

North Area Sports Camps 2012

Parkway North High School, 12860 Fee Fee Rd., St. Louis, MO 63146.

Please make checks payable to **Parkway School District unless specified differently** and submit **only one check per sport.**

Please send in the completed health form along with the application.

Jr. Viking Boys Basketball Camps

May 29 – June 1

T-F

Entering Grades 6-8

8:30am – 11:30am

\$50

Entering Grades 3-5

8:30am – 11:30am

\$50

Camps will be held at the same time, but in different gyms.

This program will emphasize fundamentals of individual and team play. The camp includes daily competition and skill contests. Come dressed in gym shorts, t-shirts and tennis shoes. Cost of camp includes a t-shirt. Instruction will be led by the North High Viking coaching staff and former players. Camps will be held in North High main gym and lower gym. **Please make checks payable to Parkway North Boys Basketball Camp (non-refundable after May 31).** For more information, contact Coach Russell Vincent at 314-415-7684 or rvincent@pkwy.k12.mo.us.

Incoming Freshmen Boys Basketball Camp

May 29 – June 1

T-F

Entering Grade 9

Noon – 2:30

\$25

This program is highly recommended for any incoming freshmen that wish to try-out for the Parkway North Program next season. Players will be introduced to the Viking way of basketball. Come dressed in gym shorts, t-shirts and tennis shoes. Cost of the camp includes a t-shirt. Instruction will be led by the North High Coaching Staff and former players. Camp will be held at the North High gym. **Please make checks payable to Parkway North Boys Basketball Camp (non-refundable after May 25).** For more information, contact Coach Russell Vincent at 314-415-7684 or rvincent@pkwy.k12.mo.us.

High School Boys Basketball Camp

June 4 – 8

M-F

Entering Grades 10-12

2pm – 4pm

\$25

This program is highly recommended for all players who wish to try-out for the Parkway North Program next season. Players will continue to learn the Viking way of basketball. Come dressed in gym shorts, t-shirts and tennis shoes. Cost of the camp includes a t-shirt. Instruction will be led by the North High Coaching Staff and former players. Camp will be held at North High main gym. **Please make checks payable to Parkway North Boys Basketball Camp (non-refundable after May 25).** For more information, contact Coach Russell Vincent at 314-415-7684 or rvincent@pkwy.k12.mo.us.

Viking Girls Basketball Camp

June 4th - 8th	M-F	
Entering Grades 3-8	1pm – 3pm	\$40
Entering Grades 9-12	3pm – 5pm	\$25

This program will provide players with fundamentals of the game including dribbling, passing, shooting, and playing defense. Our North system will be introduced to all campers. Team shirts will be provided. Any questions, call Coach Young at 314-435-2168. **Make checks payable to Parkway North Girls Basketball Camp.**

Viking Football Camp (Week 1)

June 18-22	M-F	
Entering Grades 9-12	2:00 pm - 4pm	

The Viking Football Camp is designed for incoming 9-12 graders for the 2012 football season. This one-week camp will focus on the fundamentals of blocking, tackling, and all areas of the special teams game. Campers will be under the direction of the North High football staff. All campers will receive a P.N. football t-shirt and shorts. See cost at end of Football Camp information.

Viking Football Camp (Week 2)

July 23-27	M-F	
Entering Grades 9-12	9:00 am – 2pm	

The second week of the Viking Football Camp is focused more on the team aspects for the 2012 North High football season. Fundamentals in each area of blocking, tackling, and special teams will be taught for the upcoming season. The North High football staff will once again direct the camp. All campers will receive a P.N. football t-shirt and shorts. See cost at end of Football Camp information.

Football Summer Lifting and Conditioning (Entering Grades 9-12)

Coaches Kinney, Maier and Newton will run two lifting and conditioning sessions. Both will be Monday – Wednesday – Friday. Choose from 8am – 10am or 10:30 – 12:30.

Cost for two weeks of football camp and lifting/conditioning program is \$100 total. Please make checks payable to Parkway North Football. For more information, contact Head Coach Bob Bunton at 314-415-5610.

Jr. Viking Football Camp

June 19, 20, 21

T-W-Th

\$40

Entering Grades 5-8

6pm – 7:30pm

The Parkway North Viking High School Football Staff will be conducting its annual Jr. Viking Football Camp this summer on the Field Turf of Viking Stadium. The camp will be conducted by the Parkway North Viking Football staff and its Varsity players. This camp will emphasize the fundamentals of each position and each camper will be introduced to the Viking football philosophy. Featured events during the 3-night camp will be position drill work; personalized station-to-station coaching; skills competition; a tour of our PN Football facilities; and a special guest speaker.

Finally, each camper will receive a camp set of Viking Football shorts and our newly designed 2012 “ALL IN” Camp t-shirt. Please register today. For more information call PN Head Football Coach Bob Bunton (415-5610).

Co-ed (Boys & Girls) Volleyball Camp (at Parkway Central High)

June 11-15

M-F

Entering Grades 3-5

1:00 pm – 2:30 pm

\$65

Entering Grades 6-8

2:30 pm – 4:30 pm

\$80

PNH Girls Volleyball Skills Camp (at Parkway Central High)

June 11-14

M-Th

Entering Grades 9-12

5:00 pm – 8:00 pm

\$80

These camps are presented by both the Parkway North and the Parkway Central coaching staff. Athletes will be broken up into groups based on ability and experience. Both individual and team skills will be covered, and will be appropriate to the level of the group. Registration includes a t-shirt. Contact Coach Frankenfield (PNH) for more information at 314-415-7652 or Tom Schaefer (PCH) at 314-415-5968. **Make checks payable to Parkway Central Volleyball Camp. The volleyball camp will be held at Parkway Central High School.**

Viking Girls Softball Camp

July 24 – 26

T - Th

Entering Grades 9 – 12

8:30am – 11am

\$40

The Viking Softball Camp will provide participants with knowledge and skills fundamental to the game of softball. Instruction will focus on hitting and fielding mechanics as well as the mental aspects of the game. The camp staff will consist of the North High Coaching Staff as well as former Viking and current collegiate players. Participants should bring a glove and water bottle each day. Cleats and bats are optional. Registration will include a camp t-shirt. Please make checks payable to **Parkway North Softball**. For more information contact Coach Amy Doyle at 636-891-6000 ext. 76207: 314-757-2913 or doyleamy@rockwood.k12.mo.us.

Parkway North Girls and Boys Tennis Camp

May 29 – June 1

T-F

Beginner/Intermediate/Advanced

8:30 am - 11:00 am

\$60

Entering Grades 6-12

June 4-8

M-F

Beginner/Intermediate/Advanced

9:00 am - 11:00 am

\$60

Entering Grades 3-5

Have some fun this summer...PLAY TENNIS!

Beginner and intermediate level will focus on learning and improving ground strokes, volleys and serves through drills, games and actual playing. Advanced players will work on improving their game through match play, drills and strategy development. **Make checks payable to Parkway North Tennis Camp.** A camp t-shirt is included in the fee. For more information call Coach Ron Lefcourt at 314-609-6936.

Boys Soccer Camp

July 16 -19

M-Th

Entering Grades 9-12

8:30 am - 11:00 am

\$50

This camp will feature instruction in both individual ball skills, conditioning and team tactics. The camp staff will include North High soccer coaching staff. Each camper should bring a small water bottle, shin guards, and their own soccer ball with their name on it. Registration includes a camp t-shirt. **Please make checks payable to Parkway North Boys Soccer.** For more information please contact Coach Jeff Church at jchurch@parkwayschools.net.

Strength and Speed Camp

\$50

June 4 – July 20

Entering Grades 9 – 12 M, W, F 1 pm – 3 pm

The purpose of this camp is to improve athletic performance through a balanced program of strength, speed, and agility, resulting in explosive power for all high school athletes. The sessions are 2 hours per day, 3 days per week for 7 weeks. (1 hour-strength training and 1 hour-speed training). Space is limited and will fill up. **Make checks payable to Parkway North S&S Camp. (non-refundable after May 31)** If you have specific questions, contact Coach Jeff Kinney at 314-415-5663 or 636-578-6630.

Middle School Strength and Speed Camp

\$85

June 4 – July 20

Entering Grades 5 – 8 Tues, Thurs 8-10 or 10-12

The purpose of this camp is to improve athletic performance through a balanced program of strength, speed, and agility, resulting in explosive power for all athletes of all school ages. The sessions are 2 hours per day, 2 days per week for 7 weeks. (1 hour-strength training and 1 hour-speed training). Sign up for one time slot. Space is limited and will fill up. **Make checks payable to Parkway North S&S Camp. (non-refundable after May 31)** If you have specific questions, contact Coach Jeff Kinney at 314-415-5663 or 636-578-6630.