domenicmussat@smsd.org

BOYS BASKETBALL

Coach David Birch

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|-------------------------|----------------------------------|
| June 1-3 (Grades 9-12) | (5:00 p.m.-8:00 p.m.) (Main Gym) |
| June 8-10 (Grades 6-8) | (1:00 p.m.-4:00 p.m.) (Main Gym) |
| June 15-17 (Grades 2-5) | (1:00 p.m.-4:00 p.m.) (Aux Gym) |
| July 12-15 (Grades 3-8) | (1:00 p.m.-3:00 p.m.) (Aux Gym) |
| Costs: \$75 HIGH SCHOOL | \$75 YOUTH |

Make checks payable to "SMNW Boys Basketball" (NOTE: Checks cannot be made directly to a coach)

The SMNW boys' high school basketball summer camp is for any Shawnee Mission Northwest high school student athlete interested in playing basketball. We will teach fundamentals, offensive and defensive concepts that relate to our high school level teams. Camp will consist of drills, small-sided games and scrimmages. For further information or questions contact Coach David Birch at davidbirch@smsd.org

Youth Camp

Grades 6-8: For any middle school in the SMNW attendance area interested in basketball. Camp consists of fundamentals, teaching of offensive and defensive concepts relative to the high school level team. Camp will consist of drills, small-sided games and scrimmages. For further information or questions contact Coach David Birch at davidbirch@smsd.org

Grades 2-5: For any elementary age student interested in having fun and learning the game of basketball. Camp will be centered around teaching basketball fundamentals, basketball small-sided games and having fun with fellow future Cougars. For further information or questions contact Coach David Birch at davidbirch@smsd.org

Grades 3-8 Competitive: For any players looking to play competitive basketball at schools that feed into Shawnee Mission Northwest. We will teach fundamentals, basic offensive and defensive concepts that relate to our high school level team. For further information or questions contact Coach David Birch at davidbirch@smsd.org

GIRLS BASKETBALL

Coach Tyler Stewart

May 24-27 Grades 2-4 (6:00 p.m.-7:30 p.m.) (Aux Gym)
 Grades 5-8 (6:00 p.m.-8:00 p.m.) (Main Gym)
June 1-4 Grades: 9-12 (9:00 a.m.-12:00 p.m.) (Main Gym)

Cost: \$75 HIGH SCHOOL

Cost: \$40 YOUTH CAMPS

Make checks payable to "SMNW Lady Cougar Basketball"

Each camper needs indoor shoes with comfortable shorts and t-shirt. No previous basketball experience necessary.

Grades 9-12: The goal for this camp is to continue to become one of the elite programs in the State of Kansas. We will work hard to improve fundamental skills along with creating competitiveness through a highly structured atmosphere. Team basic concepts will be reviewed and repeated. It is our goal that every girl will leave with a sense of achievement and a motivation to continuously get better. For more questions contact Coach Tyler Stewart at tylerstewart@smsd.org

Grades 2-8: Basic basketball fundamentals will be stressed; with emphasis on shooting, ball handling, individual and team offense and defense. This camp will help improve the skills of the beginners and challenge the advanced players. For more questions contact Coach Tyler Stewart at tylerstewart@smsd.org

CROSS-COUNTRY

Coach Justin Stigge

June 7-August 3 Grades 9-12: 7:15 a.m.- 9:00 a.m. Element Fitness (79th & Quivira)
Cost: FREE Students still asked to fill out registration to get an idea of how many participants.

This is a great opportunity to build fitness and meet your teammates! Runners will meet to begin building up their ability to run the miles required for Cross Country. Coaches will provide mileage plans based on each runner's experience, instruction on running form, flexibility exercises, and core exercises. For more information you can contact justinstigge@smsd.org

FOOTBALL

Coach Bo Black

June 1-5 HIGH SCHOOL Grades: 9-12 (7:00 a.m.-9:45 a.m) & (10:30 a.m.-12:00 p.m.)
Cost: HIGH SCHOOL \$50 Make checks payable to SMNW Football

Non-contact camp. Campers should wear tee-shirt, shorts and cleats (and bring tennis shoes in case of inclement weather). Campers will focus on the development of football fundamentals, techniques and skills. Offensive and defensive philosophies and schemes will be introduced. All campers will leave with a positive sense of what it takes to build a championship culture for SMNW football. Camp will be held at the lower turf facility, down from the west parking lot, on the campus of SMNW high school. Any questions please contact Coach Black at boblack@smsd.org

BOYS and GIRLS SOCCER

Coach Todd Boren

June 7-July 23 Grades: 7-12 Time: 8:00 a.m.-9:30a.m.
Cost: Single Player = \$50 Family Plan (Multiple Participants) \$75 Single Month Participation: \$25
(Cost good for entire summer)
(Payment collected the first day of conditioning)

The training sessions will include the following: soccer specific weight training, speed and agility development, cardio development, individual skill training with a ball (dribbling, passing, shooting, defending) tactical training. Goalkeeper specific training for those that play the position. We will also do playing.

TENNIS (Boys & Girls)

Coach Morgan Moberg

June 7-10 (rain date June 11th)

Grades: 7-12

Time: 8:00 a.m.-10:30 a.m.

Costs: \$80 payable to "Kiwanis Club"

This camp is for all levels of players. Throughout drills and match play, campers will learn or refine footwork, racket preparation, strokes, rules, and etiquette of the game. Both singles and doubles work will be incorporated. The camp will be held on the SMNW tennis courts. Basic tennis apparel and a racket are needed. Checks made out to Kiwanis Club. If questions please contact Coach Morgan Moberg at morganmoberg@smsd.org

VOLLEYBALL

Coach Susan Specht

June 7-10

Grades 3-5 1:30 p.m.-2:30 p.m. Cost: \$60

Grades 6-8 11:30 a.m.-1:30 p.m. Cost: \$75

Grades 9-12 9:00 a.m.-11:30 a.m. Cost: \$80

Checks should be made out to "SMNW Volleyball Booster Club" If enrolling in more than one camp indicate on registration form, and payment may be made with one check.

These SMNW volleyball program camps are dedicated for the development and improvement of all levels of volleyball players. The main focus of these camps will be technique and development of volleyball skills. Passing, setting, hitting, defense and blocking will be the main skills focused on during the week. Volleyball drills, games and competitions will be incorporated throughout the camps. Individual position skill camps will go further in depth on what was learned during all skills camp. Athletes will receive additional individualized training for the position camp they are attending. Athletes are welcome to attend more than one position camp on Friday. Campers will need to dress in shorts, T-shirt and tennis shoes. Camp to be held in the Auxiliary Gym. Questions please email Coach Specht at susanspecht@smsd.org