



Eagan High School

# sports camps

register now  
using your  
2017-18 school  
year grade

for all grades!

District 196 Community Education is pleased to be collaborating with the Eagan High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Eagan attendance area. Head coaches and assistants have planned and prepared camp activities that will promote skill improvement and good sportsmanship, all while having fun! Visit [www.district196.org/ce](http://www.district196.org/ce) for specific camp information

## 2nd Annual Wildcat Multi-Sport Camp (grades 3-6)

Do you like playing more than one sport? Would you like to try a sport you have never played? Does the idea of playing multiple sports in one day sound awesome? For the second year, the coaches of Eagan High School have come together to create a four-day camp designed to teach young athletes the importance of playing multiple sports. Focus on basketball, lacrosse, football, wrestling and baseball. Skills will be taught by the coaches and varsity athletes from all five programs. Most importantly, the kids will see what it means to be a Wildcat athlete! Each day will offer multiple games and treats, and each camper will receive a t-shirt. No equipment required. Limited to the first 50 kids in each grade level. *Current Eagan High School coaches*

\* Mon-Thu | Jul 24-27 | 10am-4pm | 4 ses | \$100 | EHS | EMULTI-36

## Wildcat Boys Soccer Camp (grades 6-12)

Looking for a soccer camp that covers all the skill development steps needed to compete? Eagan High School varsity boys head coach Alan Merrick will provide instruction in tactical, technical and mobility soccer elements that are the foundation for superior play. All passing, shooting, ball-handling moves and dynamic play will be covered daily, and explored in small-sided games to ensure the most touches and repetitions on the ball. Middle school students are welcome and encouraged to attend! Receive quality training through age appropriate skills and game play. *Coach Merrick played professionally for 17 years for both the Minnesota Kicks of the North American Soccer League and West Bromwich Albion in England. He was also a member of various national level teams. He has coached the Minnesota Strikers, University of Minnesota men's club team, and Minnesota men's and women's select teams. He has also been very involved with training programs throughout the upper-midwest. He has earned the English Football Association badge, a USSF "A" License, a Canadian "A" License, and a National Soccer Coaches of America Association and NSCAA Premier License.*

\* Mon-Fri | Jun 12-16 | 9-11am | 5 ses | \$85 | EHS | EBSOC-612A

\* Mon-Fri | Jul 17-21 | 9-11am | 5 ses | \$85 | EHS | EBSOC-612B

## Wildcat Girls Soccer Tryout Prep Camp (Grades 8-12)

Interested in trying out for the Eagan High School girls soccer team? Get a jump on your preparation! Camp is intended to prepare student athletes for the actual tryout week. *Coach Turk is the head coach of Eagan High School girls varsity team (2014 MN State Champions). He has also won a national championship at the U15 Club Soccer level and coached at Hamline University and Concordia University St. Paul.*

\* Tue-Fri | Jul 25-28 | 10am-12:30pm | 4 ses | \$65  
EHS | EGSOCT-812

## Eagan Wrestling Camp/Red Shirt Training (grades K-6)

Focus on learning basic wrestling techniques through drills, games and more. Have fun while working with the high school coaching staff and wrestlers! Training is open to all levels of wrestlers. If you were in club or in-house wrestling, we suggest getting on the mat twice a week to work on your skills! *Coach Gage is the head wrestling coach at Eagan High School. He attended Augustana College in Sioux Falls where he wrestled and coached. He has been training athletes, including baseball, football and wrestling for 20+ years.*

\* Tue & Thu | Jun 13-Jul 27 | 9-10:30am | 12 ses | \$200  
EHS | skip Jul 4, 6 | EWRES-K6

## Eagan Wrestling Camp/Red Shirt Training (grades 5-12)

Take your wrestling to the next level with wrestling specific training and experienced coaching! Focus is on making you a better wrestler physically and mentally. Train Monday -Thursday with a focus on strength, wrestling technique and quickness. Great training for all athletes that want to take their skills to the next level. Program includes weight lifting and speed training four days per week along with wrestling training three days per week. Open to individuals who want to lift with the wrestlers, but don't wrestle. Training shirt is included. *Coach Gage*

\* Mon-Thu | Jun 12-Jul 27 | 9am-12pm | 24 ses | \$200  
EHS | skip Jul 3-6 | EWRES-512





# Eagan High School Sports Camps

## ES4 Speed, Strength and Conditioning Camp (grades 5-8)

Benefit from strength programming targeted specifically for your age group. Receive personalized instruction on fundamental techniques for speed and strength. Safety and technique will be the primary emphasis. Develop a great understanding of training techniques and improve your skills in the areas of speed, strength, agility, acceleration, first step quickness and anaerobic/aerobic fitness. *While playing football and baseball at Bemidji State University, Dave Christenson earned a degree in physical education and D/APE. He also received an MEd in health science. He has coached numerous sports for 18+ years and has been involved with three different high school weight training programs.*

\* Tue & Thu | Jun 13-Jul 27 | 10:30-11:45am  
13 ses | \$95 | EHS | skip Jul 4, 6 | ESC-58

## Eagan Wildcat Boys Basketball Camp (grades 1-12)

Get on the court and up your game! Improve your skills, practice with future Wildcat teammates and have fun playing summer basketball with Eagan High School head boys basketball coach, Matt Vollum, and his staff. Practice a variety of basketball skills and fundamentals through stations, tournaments, 3 v 3 and 5 v 5 games, along with contests and more ... some will include prizes! Participants receive a t-shirt. *Head coach Matt Vollum has over 17 years of basketball coaching experience including nine years as a head coach and has coordinated summer camps every year. He believes that building relationships with young players while having fun will help make for a successful basketball program. Coach Tschetter has coached both boys and girls basketball at Eagan High School and is currently an assistant coach for the boys program. He also has ten years of experience at the collegiate level.*

### Grades 1-3

\* Mon-Thu | Jun 12-15  
9-11am  
4 ses | \$100 | EHS  
EBBASK-13

### Grades 4-6

\* Mon-Thu | Jun 12-15  
11:30am-1:30pm  
4 ses | \$100 | EHS  
EBBASK-46

### Grades 7-9

\* Mon-Thu | Jun 12-15  
1:30-4pm  
4 ses | \$110 | EHS  
EBBASK-79

### Grades 9-12

\* Tue & Thu | Jun 6-29  
7:30-9am  
8 ses | \$50 | EHS  
EBBASK-912

## Do It Right Basketball Camp (girls and boys, grades 4-12)

Focus on individual offensive fundamentals with emphasis on shooting. Each offensive concept is broken down and refined in order to make you a better offensive player. To make for a great learning environment the player to coach ratio is 8:1 and led by high school and college coaches. Register quick as this camp filled up fast last year! Participants receive a t-shirt. *Coach Tschetter*

\* Mon-Thu | Jun 26-29 | 9am-12pm | 4 ses | \$120 | EHS | EBBASK-412

## 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

## Eagan Wildcat Girls Basketball Camp (grades 1-8)

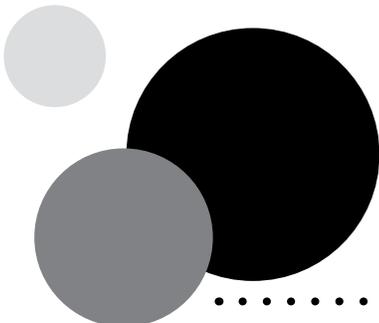
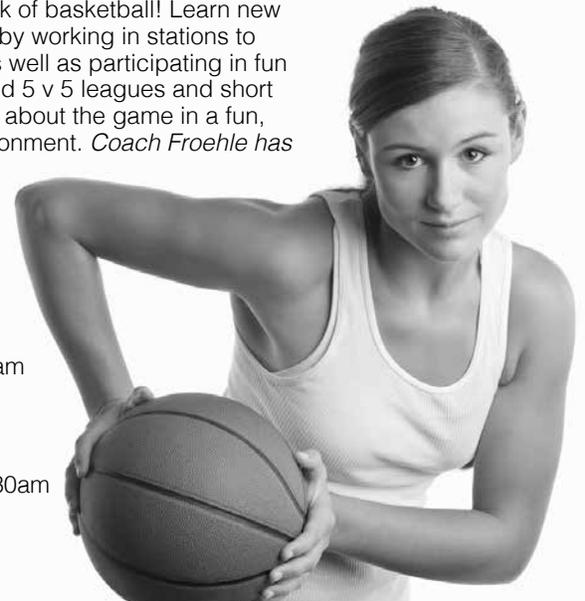
Join Eagan High School girls basketball coaches and varsity players for a great week of basketball! Learn new skills and improve your game by working in stations to practice fundamental skills, as well as participating in fun games, contests, and 3 v 3 and 5 v 5 leagues and short tournaments. Gain knowledge about the game in a fun, positive and competitive environment. *Coach Froehle has been coaching at the high school level for 12 years. He has been with the Eagan girls program since 2009 and head coach for the past two years.*

### Grades 1-5

\* Mon-Thu | Jun 12-15 | 9-11am  
4 ses | \$100  
EHS | EGBASK-15

### Grades 6-8

\* Mon-Thu | Jun 19-22 | 9-11:30am  
4 ses | \$100  
EHS | EGBASK-68



## Eagan Wildcats Dance Team Camp (grades 1-6)

Stretch and learn jazz and kick technique, play games and learn three different routines including jazz, high kick and hip hop from the Varsity Dance Team and coaches. Camp classes will be broken up according to age groups so that each dancer can be challenged by the appropriate level. Participants receive a t-shirt and will perform in the camp show on June 22. *Head coach Nicole Lonetree Brovold has over 17 years of varsity dance team coaching experience. She is currently in her eighth season as the head coach of the Eagan Competition Dance Team, where she was also a former dance team member. She has over 20 years of dance studio experience as a dancer and instructor.*

Tue-Thu | Jun 20-22 | 12-3pm  
3 ses | \$100 | EHS | EDTC-16

## Eagan Wildcat Football Clinic (grades 3-8)

The development of our youth is key to the strong foundation of Eagan football. Our youth football clinic is non-contact. We will stress the fundamentals of football while having fun, and providing friendly competition while stressing good sportsmanship. The basic concepts of Eagan's varsity defense and offense will be introduced. Position-specific drills and fundamentals will be taught by many of our Eagan varsity coaches. *Coach Hanson has ten years experience coaching varsity football and is entering his second season at Eagan High School.*

\* Mon-Thu | Jun 26-29 | 9-10:30am | 4 ses | \$65  
EHS | EFBALL-34

\* Mon-Thu | Jun 26-29 | 11am-1pm | 4 ses | \$65  
EHS | EFBALL-56

\* Mon-Thu | Jun 26-29 | 2:30-4:30pm | 4 ses | \$65  
EHS | EFBALL-78

## Eagan High School Junior Wildcat Gymnastics Camp (grades K-6)

Cartwheels, handsprings, rolls and more! Join the Eagan High School coaches and current gymnasts for a morning full of fun. Learn new skills through new games and gymnastic event stations. Participants receive a t-shirt. Campers can sign up for one, two or all three weeks! *Coach Eklund has coached high school gymnastics for the past 29 years including the past seven as head coach at Eagan High School where she is also a teacher. Her passion is working with kids and sharing her love for the sport of gymnastics.*

\* Mon-Thu | Jun 19-22 | 9:30am-12pm  
4 ses | \$80 | EHS | EGYM-K6A

\* Mon-Thu | Jul 17-20 | 12:30-3pm  
4 ses | \$80 | EHS | EGYM-K6B

\* Mon-Thu | Jul 31-Aug 3 | 9:30am-12pm  
4 ses | \$80 | EHS | EGYM-K6C

## Wildcat Baseball Camp - Instructional League (grades 4-6)

Implement fundamentals into game play! Each morning and afternoon session will have a 45-minute practice followed by an instructional game. Coaches will stop play to offer instruction and teach game strategies. Participants receive a t-shirt, if registered by May 27. *Coach Walsh has been the head varsity baseball coach at Eagan High School for the past 11 seasons and has coached at EHS for 26 years.*

\* Mon-Thu | Jun 12-15 | 9-11:30am | 4 ses | \$75 EHS | EBASEINST-46A

\* Mon-Thu | Jun 12-15 | 12-2:30pm | 4 ses | \$75 | EHS | EBASEINST-46B

## Wildcat Baseball Prospects Camp (grades 7-12)

Do you want to improve your skills and compete at the highest level of play possible? For players entering grades seven through twelve, focus on fundamentals, mechanics, mental approach and advanced baseball techniques. Sessions will be offered in pitching, hitting and fielding, and will include analysis of your current level of skill. Pitching sessions will coordinate with your summer program to limit the number of pitches thrown and arm care will be stressed. *Coach Walsh*

### Fielding

\* Mon-Thu | Jun 19-22 | 9-10:30am | 4 ses | \$75 | EHS | EBASEP-F1

\* Mon-Thu | Jun 26-29 | 9-10:30am | 4 ses | \$75 | EHS | EBASEP-F2

### Hitting

\* Mon-Thu | Jun 19-22 | 10:30am-12pm | 4 ses | \$75 | EHS | EBASEP-H1

\* Mon-Thu | Jun 19-22 | 12-1:30pm | 4 ses | \$75 | EHS | EBASEP-H2

\* Mon-Thu | Jun 26-29 | 10:30am-12pm | 4 ses | \$75 | EHS | EBASEP-H3

\* Mon-Thu | Jun 26-29 | 12-1:30pm | 4 ses | \$75 | EHS | EBASEP-H4

### Pitching

\* Mon-Thu | Jun 19-22 | 10:30am-12pm | 4 ses | \$75 | EHS | EBASEP-P1

\* Mon-Thu | Jun 19-22 | 12-1:30pm | 4 ses | \$75 | EHS | EBASEP-P2

\* Mon-Thu | Jun 26-29 | 10:30am-12pm | 4 ses | \$75 | EHS | EBASEP-P3

\* Mon-Thu | Jun 26-29 | 12-1:30pm | 4 ses | \$75 | EHS | EBASEP-P4

## Wildcat Baseball Camps - Offense and Defense (grades K-4)

### Defense Camp

Improve your defensive skills! Throw that player out at the plate! Have fun playing and learning baseball while improving skills through station activities, skill games and challenges. Fundamentals of throwing, catching, infield play and outfield play, along with pitching, will be covered. *Coach Walsh*

\* Mon-Thu | Jun 12-15 | 9-11:30am | 4 ses | \$75 | EHS | EBASE-K4D

### Offense Camp

Improve your skills at the plate! Have fun playing and learning about baseball, while improving skills through station activities, skill games and challenges. Fundamentals of hitting, bunting, base running and offensive strategies will be covered. *Coach Walsh*

\* Mon-Thu | Jun 12-15 | 12-2:30pm | 4 ses | \$75 | EHS | EBASE-K4O





# Eagan High School Sports Camps



## 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. 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. He has coached divers ranging from beginners to state qualifiers as well as Division One college divers for more than 20 years.*

### 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

## 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.