



Rosemount High School

sports camps

register now
using your
2017-18 school
year grade

District 196 Community Education is pleased to be collaborating with the Rosemount High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Rosemount 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 2017-2018 school year. Visit www.district196.org/ce for specific camp information for all grades.



new Irish Girls Hockey Camp (grades 5-12)

Improve your skating, puck skills, hockey sense, vision and speed. Learn how to have a championship attitude and strong work ethic while having fun. One hour ice sessions will be followed with a half hour dryland training session. Learn how to improve all areas of your hockey game. It is recommended that all returning and incoming high school players attend the summer training camp. *Coach Conboy played Division 1 collegiate hockey at Michigan State University and was drafted in the NHL by the Montreal Canadiens. He played professional hockey for eight seasons.*

* Mon, Tue, Thu | May 30-Jul 20 | 3:45-5:30pm
20 ses | \$400 | RHS | RGHOCK-512

Irish Junior Elite Soccer Camp (boys and girls, grades 1-6)

Players of all ability levels are encouraged to attend the Irish Junior Elite Soccer Camp and learn technical skills from coaches and players from both the girls' and boys' soccer programs. Take your game to the next level! Due to last year's success, a second week of camp has been added! Work on dribbling, passing, shooting, defending (tackling), and juggling. Led by Rosemount Irish boys coach Todd Farrington and features coach Ann Marie Kline of last year's state runner-up Irish girls soccer team. *Coach Farrington has coached at the club, high school and collegiate levels and is currently coaching with Minnesota Thunder Academy in their Elite Boys program and in their Developmental Academy. He holds a USSF C license, NCSAA Goalkeeper I and II license, and has been playing/coaching for 40 years.*

* Mon-Thu | Jun 12-15 | 8:30-11am | 4 ses | \$100 | RMS | RBSOC-612A

* Mon-Thu | Jun 19-22 | 8:30-11am | 4 ses | \$100 | RMS | RBSOC-612B





Rosemount High School Sports Camps

Irish Elite Soccer Camp (boys and girls, grades 7-12)

Come train with some of the top coaches in the state! Join coach Farrington and local elite Club, and collegiate coaches and players for five days of intense technical training through small games. Topics covered will include ball striking, first touch, higher-thinking distribution, communication, finishing, winning tackles and tactical awareness. Participants receive a t-shirt and shorts. *Greg Holker-Augsburg College Men's Coach/US Soccer Coach, Rob Zahl-Director of Minnesota Thunder Academy Elite Boys' Soccer/US Soccer Development Academy Coach, Mark Yuell-West Director Minnesota Thunder Academy & Development Academy Coach, Ralph Akale-US Soccer Development Academy Coach and former Cameroon National Team player, John Curtis-MYSA Director of coaching/US National Staff coach and coach Farrington*

* Mon-Fri | Jul 17-21 | 9am-12pm | 5 ses | \$185
RHS | RBSOC-ELITE

Irish Elite Keeper Clinic (boys and girls, grades 6-12)

Attention soccer goalies! Hall of Fame former Minnesota Thunder goalie, John Swallen, returns for his second year as our featured presenter at Irish Elite Keeper Clinic! Each 90-minute session is packed with training and instruction that will work you hard and raise your level of play. John was a three-sport star at Breck School. During his college career, he was a four-year letter winner as a football kicker and soccer goalkeeper. He played professional soccer for the Minnesota Thunder Soccer Club and was the starting goalie in five championship games. He was named the A-League MVP and Goalkeeper of the year in 1999. John is in the Hall of Fame at Breck School, Ripon College and the Minnesota Thunder Pro Soccer Team. Join us and learn from the best! Participants receive a t-shirt. *Coach Farrington*

* Mon-Fri | Jul 10-14 | 12:30-2pm | 5 ses | \$150
RHS | RBSOC-KEEP



Irish Boys Soccer 4 v 4 Summer League (grades 7-12)

Prepare for the upcoming season by joining coach Farrington and coach Lindell in a 4 v 4 summer league. Just like we've done every summer, the league will consist of a brief warm-up followed by several short 4 v 4 games played on small fields. Overall standings will be kept, and a champion will be crowned in the end. We look forward to seeing you this summer! *RHS coaches*

* Mon & Wed | Jun 12-Jul 12 | 9-11:45am | 8 ses | \$75 | RHS | RBSOC-4V4

Irish Girls 4 v 4 Soccer League (grades 9-12)

Work on soccer skills while having fun playing in small area, competitive games. 2017 marks the seventh summer of the 4 v 4 league for Rosemount High School women's soccer players. Participants will be placed on a team through a random drawing by team captains who are returning RHS players. Roster will have seven to eight players to allow plenty of playing time. The number of teams participating in the league will be determined by the number of program registrants (70+ last year!). Sessions will consist of two 40-minute games with a three minute break between each game. Winners will receive the champions t-shirt! Our Irish women's soccer program has become very strong and talented over the last ten years and with the talent we have throughout our program we will continue to see success. You are strongly encouraged to participate in our 4 v 4 league. This will also be a great opportunity to get to know some of the other players in our program. *Nicole Tompkins and RHS coaches*

* Wed | Jun 14-Jul 26 | 9-10:45am | 6 ses | \$50 | RHS | skip Jul 5 | RGSOC-912



Rosemount Irish Girls Basketball Camp (grades 1-12)

Fundamentals Camp (grades 1-3)

Learn and practice basketball with the Irish! Join Coach Orr, coaching staff and Rosemount High School players for a week of fun and skill building. Learn and improve your basketball skills by participating in games, fundamental skill work and exciting contests. Improve your basketball skills, make new friends and have fun! Participants receive a t-shirt. *Coach Orr is entering his sixth season as head coach of the Rosemount Irish girls varsity basketball team. He served as the assistant coach for the Rosemount High School boys program for nine years before becoming the head girls coach.*

* Mon-Thu | Jul 10-13 | 9-11am | 4 ses | \$70
RES | RGBASK-13

Offensive Camp (grades 4-9)

Concentrate on shooting, ball handling, passing and 1 v 1 moves! These offensive skills will be emphasized, practiced and developed through drills, 1 v 1 games, 3 v 3 games and other contests. Awards will be included! Participants receive a t-shirt and individual shooting evaluation. *Coach Orr*

* Mon-Thu | Aug 7-10 | 12-3pm | 4 ses | \$80
RHS | RGBASK-49

Triple Threat Club (grades 4-6)

Take your game to the next level! A typical session will consist of one hour of skill work and a half hour of 1 v 1, 3 v 3, 5 v 5 games and/or team offense/defense concepts. The main focus of the workouts will be on improving individual fundamentals and building team chemistry! Participants receive a dri-fit t-shirt. *Coach Orr*

* Tue & Thu | Jun 1-Jul 27
10-11:30am | 15 ses | \$90 | RHS | skip Jul 4, 6
RGBASK-Triple

Un-Common Club (grades 7-12)

Improve your basketball IQ and skills while building team chemistry! A typical session will consist of one and a half hour of skill work and a half hour of 1 v 1, 3 v 3, 5 v 5 games and/or team offense/defense concepts. The main focus of the workouts will be on improving individual fundamentals and building team chemistry! Participants receive a dri-fit t-shirt. *Coach Orr*

* Mon, Tue, Thu | Jun 1-Jul 27
times vary | 22 ses | \$115
RHS | skip Jul 3, 4, 6
RGBASK-712



Rosemount – Learn-by-Doing Track and Field Camp (girls and boys grades 4-8)

Discover the sport of track and field through a multi-event approach. Learn proper warm-up and cool-down drills, speed development drills and proper running form. Rotate through various events including long jump, high jump, sprints, hurdles, endurance events, pole vault and optional throwing events. *Coach Hatleli has been the head boys track and field coach at Rosemount High School for 14 years. He has coached both the high jump and horizontal jumpers at the University of St. Thomas for the past five seasons.*

* Mon-Thu | Jun 19-22 | 1-3pm | 4 ses | \$65 | RHS | RTRKT-48

Irish Gym - Bigger, Faster, Stronger (boys, grades 7-8)

Work with qualified trainers to enhance your overall strength and athleticism. Take part in both strength training activities and speed development. Learn the proper fundamentals for the core BFS lifts and carefully work on gradual strength gains appropriate for your body size and age. *RHS Coaches*

* Mon, Wed, Fri | Jun 12-Aug 11
7th grade: Mon, Wed, Fri: 9:30-11:30am
8th grade: Mon, Fri: 9:30-11:30am; Wed, 8:30-10:30am
26 ses | \$90 | RHS | skip Jul 3, 5, 7 | RBFS-78

Irish Gym - Irish Star Program (girls, grades 7-8)

Designed specifically for female athletes! Workouts feature more cross training elements and less free weight lifting. Focus on developing core strength, improving speed, agility and explosiveness. Specifically designed to help volleyball, basketball, track, tennis and soccer athletes. *RHS Coaches*

* Tue, Thu, Fri | Jun 13-Aug 11 | 8-10:30am
26 ses | \$90 | RHS | skip Jul 4, 6, 7 | RBFS-STAR

**We play for those who came before;
we set the standards
for those who will follow;
we are the Irish!**

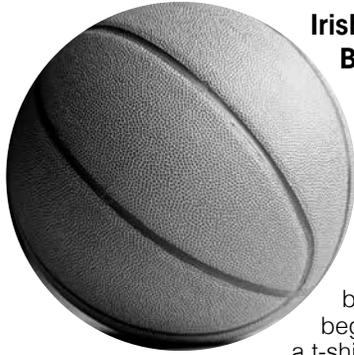


Rosemount High School Sports Camps

Rosemount Irish Introduction to Wrestling Camp (grades pre K-6)

Focus on the very basics of wrestling and see what fun and excitement wrestling has to offer! New wrestlers will receive individual attention providing a great introduction to skills at a comfortable pace. If your child has a lot of energy, this camp is for him! *Justin Englin has been coaching wrestling for 12 years. He was a state qualifier in high school. Justin brings great enthusiasm and has a great rapport with the wrestlers and their parents.*

* Mon-Thu | Jul 10-13 | 9-10:30am | 4 ses | \$70 | RHS | RWRES-PK6



Irish Skills Academy - Rosemount Boys Basketball (grades 1-12)

Enjoy all aspects of basketball while developing skills and expanding your knowledge of the game! Sessions will consist of one and a half to two hours of skill work and training in preparation for competition at the next level. Workouts will focus on improving individual fundamentals (shooting, ball-handling, passing, defense, 1 v 1 move), strength and conditioning, and general basketball knowledge. Players of all ages from beginner to high level will benefit. Participants receive a t-shirt. *Coach Shelton is entering his fourth year as the boys head coach at Rosemount High School.*

Grades 1-3

* Mon, Tue, Thu | Jun 26-28 | 9-11am | 3 ses | \$60 | RP | RBBASK-13

Grades 4-5

* Tue | Jun 13-Jul 25 | 11:30-1pm | 6 ses | \$80 | RHS | skip Jul 4 | RBBASK-45

Grades 6-7

* Tue | Jun 13-Jul 25 | 1-3pm | 6 ses | \$85 | RHS | skip Jul 4 | RBBASK-67

Grades 8-9

* Thu | Jun 15-Jul 27 | 12-2pm | 6 ses | \$85 | RHS | skip Jul 6 | RBBASK-89

Grades 10-12

* Thu | Jun 15-Jul 27 | 5-7pm | 6 ses | \$85 | RHS | skip Jul 6 | RBBASK-1012

Rosemount Irish Girls Lacrosse Camp (grades 6-12)

Practice your lacrosse skills, expand your knowledge of the game, build meaningful relationships with teammates and stay active this summer. Participate in a variety of drills throughout the week and apply concepts in mini scrimmage sessions. Bring a female lacrosse stick, protective goggles and mouth guard. A water bottle and cleats are highly recommended. *Coach Caitlin Hart played RAVE and East Valley lacrosse in high school as well as club lacrosse at Winona State University. She is the assistant coach for the Rosemount High School girls varsity team.*

Grades 6-8

* Tue, Wed, Thu | Jul 11-27 | 1-2:30pm | 9 ses | \$90 | RHS | RGLAX-68

Grades 9-12

* Tue, Wed, Thu | Jul 11-27 | 2:30-4pm | 9 ses | \$90 | RHS | RGLAX-912



Rosemount Boys Lacrosse Summer Camp (grades 9-12)

Train for the Rosemount High School boys lacrosse team this summer! Strengthen your fundamentals and team play for the RHS boys lacrosse team. Compete against the other top teams in the state to push your program to continue the tradition of being an upper level

lacrosse program. Includes two training sessions a week on Monday and Tuesdays from 6:30 to 7:30am followed by a summer league game played on Wednesday nights. *Lance Kuehn is the head coach at Rosemount High School and a head coach for Team Minnesota. He teaches chemistry and physics at RHS. He appreciates the hard work and teamwork required to play the sport of lacrosse.*

Training

* Mon & Tue | Jun 12-Jul 31 | 6:30-7:30am
13 ses \$50 | RHS | skip Jul 3 | RBLAXL-Training

Training + League Play

* Mon-Wed | Jun 12-Jul 31 | 6:30-7:30am
and Wed | Jun 14-Jul 26 | 6:30-7:30pm
19 ses | \$150 | RHS | skip Jul 3-5
RBLAXL-Training+League

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

Register
for both
lacrosse
camps and
save \$15!
enter promo code
LACROSSE



Irish Volleyball Skill Development (grades 3-12)

Improve your volleyball skills and understanding of the game this summer. Sessions include fundamental skill development, position specific skill focus (setter, middle hitter, etc.) team offense, team defense and games. Participants receive a t-shirt, if registered by June 1. *Smokey Vitek is the Rosemount High School head volleyball coach. She has over ten years of coaching experience at the college, high school and youth levels, along with over 20 years of playing experience at the high school, college and recreational levels.*

Future Stars - Novice (grades 3-6 with little experience)

* Mon-Thu | Jul 31-Aug 3 | 10am-12pm | 4 ses | \$60 | RHS | RVBALL-36

Future Stars - Advanced
(grades 4-6 with experience in traveling or JO volleyball)

* Wed | Jun 14-Jul 26 | 1-3pm | 6 ses | \$60 | RHS | skip Jul 5 | RVBALL-46

Rising Stars (grades 7-9)

* Mon & Wed | Jun 12-Jul 26 | 10am-12pm | 12 ses | \$100
RHS | skip Jul 3, 5 | RVBALL-79

Elite (grades 10-12; grade 9 by invite only)

* Mon & Wed | Jun 12-Jul 26 | 8-10am | 12 ses | \$110
RHS | skip Jul 3, 5 | RVBALL-1012

Queens of the Court Volleyball League (grades 4-9)

Join this fun and educational league where teams of four play against other teams of similar caliber. Players receive lots of touches on the ball in a relaxed, but competitive environment. Teams consist of four players on the floor at a time, but can include more to cover for vacations and other conflicts. League games are played during six evenings with starting times at 7, 8 or 9pm. All players must register.

* Wed | Jun 14-Jul 26 | 7-9:30pm | 6 ses | \$15 | RHS | skip Jul 5 | RVBQL-49



Rosemount 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. 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

Irish Swim Camp (grades 4-12)

Rosemount swimmers gain experience from the Rosemount High School swim and dive team. Participate in one hour of technique work and two hours of conditioning where the technique is applied. All levels are welcome. *Jake Kemna is the head coach of the girls and boys swim and dive team at Rosemount High School. He led the girls team to three consecutive conference and section titles. He earned 2014 and 2016 Section Coach of the Year.*

* Mon-Fri | Jun 12-16 | 8-11am | 5 ses | \$75
RMS | RSWIM-1
* Mon-Fri | Jul 10-14 | 8-11am | 5 ses | \$75
RMS | RSWIM-2



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.