



Eastview High School

sports camps

register now
using your
2017-18 school
year grade

District 196 Community Education is pleased to be collaborating with the Eastview High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Eastview 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 for specific camp information for all grades!

Eastview Lightning Baseball Camp (grades 4-7)

Don't miss the fun of improving your game while having fun! Each day brings a combination of individualized and group instruction as well as fun and competitive events, some including prizes, that will challenge and test your skills. Learn from qualified Eastview High School coaching staff! Participants receive a t-shirt, prizes and a treat each day. *Tom Strey along with Mark Groebner have been coaching the Eastview High School varsity baseball team for the past 17 years. Coach Strey and Coach Groebner, along with the EVHS varsity team have extensive experience in providing a fun, instructional and positive baseball experience for the youth.*

Grades 4-5

* Mon-Thu | Jun 19-22 | 9am-12pm | 4 ses | \$100 | EVHS | EVBASE-45

Grades 6-7

* Mon-Thu | Jun 19-22 | 9am-12pm | 4 ses | \$100 | EVHS | EVBASE-67

Eastview Lightning Girls Soccer Camp (grades 9-12)

Take part in an awesome soccer opportunity and meet your future teammates and coaches. Have fun playing soccer, building skills and relationships while learning from high school coaches. This four-day camp coincides with the Super Group schedule and allows players to attend their club practices and games. Participants receive a t-shirt. *David Herem has been the head coach of the Eastview girls soccer program for the past seven seasons, advancing to the state tournament three times.*

* Mon-Thu | Jul 24-27 | 9-11am | 4 ses | \$60 | EVHS | EVGSOC-912

Eastview Boys Soccer Camp (grades 9-12)

Strive to excel as an Eastview Lightning varsity soccer player! Experience the importance of technical and tactical training, self-discipline, and teamwork in a structured and fun environment. Develop to your fullest potential. Receive a high level of instruction where



individual skills are addressed, developed then refined, tactically through the use of small and full sided games. Start laying a strong foundation in July for our season this fall in our quest to make it back to the state championship game for the 4th season. Participants receive a t-shirt. *Coach Gustafson is in his 14th year as head coach. He is actively involved with MYSA and currently holds a USSF "C" coaching license and NSCAA Advanced National Goalkeeping diploma. He has led the Eastview boys soccer team to the state 2AA soccer championship three times in the past six years; earning the school's first state championship in 2012.*

* Mon-Thu | Jul 10-13 | 8-10am | 4 ses | \$75
EVHS | EVBSOC-912

Eastview Gymnastics Summer Clinic (grades K-5)

Try gymnastics for the first time! Learn gross and fine motor skills, balance, flexibility, coordination and strength. Girls will learn skills on bars, beam and floor. *Brittany Stumpf is head gymnastics coach at Eastview High School.*

Grades K-5, Beginner

* Mon-Thu | Jun 19-22 | times vary
4 ses | \$80 4 days, \$40 2 days
EVHS | EVGYMA-Begin

Grades 2-5, Intermediate & Advanced

* Mon-Thu | Jul 10-13 | times vary
4 ses | \$80 4 days, \$40 2 days
EVHS | EVGYMA-Inter



more gymnastics on next page...



Eastview High School Sports Camps

Eastview Gymnastics Summer Training (grades 7-12)

For experienced gymnasts who are interested in joining the 2017-18 Eastview High School's gymnastics team. Receive instruction on all four events as well as strength and cardio conditioning. *Brittany Stumpf*

* Mon-Thu | Jun 12-Jul 27 | times vary | 24 ses | \$375
EVHS | EVGYM-712B (2 days)

* Mon-Thu | Jun 12-Jul 27 | times vary | 24 ses | \$450
EVHS | EVGYM-712A (4 days)

Eastview Lightning Girls Basketball Camp (grades K-7)

Learn new basketball skills while having fun with friends and Eastview High School coaches and players! Focus on learning the fundamental skills to becoming a strong player. Practice your skills while participating in team contests, a 3 v 3 league and a 5 v 5 league. EVHS staff take great pride and are very excited to work with youth basketball players as they develop the Lightning winning tradition. Participants receive a t-shirt, if registered by June 2. *Molly Kasper is in her second year as the Eastview High School girls basketball coach and has been doing camps for many years.*

Grades K-3

* Mon-Thu | Jun 19-22 | 12:30-3pm | 4 ses | \$100
EVHS | EVGBASK-K3

Grades 4-7

* Mon-Thu | Jun 19-22 | 8:30-11:30am | 4 ses | \$100
EVHS | EVGBASK-47

Eastview Lightning Girls Basketball Camp (grades 8-12)

High school players, train to improve, while building team chemistry! This summer long camp will provide opportunities to develop your individual skills, team defensive/offensive concepts, and to take part in 1 v 1, 3 v 3, and 5 v 5 games. Participants receive a t-shirt, if registered by June 2. *Molly Kasper*

* Mon, Tue, Thu | Jun 13-Jul 27 | 6:15-7:45am
15 ses | \$125 | EVHS | EVGBASK-812

Eastview Lightning Girls Basketball Offensive Skills Camp (grades 4-8)

Dribble, shoot and pass! Join the Eastview girls basketball coaching staff and players to focus on your shooting, passing, ball handling and 1 v 1 moves. Participants receive a t-shirt, if registered by June 2. *Molly Kasper*

* Mon-Wed | Jul 24-26 | 12:30-3:30pm
3 ses | \$60 | EVHS | EVGBASK-OS

Eastview Lightning Boys Basketball Camps (grades 1-10)

Develop basketball skills while preparing to be a part of a winning tradition! Players of all ages will benefit from the new skills, techniques and practice! Improve your game as you develop your skills and unselfish play, while learning the great game of basketball in a fun environment. Participants receive a t-shirt (for those participating in the grade level camps). Must register by May 31 to ensure a t-shirt. *Coach Goetz has directed basketball camps in District 196 for over 20 years. He brings a wealth of knowledge and energy to the gym on a daily basis. He has been a head basketball coach for 19 years and has recorded over 300 wins during that time.*



Grades 1-3

* Mon-Thu | Jun 12-15 | 9-11:30am | 4 ses | \$100 | EVHS | EVBBASK-13

Grade 4-6

* Mon-Thu | Jun 12-15 | 8:30-11:30am | 4 ses | \$100 | EVHS | EVBBASK-46

Grade 7-10

* Mon-Thu | Jun 26-29 | 8:30-11:30am | 4 ses | \$100 | EVHS | EVBBASK-710

Eastview Lightning Boys Basketball Ball Handling, Shooting and Footwork Camp (grades 6-10)

Focus on shooting and footwork techniques, and develop your offensive skills through a variety of practices including breakdown drills. *Coach Goetz*

* Fri | Jul 7 | 9-11am | \$40 | EVHS | EVBBASK-610

Lightning Fast Track and Field Camp (grades 1-9)

Go lightning fast! Track and field is a sport for everyone! Learn how to run, jump, and throw better, stronger and smarter. Learn about running technique, field events and overall training to become the best track athlete you can be. Receive individualized and group instruction, while learning from experienced varsity Eastview High School coaching staff. Leave camp with increased knowledge of running technique, relays, field events and your personal areas of strength in track and field. Show off your new track skills by competing in a track meet on our last day! Participants receive a t-shirt. *EVHS coaches*

* Mon-Thu | Jul 10-13 | 9-11:30am | 4 ses | \$80 | EVHS | EVTRAK-19

Eastview Lightning Football Camp (grades 2-12)

Discover the skills and schemes specific to playing football at Eastview High School. Emphasis is on fundamentals, skill development and fun! Lightning football camps are facilitated by EVHSI football coaches and held on the EVHS practice fields. Practice fundamentals and learn various concepts of the game. Participants receive a t-shirt. *Coach Sherwin has been involved in coaching for the past 24 years and is currently the head football coach at Eastview High School.*

Grades 2-8 (non-contact)

* Mon-Thu | Jul 17-20 | 9am-12pm | 4 ses | \$85 | EVHS | EVFBALL-28

Grades 9-12 (low-contact)

* Mon-Fri | Jul 10-14 | 9:30-11:45am | 5 ses | \$65 | EVHS | EVFBALL-912



20th Annual Eastview Lightning Wrestling Camp (grades 1-12)

Develop your wrestling skills! Learn basic fundamentals and skill development while having fun. Develop an aggressive style of wrestling, learn to compete in a supportive environment and build "Lightning Pride". Participants receive a t-shirt if registered by June 1 for grades 6-12 camp and July 14 for grades 1-9 camp. *Kurt Habeck and Nick Fornicoia have been teachers and coaches at Eastview High School since it opened in 1997.*

Grades 1-9, beginner, intermediate and advanced wrestlers

* Mon-Thu | Jul 24-27 | 9am-12pm | 4 ses | \$60
EVHS | EVWRES-19

Grades 6-12, aspiring EVHS wrestlers

* Mon-Wed | Jun-Jul | TBD | 13 ses | \$65 | EVHS
EVWRES-612

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. *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. 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



new Eastview Softball Camp (grades 4-6)

Designed for athletes to learn, develop and enhance their skills in all phases of softball. Come join the fun and learn more about hitting, grounding, teamwork and excellence! Become a better softball player by working with current Eastview Softball players and coaches. Our staff is eager to help you improve and develop into the best player possible! *Molly Kasper is in her first year of coaching Eastview High School girls softball.*

* Mon-Wed | Aug 7-9 | 12-2:30pm | 3 ses | \$50 | EVHS | EVSOFT-46

Eastview Lightning Tennis Camp (grades K-6)

Join Eastview High School coach Jeff Olsen for an exciting new format for learning and playing tennis. Utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, discover tennis in a way that is tailored to the age and size of the child. Scaling the game down assists in making the learning process easier, more fun and allows the child a smaller version of full court tennis. Bring racquet and water bottle. Participants receive a t-shirt, if registered by June 8. *Coach Olsen has been the boys and girls varsity tennis coach for the past 12 years. He is excited to share his knowledge and create a fun environment for kids learning the basics of tennis.*

* Mon-Thu | Jun 19-22 | 9-10:15am | 4 ses | \$75 | EVHS | EVTENN-1

* Mon-Thu | Jun 19-22 | 10:30-11:45am | 4 ses | \$75 | EVHS | EVTENN-2

Eastview Storm Center - Strength and Conditioning Camp (grades 6-8)

Interested in increasing your athletic ability? Take part in an introduction to the weight room and receive training suitable to your age and developmental needs to increase your athletic ability. Focus on agility training, core strengthening, basic strength training movements and speed development. Training will also focus on encouraging teamwork, improving character and making the Eastview Lightning a more athletically competitive school. Adhering to the Eastview foundation, work hard and strengthen both your mental and physical toughness. Participants receive a t-shirt. *EVHS coaches*

* Mon & Wed | Jun 12-Aug 9 | 10-11:15am | 16 ses | \$95 | EVHS | EVSC-68

Eastview Lightning Volleyball Camp (grades 2-5)

Want to learn to play the ultimate team sport? Then volleyball is for you! Come and learn the fundamentals of volleyball from Eastview High School coaches and players. Coaches will help you grow as an athlete, while learning the skills needed for passing, setting and hitting through fun drills and competitions! *EVHS coaches*

* Wed-Fri | Jul 12-14 | 10am-12pm | 3 ses | \$75 | EVHS | EVVBALL-25

Eastview Lightning Volleyball Camp (grades 6-8)

Looking to sharpen your skills as a volleyball player? Join us for a week of fun drills, exciting competitions, and learning from Eastview High School coaches and players who are ready to help you grow as a volleyball player. All skill levels are welcome. Bring a friend or come and make new friends as you enjoy the ultimate team sport! *EVHS coaches*

* Mon-Thu | Jul 17-20 | 8-11am | 4 ses | \$110 | EVHS | EVVBALL-68

Eastview Lightning Volleyball Camp (grades 9-12)

Let's grow! It's time to get ready for the high school season. This week long camp will give you a feeling for what is in store this season, as you focus on fundamentals, enhance your skills, and build teamwork and confidence as a player. *EVHS coaches*

* Mon-Thu | Jul 17-20 | 12-3pm | 4 ses | \$110 | EVHS | EVVBALL-912



Eastview High School Sports Camps

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. 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.