



Apple Valley High School

sports camps

register now
using your
2017-18 school
year grade

District 196 Community Education is pleased to be collaborating with the Apple Valley High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Apple Valley High School attendance area. Head coaches and assistants have planned and prepared camp activities that will promote skill improvement and good sportsmanship, all while having fun! Participants should register for camps based on their grade for the upcoming 2017-18 school year. Visit www.district196.org/ce for specific camp information for all grades!



Apple Valley Eagle Boys Soccer Camp (grades 6-12)

Want to improve your soccer skills for the upcoming season? Take part in this mini-varsity high school soccer camp and learn through a variety of advanced training methods. Emphasis will be on individualized ball and technical skills with advanced instruction on team systems. Agility, speed and quickness will be stressed along with team continuity and flow drills. Camp is guaranteed to challenge the most advanced soccer players! *Chris Scanlon is the Apple Valley boys head soccer coach.*

* Mon-Thu | Jun 12-15 | 9-11am | 4 ses | \$80
AVHS | ABSOC-612

Apple Valley Eagle Girls Prep Soccer Camp (grades 6-12)

Improve your soccer skills and meet other players who will be playing soccer at Apple Valley High School! Join AVHS women's soccer staff for this four day camp! Take part in fun, tactical drills to help you advance to the next level of soccer whether that is high school or college level soccer. Bring cleats and soccer ball, if you can. All interested are welcome. *Coach Randa has been coaching soccer since 1984, has earned over 300 victories, a state title and has had the opportunity to coach many fine players who have moved on to play at the college level. He is a member of the Minnesota State High School Soccer Coaches Association and is a member of their Hall of Fame.*

* Mon-Thu | Jul 24-27 | 6:30-8pm | 4 ses | \$40
AVHS | AGSOC-612

Apple Valley Eagle Volleyball Camp (grades 3-12)

Refine your volleyball skills! Join Apple Valley High School head coach Heather LaChapelle and her staff for a dynamic camp that will enhance your love of the sport. Focus on fundamental individual skills and also enhance your team play. Participants receive a t-shirt. *Coach LaChapelle is the head volleyball coach at Apple Valley High School. She was a two-time state champion setter and all-conference collegiate player. Her soft-spoken approach provides the foundation for each individual player to reach her maximum potential while emphasizing the enjoyment of sport, physical fitness and team success.*

Grades 3-6

* Mon-Thu | Jul 10-13 | 1-2:30pm | 4 ses | \$60 | AVHS | AVBALL-36

Grades 7-8

* Mon-Thu | Jul 10-13 | 1-3:30pm | 4 ses | \$85 | AVHS | AVBALL-78

Grades 9-12

* Mon-Thu | Jul 10-13 | 9am-12pm | 4 ses | \$105 | AVHS | AVBALL-912





Apple Valley High School Sports Camps

Apple Valley Eagle Speed and Strength-Champion Program (grades 6-8)

Gain an edge in speed and strength! Take part in a personalized training program designed to reach the goal of overall athletic improvement, using ground-based lifts. Be exposed to the use of kettlebells, vertimax, ropes, dots, speed ladders, ploy boxes, and speed and agility training. Benefit from the skills of experienced and committed coaches who will use current training methods with modern training equipment. Participants have access to the weight room during supervised hours. Participants receive a t-shirt. *AVHS coaching staff*

Boys, grades 6-8

* Mon-Thu | Jun 12-Aug 3 | 9-10:30am | 28 ses | \$50
AVHS | skip Jul 3-6 | ASC-68B

Girls, grades 6-8

* Mon-Thu | Jun 12-Aug 3 | 9:30-11am | 28 ses | \$50
AVHS | skip Jul 3-6 | ASC-68G

Apple Valley Eagle Baseball Camp (grades 2-8)

Get out on the field this summer for some baseball! Improve your skills through various drills and practices. Work on throwing, catching, hitting, bunting, fielding and other baseball specific topics. Develop fundamental skills and have fun while growing as a player. Participants receive a t-shirt. *A graduate of Minnesota State University, Mankato, coach Hendrickson is in his sixth year as head coach at Apple Valley High School and has been a coach with the program for 11 years. He strives to further develop and support the AVHS baseball clubs and promote the game of baseball.*

* Mon-Thu | Jun 12-15 | 8:30-11:30am | 4 ses | \$80
AVHS | ABASE-28

Apple Valley Eagle Girls Basketball Camp (grades K-6)

Take advantage of the opportunity to improve your fundamental skills and understanding of the game of basketball! Focus on post and perimeter work, skill development and general team play through a variety of fun contests and games. Participants receive a t-shirt. *Coach Gordon has been the head girls basketball coach at Apple Valley for the past seven years. In that time, he has taken the Apple Valley girls basketball program to a highly competitive level. He enjoys working with and teaching youth the game of basketball.*

Grades K-3

* Mon-Thu | Jul 17-20 | 8-9:30am | 4 ses | Free
AVHS | AGBASK-K3

Grades 4-6

* Mon-Thu | Jul 17-20 | 9:30-11:30am | 4 ses | \$60
AVHS | AGBASK-46

Apple Valley Eagle Girls Basketball Camp (grades 7-12)

Work on offensive fundamentals and skills for summer leagues and team camps. Improve individual skills and player position fundamentals. *Apple Valley girls basketball staff and Coach Gordon*

* Mon-Thu | Jun 12-25 | times vary | 14 ses | \$70
AVHS | AGBASK-712

District 196 Boys Lacrosse Face Off and Shooting Camp (grades 3-9)

Take part in a unique combination of shooting and face off skill instruction. Learn shooting and face off skills, while replicating the speed and intensity of a game environment. Learn about shot selection/placement, proper mechanics for a good shot and how to shoot on the run. Daily sessions will include a variety of drills and exercises ranging from skill development to positional play. Coaches create a variety of activities designed to teach, challenge and push you to be your best. *District 196 boys lacrosse coaches bring over 30 years of coaching experience and multiple state tournament appearances.*

* Mon-Thu | Jun 12-15 | 2:30-4:30pm | 4 ses | \$75 RHS | RBLAX-39

District 196 Boys Lacrosse 3 v 3 Fast Break Camp (grades 3-9)

In the game of lacrosse, over 70% of goals are scored during fast break and odd man situations. Learn the skills and techniques needed to master fast break offensive and defensive situations. Players will be trained by a camp staff made up of local high school coaches and varsity players who have over 30 years of experience combined. Daily sessions will include odd man situations, fast break drills, fast whistle restarts and small game 3 v 3 competitions. Small game situations will increase the number of repetitions and touches you will experience with the ball. Each daily session will conclude with a tournament. Prizes will be awarded. *District 196 boys lacrosse coaches*

* Mon-Thu | Jul 17-20 | 2:30-4:30pm | 4 ses | \$75 | RHS | BLAX-Rose

Apple Valley Boys Basketball Camp (grades 1-12)

Prepare for the basketball season! Focus on fundamental skill development and participate in numerous contests and games making for a fun-filled week of basketball! Participants receive a t-shirt. *Camp director Zach Goring recently completed his eighth year as head coach of the Apple Valley High School boys varsity basketball team. A 1995 graduate of AVHS, Goring has been running camps for over 15 years.*

Grades 1-4

* Mon-Thu | Jun 19-22
10:30am-12pm | 4 ses | \$50
AVHS | ABBASK-14

Grades 5-8

* Mon-Thu | Jun 19-22
12-2pm | 4 ses | \$60
AVHS | ABBASK-58

Grades 7-12

* Mon & Wed | Jun 12-Jul 26
2-3:30pm | 10 ses | \$110
AVHS | skip Jul 3, 5, 10, 12
ABBASK-712





ISD 196 Training Emphasized Swim Camp (grades 7-12)

Prepare for the upcoming high school or middle school swim season! Camp is for swimmers with previous competitive experience that want to perfect their strokes, starts and turns, get a good regular workout five times a week, and get and/or stay in shape. Former and future middle school and high school swimmers are encouraged to attend. *Coach Pearson is the current Apple Valley High School head boys and girls swim coach. He has over 16 years of coaching experience. Eastview head coach Mark Tollefson has over 31 years experience in coaching, has been selected multiple times as section coach of the year and has twice been nominated for coach of the year.*

* Mon-Fri | Jun 12-Jul 28 | 6:30-8:30am
30 ses | \$125 1-3 wks, \$187.50 4 wks, \$250 5-6 wks | FRMS | EVSWIM-612

Introduction to Competitive Swimming

Experience competitive swimming at an entry level participating in REvolution swimming practices. Practices are held Monday through Thursday. Choose two days per week that fit your schedule. Practices focus on drills to develop proper technique as well as strength and endurance for competitive swimming. Participants are invited to participate in a swim meet at the end of the session.

* Summer Session

Mon, Tue, Wed & Thu | Jun 12-Aug 17 | skip Jul 3-6
Swim Meets Thu | Jun 29, Jul 20 at FRMS; Aug 3, 17 at BHMS
Warm-ups at 6:30pm, Meet Begins at 7pm

Mon through Thu Mornings

Jun 12-Aug 17, skip Jul 3-6 at SHMS
Grades 3 & 4 | 7:15-8:30am | \$210 | QREV34AM-401
Grades 5 & 6 | 7-8:30am | \$240 | QREV56AM-401
Grades 7 & 8 | 6:30-8am | \$240 | QREV78AM-401
Grades 9-12 | 6:30-8:30am | \$280 | QREV912AM-401

Mon through Thu Evenings

Jun 12-15 at RMS
Jun 19-Jul 20, skip Jul 3-6 at FRMS
Mon & Wed, July 24-Aug 16 at SHMS
Tue & Thu, July 25-Aug 17 at BHMS
Grades 3 & 4 | 6-7:15pm | \$210 | QREV34PM-401
Grades 5 & 6 | 6-7:30pm | \$240 | QREV56PM-401
Grades 7 & 8 | 7-8:30pm | \$240 | QREV78PM-401
Grades 9-12 | 6:30-8:30pm | \$280 | QREV912PM-401

REvolution Competitive Diving

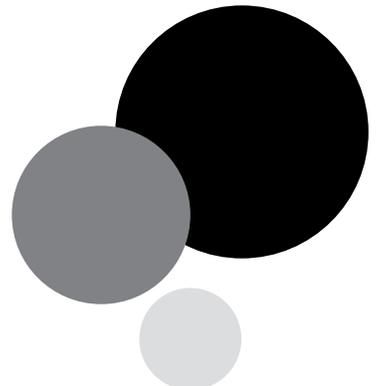
Join the REvolution for a new experience in competitive diving. Register according to grade level in fall of next school year. Divers that qualify as gifted athletes for high school diving may register for the high school session. Divers will be given the opportunity to have their dives judged in a competitive format. *Scott Pearson, head coach for the Apple Valley High School Girls and Boys Swim Teams, brings a wealth of experience to the program. As a competitor, he dove in high school and college. Scott has coached diving for more than 20 years. He has coached divers ranging from beginners to state qualifiers as well as Division One college divers. Scott's coaching focuses on development of fundamental skills.*

Diving Elementary and Middle School \$180

* Mon-Thu | Jun 12-Jul 20
10:30-11:30am | 20 ses
DHMS | skip Jul 3-6 | QREVD1-401

Diving Grades 9-12 \$260

* Mon-Thu | Jun 12-Jul 20
9-10:30am | 20 ses
DHMS | skip Jul 3-6 | QREVD2-401





Apple Valley High School Sports Camps

Dakota United Hawks Camp (grades 3-12, alumni welcome)

Join and learn from Dakota United coaches and staff through your choice of these adapted sports camps! Along with the opportunity to participate in the camp activities, receive a t-shirt (must register by June 1 to receive t-shirt), a daily snack and a picnic lunch on the final day! Participants must provide their own transportation.

PI Sports Camp

For all returning and new Dakota Hawk players eligible for PI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and develop friendships prior to participating in seventh grade. Returning Hawks (grades 7-12) are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski is a Dakota United Hawks coach and District 196 Adaptive Physical Education teacher.*

* Mon-Thu | Jun 26-29 | 1-2:30pm | 4 ses | \$100
RES | DKTUH-312P

CI Sports Camp

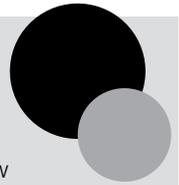
For all returning and new Dakota Hawk players eligible for CI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks (grades 7-12) are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

* Mon-Thu | Jun 26-29 | 2:30-4pm | 4 ses | \$100
RES | DKTUH-312C

ASD Sports Camp

Work to become successful in the athletic setting through team building and communication skills, while improving individual sport skills during competitive game play. *Coach Kosidowski*

* Mon-Thu | Jun 26-29 | 4-5:30pm | 4 ses | \$100
RES | DKTUH-312A



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District 196 does not discriminate in employment or in any of its programs and activities, including vocational opportunities, on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, familial status, membership or activity in a local human rights commission, disability, sexual orientation, age or genetic information. District 196 provides equal access to designated youth groups.

The Director of Human Resources, Tom Pederstuen (651-423-7859 – tom.pederstuen@district196.org) has been designated to respond to employment-related inquiries regarding the non-discrimination policies. The Director of Elementary Education, Sally Soliday (651-423-7782 – sally.soliday@district196.org) and the Director of Secondary Education, Dr. Mark Parr (651-423-7712 – mark.parr@district196.org) have been designated to respond to student-related inquiries regarding the non-discrimination policies. The Director of Special Education, Mary Kreger (651-423-7629 – mary.kreger@district196.org) has been designated to respond to inquiries concerning the rights of a student with a disability. The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068.