

BOBCAT SUMMER CAMPS 2021

BOBCAT ACCELERATION & TRACK CAMPS

Bobcat Sprints and Hurdles Camp\$20

Boys and Girls Grades 1-9 (Fall 2021)

BHS Track

Objective: This camp will focus on age-appropriate athletic development with an emphasis on acceleration, speed, coordination and flexibility. Each child will be taught how to sprint over a short (12-30”) hurdle.

Staff: Jason Sebern and BHS sprinters/hurdlers

When: June 3, 10, 17 and 24 @ 1:00-2:00 PM

Where: BHS Track

Bobcat Long Jump/Triple Jump Camp.....\$20

Boys and Girls Grades 1-9 (Fall 2021)

BHS Track

Objective: This camp will focus on age-appropriate athletic development for young athletes with an emphasis on long jump and triple jump skill development.

Staff: Vonda Bjorklund and BHS jumpers

When: June 7, 14, 21 and 28 @ 1:00-2:00 PM

Where: BHS Track

Bobcat Acceleration Camp for Grade 3-4.....\$25

Boys and Girls Grades 3-4 (Fall 2021)

BHS Multipurpose Gym

Objective: This camp will focus on age-appropriate athletic development for young athletes with an emphasis on acceleration, agility, coordination and flexibility. Each child will receive instruction on these fundamental athletic skills in a positive learning environment.

Staff: Jason Sebern and BHS Athletes

When: June 8, 15, 22, 29 @ 9:00-9:55 AM

Where: BHS Multipurpose Gym

Bobcat Acceleration Camp for Grade 5-6.....\$55

Boys and Girls Grades 5-6 (Fall 2021)

BHS Multipurpose Gym

Objective: This camp will focus on age-appropriate athletic development for young athletes with an emphasis on acceleration, agility, coordination and flexibility. Each child will receive instruction on these fundamental athletic skills in a positive learning environment.

Staff: Jason Sebern and Jim Hazelton

When: June 7, 9, 11, 14, 16, 18, 21, 23, 25, 28 and 30 @ 9:00-9:55 AM

Where: BHS Multipurpose Gym

Bobcat Acceleration Camp for Boys Grade 7-12.....\$65

BHS Multipurpose Gym and BHS Weight Room

Objective: This camp will focus on overall athletic development for young athletes with an emphasis on acceleration, speed, strength, coordination, flexibility and injury prevention. Each athlete will receive testing data reflecting progress made during the course of the camp.

Staff: Jason Sebern and Jim Hazelton

Ages: boys going into grades 7-12

When: June 8, 10, 15, 17, 22, 24, 29, July 8, 13, 15, 20, 22 @ 10:00-11:30AM

Where: BHS Multipurpose Gym and Weight Room

*No camp sessions during the 4th of July week (July 1-July 7)

Bobcat Acceleration Camp for Girls Grade 7-12.....\$95

BHS Multipurpose Gym and BHS Weight Room

Objective: This camp will focus on overall athletic development for female athletes with an emphasis on acceleration, speed, strength, coordination, flexibility and injury prevention. Each athlete will receive feedback reflecting progress made during the course of the camp.

Staff: Jason Sebern and Jim Hazelton

Ages: girls going into grade 7-12

When: June 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30 July 9, 12, 14, 16, 19, 21, 23 @ 10:00-11:30

Where: BHS Multipurpose Gym and Weight Room

*No camp sessions during the 4th of July week (July 1-July 7)

BOBCAT BOYS BASKETBALL CAMPS

BOBCAT SUMMER CAMP

Grades 9, 10, 11, 12 (Fall 2021)\$100

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive a \$40 discount for the Bobcat Summer Camp. Please note this on the registration.*

Players will work on fundamental skills, offensive and defensive team concepts. There will also be sessions to implement the skills in competitive situations like 1 on 1, 3 on 3, or 5 on 5.

Dates: June 2, 7, 9, 14, 16, 21, 23, 28, and 30 / July 12, 14, 19, and 21

Time: 8:00-9:30

Location: Brookings High School, Mickelson Middle School, or 5th Street Gym

Camp Staff: BHS Boys Basketball Coaches

BOBCAT TEAM CAMP

Grades 7, 8 (Fall 2021)\$100

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive a \$40 discount for the Bobcat Summer Camp. Please note this on the registration.*

Players will work on fundamental skills, offensive and defensive team concepts. There will also be sessions to implement the skills in competitive situations like 1 on 1, 3 on 3, or 5 on 5.

Dates: June 2, 7, 9, 14, 16, 21, 23, 28, and 30 / July 12, 14, 19, and 21

Time: 10:00-11:30

Location: Brookings High School, Mickelson Middle School, or 5th Street Gym

Camp Staff: BHS Boys Basketball Coaches

ELEMENTARY CAMPS

Camp Staff: BHS Coaches and Athletes

Grades 5, 6 (Fall 2021)\$40

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive this camp FREE as part of their registration for the BBA Skills Camp. Please note this on the registration.*

Dates: June 21, 23, 28, and 30

Times: 1:00pm-2:30pm

Location: Camelot Intermediate School

Grades 3, 4 (Fall 2021)\$40

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive this camp FREE as part of their registration for the BBA Skills Camp. Please note this on the registration.*

Dates: June 21, 23, 28, and 30

Times: 2:30pm-4:00pm

Location: Camelot Intermediate School

BOBCAT GIRLS BASKETBALL CAMPS

BOBCAT SUMMER CAMP

Grades 9, 10, 11, 12 (fall, 2021)\$100

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive a \$40 discount for the Bobcat Summer Camp. Please note this on the registration.*

Players will spend the majority of their time on shooting, offensive and defensive team concepts. This year these camps will look more like in-season practices. We will be playing 1 on 1, 3 on 3, and 5 on 5.

Dates: June 2, 7, 9, 14, 16, 21, 23, 28, and 30 / July 12, 14, 19, 21, 26, and 28th

Time: 6:30pm-8:00pm

Location: Brookings High School, Mickelson Middle School, or 5th Street Gym

Camp Staff: BHS Girls Basketball Coaches

BOBCAT TEAM CAMP

Grades 7, 8 (Fall 2021)\$100

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive a \$40 discount for the Bobcat Summer Camp. Please note this on the registration.*

Players will work on shooting skills, offensive and defensive team concepts. This year with the addition of Brookings Basketball Association the majority of time spent at this camp will look more like in-season practice. We will play lots of competitive games.

Dates: June 2, 7, 9, 14, 21, 23, 28, and 30 / July 12, 14, 19, and 21, 26, and 28th

Note** we will not have middle school camp on the 16th of June.**

Time: 5:00-6:30

Location: Brookings High School, Mickelson Middle School, or 5th Street Gym

Camp Staff: BHS Girls Basketball Coaches

ELEMENTARY CAMPS

Camp Staff: BHS Coaches and Athletes

Grades 5, 6 (Fall, 2021)\$40

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive this camp FREE as part of their registration for the BBA Skills Camp. Please note this on the registration.*

Dates: June 21, 23, 28, and 30

Times: 12:30pm-2:00pm

Location: Dakota Prairie Elementary School

Grades 3, 4 (Fall, 2021)\$40

***Players that are signed up for the Brookings Basketball Association Skills Camp will receive this camp FREE as part of their registration for the BBA Skills Camp. Please note this on the registration.*

Dates: June 21, 23, 28, and 30

Times: 2:00pm-3:30pm

Location: Dakota Prairie Elementary School

BOBCAT CROSS COUNTRY CAMPS

Grades 9-12 (Fall 2021) (Includes refreshments & camp t-shirt).....\$50

DATES - July 12-15

Where: BHS South Entrance: 7:30 AM -12:00 PM

Locations: Greater Brookings Area: (examples: Dakota Nature Park, Oakwood State Park, Lake Herman, Gravel Roads, Etc.)

Please email Head Coach Chris Gruenhagen for questions on registration and signup. Chris.Gruenhagen@k12.sd.us

Grades 6-8 (Fall 2021) (Includes refreshments & camp t-shirt).....\$25

DATES - July 19-22

Where: MMS Track: 8:00am -9:30am

Locations: District Grounds and Local Parks

Please email Head Coach Chris Gruenhagen for questions on registration and signup. Chris.Gruenhagen@k12.sd.us

BOBCAT GYMNASTIC CAMP

Grades 7-12 (Fall 2021)\$90

Times: Monday & Wednesday 1:00-3:00 pm

Dates: June 2, 7, 9, 14, 16, 21, 23, 28, 30, July 12, 14, 19

Location: **Classes at Gold Medal Gymnastics**

Coach: Rachelle Engbrecht

BOBCAT GOLF CAMPS

Summer Bobcat Boys and Girls Middle and High School Golf Camp

Grades: 5-12 (Fall 2021).....\$50

This camp will focus on fundamental skills of golf, individual skill development, and on course management needed for competition. Groups will be split up based on age, gender, and experience. Please state whether beginner or experienced golfer.

**The last two days will include a 9-hole two-person competition, and 9-hole individual competition based on age groups on the long course and/or par 3 course depending on experience. If participants do not want to be in the competition on the last two days, there will be different activities set up for them.

Dates: July 12th-15th

Times: 1:00 – 3:00pm

Location: Edgebrook Golf Course

Staff: Holly Sebern and staff

Email: Holly.Sebern@k12.sd.us

BOBCAT VOLLEYBALL CAMPS

GRADES: 9-12 (Fall 2021)\$100

Summer volleyball camp and positional training will be led by the Bobcat Volleyball Coaching Staff. Sessions will include higher number of repetitions, movement drills, fundamental training, positional training, and competitive drills. Come work alongside your fellow Bobcats in building relationships, skill development, and passion for the sport of volleyball. All campers will receive a t-shirt!

Bobcat Camp Week

Dates: June 14-17 (Monday, Tuesday, Wednesday, Thursday)

Times: 8:00am-10:00am

Location: BHS or Mickelson Middle School

Skill/Positional Sessions

Dates: Mondays - June 7, 14, 21, 28, July 12, 19 / Wednesdays - June 9, 16, 23, 30, July 14, July 21

Times: 8:00am-10:00am

Location: BHS or Mickelson Middle School

GRADES: 6-8 (Fall 2021).....\$60

Summer volleyball camp and positional training will be led by the Bobcat Volleyball Coaching Staff. Sessions will include ball control, movement drills, fundamental training, rotation and positional play, and age appropriate competitive play. All campers will receive a t-shirt!

Bobcat Camp Week

Dates: June 14-17 (Monday, Tuesday, Wednesday, Thursday)

Times: 10:30am-12:00pm

Location: BHS or Mickelson Middle School

Skill/Positional Sessions

Dates: Mondays - June 7, 14, 21, 28, July 12, 19 / Wednesdays - June 9, 16, 23, 30, July 14, July 21

Times: 10:00am-11:00am

Location: BHS or Mickelson Middle School

GRADES: 1-5 (Fall 2021).....\$30

Bobcat youth camp is led by high school volleyball coaches and players. Sessions will emphasize the fundamental skills of serving, passing, setting, and attacking. Nets will be lower, balls will be lighter, and games adjusted to skill-appropriate levels. All campers will receive a t-shirt!

Bobcat Camp Week

Dates: June 14-17 (Monday, Tuesday, Wednesday, Thursday)

Times: 1:00-2:00pm

Location: BHS or Mickelson Middle School

BOBCAT FOOTBALL CAMPS

The purpose of summer camp is to teach football fundamentals and the Bobcat offensive and defensive schemes. Drill work will focus on individual positions skills and techniques. Team concepts will be taught.

GRADES: 10-12 (Fall 2021)(t-shirt included).....\$100
(Frosh are welcome to attend when signed up for Frosh camp at no additional cost)

Times: Sundays from 2:00pm-4:00pm

Dates: June: 13, 20, 27

July: 11, 18, 25

Location: Medary Fields

SDSU Camp (Grades 10-12, Fall 2021)(t-shirt included)Free

Dates: June 21-23

Location: SDSU, will be staying in dorms

GRADE: 9 (Fall 2021)(t-shirt included).....\$50

Dates: July 12-13

Times: 8:00am-12:00pm

Location: Medary Fields

GRADES: 7-8 (Fall 2021)(t-shirt included).....\$50

Dates: July 19-20

Times: 8:00am-12:00pm

Location: Medary Fields

GRADES: 2-6 (Fall 2021).....\$20

Dates: July 21-22

Times: 5:30pm-7:00pm

Location: Medary Fields

BOBCAT STRENGTH & WEIGHT TRAINING

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday				
5:30	Room / Field Prep				Room / Field Prep				Room / Field Prep					
5:45														
6:00	Varsity Football and Senior/Junior level Varsity Boys Lift		Early Option Open Lift - Must clear w/coach Brown		Varsity Football and Senior/Junior level Varsity Boys Lift		Early Option Open Lift - Must clear w/coach Brown		Varsity Football and Senior/Junior level Varsity Boys Lift					
6:15														
6:30				Football and ALL soccer conditioning (Sacred Hoops group)		All Soccer Conditioning (Sacred Hoops)								
6:45														
7:00	All High School Football and Senior/Junior level Varsity Boys Conditioning		Volleyball and Girls Basketball Lift w/Coach Brown	Football and All Soccer Conditioning (7:00-7:45) w/Coach Kesmond (Medary or Bobcat stadium south)	All High School Football and Senior/Junior level Varsity Boys Conditioning		Volleyball and Girls Basketball Lift w/Coach Brown	All Soccer Conditioning (7:00-7:45) w/Coach Kesmond (Medary or Bobcat stadium south)	Volleyball and Girls Basketball Lift w/Coach Brown	All High School Football and Senior/Junior level Varsity Boys Conditioning				
7:15														
7:30														
7:45	Transition inside				Transition inside				Transition inside					
8:00	Freshman Football Lift w/Coach Brown	Open Lift Athlete who needs earlier time Must clear w/Coach Brown	All Soccer and Open Varsity Boy/Girl Lift 8:00-9:00 w/Coach Brown	Volleyball and Girls Basketball Conditioning 8:00 - 8:45 w/Coach Kesmond	Freshman Football Lift w/Coach Brown	Open Lift Athlete who needs earlier time Must clear w/Coach Brown	All Soccer and Open Varsity Boy/Girl Lift 8:00-9:00 w/Coach Brown	Volleyball and Girls Basketball Conditioning 8:00 - 8:45 w/Coach Kesmond	All Soccer and Open Varsity Boy/Girl Lift 8:00-9:00 w/Coach Brown	Freshman Football Lift w/Coach Kesmond Open Lift - Athlete who needs earlier time - Must clear w/Coach Brown				
8:15														
8:30														
8:45											Transition / Break			Transition / Break
9:00	High School Open Lift 1 - All 9 - 12 Grade Bobcats Limit 50		Open Lift 3 All 7 - 12 grade Bobcats Limit 50		High School Open Lift 1 - All 9 - 12 Grade Bobcats Limit 50		Open Lift 3 All 7 - 12 grade Bobcats Limit 50		High School Open Lift 1 - All 9 - 12 Grade Bobcats Limit 50					
9:15														
9:30														
9:45														
10:00	Open Conditioning 1 All 8 - 12 grade Bobcats		Open Conditioning 3 All 7 - 12 grade Bobcats		Open Conditioning 1 All 8 - 12 grade Bobcats		Open Conditioning 3 All 7 - 12 grade Bobcats		Open Lift 1 All 8 - 12 grade Bobcats Limit 50					
10:15														
10:30														
10:45	Open Lift 1 All 8 - 12 grade Bobcats Limit 50		Open Lift 4 All 7 - 12 grade Bobcats Limit 50		Open Lift 1 All 8 - 12 grade Bobcats Limit 50		Open Lift 4 All 7 - 12 grade Bobcats Limit 50		Open Lift 2 All 7 - 12 grade Bobcats Limit 50					
11:00														
11:15														
11:30														
11:45	Open Lift 2 All 7 - 12 grade Bobcats Limit 50		Open Conditioning 4 All 7 - 12 grade Bobcats		Open Lift 2 All 7 - 12 grade Bobcats Limit 50		Open Conditioning 4 All 7 - 12 grade Bobcats		Open Lift 2 All 7 - 12 grade Bobcats Limit 50					
12:00														
12:15														
12:30														
12:45	Open Conditioning 2 All 7 - 12 grade Bobcats		Open Lift 5 All 7 - 12 grade Bobcats Limit 50		Open Conditioning 2 All 7 - 12 grade Bobcats		Open Lift 5 All 7 - 12 grade Bobcats Limit 50		Hold - Coach Brown Admin					
1:00														
1:15														
1:30	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED					

Bobcat Strength and Conditioning Open Lift Sign Up

Dates: June 1-4, 7-11, 14-18, 21-25
July 8-9, 12-16, 19-23, 26-30

Please use this form to sign up for a lifting and conditioning time. The schedule is color coordinated for the most part. This program is NO COST to our Bobcat student athletes. Students not affiliated with BPSD may not attend our training program. To get the most out of your training, please sign up for back to back sessions. For example, sign up for Open lift 3 and open conditioning 3 OR open conditioning 3 and Open lift 4. Conditioning for open groups is scheduled for twice a week. Weight training is scheduled for 2 or 3 days per week. Any questions can be directed to Coach Brown. Kerry.brown@k12.sd.us

https://docs.google.com/forms/d/e/1FAIpQLSeBI9MSTReI2JzbbMO4eKzq-mSr4kPod7owBiAqpmjesZc8Tw/viewform?usp=sf_link

BROOKINGS HIGH SCHOOL 2021 SUMMER CAMP REGISTRATION

Please fill out a separate registration for each child

2021 CAMP REGISTRATION DEADLINE IS MAY 31, 2021

Payment Due with Registration Sheet. Checks payable to BHS Activities.

2021 Camp Registration

Name

Address:

Parent's Phone: _____

Cell: _____

Parent's Email:

Camp (s)	Price	Subtotal
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

T-shirt size _____ Camp(s) Total _____ Method of Payment: cash check

We are able to accept Credit/Debit cards for payment

Please Drop Off or Mail Registration To:

**BHS Activities Office
530 Elm Ave
Brookings, SD 57006
605-696-4111**