

# 2010 H-F Athletic Summer Camps

## Badminton

Participants: 6<sup>th</sup> – 12<sup>th</sup> grade  
June: 14-17  
Time: 6pm – 8pm  
Location: Fieldhouse  
Cost: \$60  
Coach: Tracy Badger  
Phone: (708) 335-5166

## Boys Basketball

Session A Participants: 4<sup>th</sup> – 8<sup>th</sup> grade  
June: 14-18, 21-25  
Time: 8am – 10am  
Location: South Gym  
Cost: \$100  
Session B Participants: 9<sup>th</sup> – 10<sup>th</sup> grade  
June: 14-18, 21-25  
Time: 10:30am – 12:30pm  
Location: South Gym  
Cost: \$100  
Coach: Andy Gaus  
Phone: (708) 335-5766

## Girls Basketball

Session C Participants: 5<sup>th</sup> – 12<sup>th</sup> grade  
June: 14-18  
Time: 1:30pm – 3:30pm  
Location: North Gym/Fieldhouse  
Cost: \$60  
Coach: Ryan Sheriff  
Phone: (708) 335-5233

## Baseball

Participants: 7<sup>th</sup> – 10<sup>th</sup> grade  
June: 14-17  
Time: 10am – 12pm  
Location: Varsity Diamond  
Cost: \$60  
Coach: Todd Sippel  
Phone: (708) 335-5234

## Boys/Girls Cross Country Fun Runs

Participants: 9<sup>th</sup> – 12<sup>th</sup> grade  
June: 14, 16, 18, 21, 23, 25, 28, 30  
July: 2, 5, 7, 9, 12, 14, 16, 19, 21, 23  
Time: 8am – 9am  
Location: South Gym Entrance  
Cost: None  
Boys Coach: Brian McCarthy  
Phone: (708) 335-5607  
Girls Coach: Betsy McCabe  
Phone: (708) 335-5715

## Field Hockey

Session A Participants: 6<sup>th</sup> – 9<sup>th</sup> grade  
June: 14-18  
Time: 11am – 1pm  
Location: Varsity Field Hockey Field  
Cost: \$60  
Session B Participants: 10<sup>th</sup> – 12<sup>th</sup> grade  
June: 14-18  
Time: 1pm – 3pm  
Location: Varsity Field Hockey Field  
Cost: \$60  
Session C Participants: 10<sup>th</sup> – 12<sup>th</sup> grade  
July: 19-23  
Time: 1pm – 3pm  
Location: Varsity Field Hockey Field  
Cost: \$60  
\*Note: \$90 if you attend both Sessions B & C  
Coach: Ronnie Falkner  
Phone: (708) 774-9344

## Girls Gymnastics

Participants: 6<sup>th</sup> – 12<sup>th</sup> grade  
June: 15, 17, 22, 24, 29 July 1  
Time: 1:30pm – 3:30pm  
Location: North Gymnastics Room  
Cost: \$50  
Coach: Kathryn Stolzenbach  
Phone: (708) 335-5635

## Football

Session A Participants: K – 6<sup>th</sup> grade  
July: 12-15  
Time: 9am – 10:30am  
Location: Stadium  
Cost: \$50  
Session B Participants: 7<sup>th</sup> - 8<sup>th</sup> grade  
July: 12-15  
Time: 11am – 1pm  
Location: Stadium  
Cost: \$50  
Session C Participants: 9<sup>th</sup> grade  
June: 28-30  
July: 1, 5-8, 12-15, 19-22  
Time: 1:30pm – 4:30pm  
Location: Stadium  
Cost: \$200  
Session D Participants: 10<sup>th</sup> – 12<sup>th</sup> grade  
June: 14, 15, 17, 21, 22, 24, 28, 29  
July: 1, 5-8, 12-15, 19-22, 26-29  
Time: SAC 6am – 7:45am & Skills 5pm – 8pm  
Location: South Weight Room/Stadium  
Cost: \$200  
Coach: Brian McLaughlin  
Phone: (708) 335-5308

## Boys Gymnastics

Session A Participants: 9<sup>th</sup> – 12<sup>th</sup> grade  
June: 14, 16, 18, 21, 23, 25  
Time: 3:30pm – 5:30pm  
Location: North Gymnastics Room  
Cost: \$50  
Session B Participants: 9<sup>th</sup> – 12<sup>th</sup> grade  
June: 28, 30 July: 2, 5, 7, 9  
Time: 3:30pm – 5:30pm  
Location: North Gymnastics Room  
Cost: \$50  
Coach: Peter Kallend  
Phone: (708) 323-0483

# Registration Forms Available in the Athletic Office or under links for each sport at [www.athletics2000.com/hf/](http://www.athletics2000.com/hf/)

## Lacrosse

Session A Participants: 5<sup>th</sup> – 8<sup>th</sup> grade  
June: 14, 16, 18, 21, 23, 25, 28, 30 July: 2  
Time: 6pm – 8pm  
Location: Stadium  
Cost: \$100-\$150  
Session B Participants: 9<sup>th</sup> – 12<sup>th</sup> grade  
July: 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30  
Time: 6pm – 8pm (M/F) and 8pm – 10pm (W)  
Location: Stadium  
Cost: \$100-\$150  
Coach: Mark Thompson  
Phone: (708) 557-9146

## Pom-Pons

Session A Participants: 1<sup>st</sup> – 4<sup>th</sup> grade  
June: 21-24  
Time: 1pm – 3pm  
Location: North Building Dance Studio  
Cost: \$60  
Session B Participants: 5<sup>th</sup> – 8<sup>th</sup> grade  
July: 5-8  
Time: 1pm – 3pm  
Location: North Building Dance Studio  
Cost: \$60  
Coach: Amanda Harrington  
Phone: (708) 335-5392

## Boys/Girls Soccer

Location: Flossmoor Rd/Kedzie Field  
Session A Participants: K – 6<sup>th</sup> grade  
June: 28-30 July: 1  
Time: 11:00am – 12:30pm  
Cost: \$50  
Sessions B-D Participants: 7<sup>th</sup> – 12<sup>th</sup> grade  
June: 14-17, 21-24, 28-30 July: 1  
Time: 1:30pm – 3:30pm  
Cost: \$65 per week  
\*Note: \$150 if you attend all Sessions B-D  
\*\* There is a discount for families with multiple athletes.  
Coach: Todd Elkei  
Phone: (708) 335-5296

## Softball

Session A Participants: 6<sup>th</sup> – 9<sup>th</sup> grade  
June: 14-18  
Time: 9am – 11am  
Location: Varsity Diamond  
Cost: \$60-\$70  
Session B Participants: 3<sup>rd</sup> – 5<sup>th</sup> grade  
June: 21-25  
Time: 9am – 11am  
Location: Varsity Diamond  
Cost: \$60-\$70  
Coach: Angie Altman  
Phone: (708) 335-5636

## Boys/Girls Swimming

Participants: 7<sup>th</sup> – 12<sup>th</sup> grade  
June: 7-10, 14-17, 21-24, 28-30  
July: 1, 5-8, 12-15  
Time: 8:15am – 9:45am  
Location: Natatorium  
Cost: \$125/\$185  
H-F Swim Club Contact: Jen Sesto  
Phone: (708) 826-8401

## Viking Diving

Participants/Time:  
Beginners (limit 10): 5:30pm – 6:30pm  
Intermediate (limit 16): 6:30pm – 7:30pm  
Advanced/HS (limit 18): 7:30pm – 8:30pm  
June: 21-25, 28-30 July: 1-2  
Location: Natatorium  
Cost: \$100-\$140  
Coach: Rick Carlson  
Phone: (708) 798-4143

## Girls Tennis

Participants: 7<sup>th</sup> – 12<sup>th</sup> grade  
Beginners/Intermediate should contact the HFPD  
Advanced should contact Coach Sacks  
Coach Michael Sacks  
Phone: (708) 335-5721

## Boys/Girls Track

Participants: K – 9<sup>th</sup> grade  
June: 14-18, 21-25  
Time: 9am – 10:50am  
Location: Stadium  
Cost: \$50 per week  
\*\* There is a discount for families with multiple athletes.  
Coach: Rob Assise  
Phone: (708) 799-3000 x5861

## Boys/Girls Volleyball

Session A Participants: 5<sup>th</sup> – 8<sup>th</sup> grade  
July: 19-23  
Time: 11:30am – 1:00pm  
Location: Fieldhouse  
Cost: \$50  
Session B Participants: 9<sup>th</sup> – 12<sup>th</sup> grade  
July: 19-23, 26-30  
Time: 1:30pm – 4pm  
Location: Fieldhouse  
Cost: \$100  
Coach: Tony Kruse  
Phone: (708) 799-3000 x5271

## Boys Water Polo

Participants: 7<sup>th</sup> – 12<sup>th</sup> grade (District Only)  
June: 7-10, 15-18, 21-24, 29, 30  
July: 1-2, 5-8, 13-16  
Time: 6:30am – 8am  
Location: Natatorium  
Cost: \$125  
Coach: Tim Caldwell  
Phone: (708) 335-5533

## Wrestling

Participants: 7<sup>th</sup> – 12<sup>th</sup> grade  
June: 7-11  
Time: 5:30pm – 7:30pm  
Location: North Varsity Wrestling Room  
Cost: \$50  
Coach: Brett Geijer  
Phone: (708) 335-5026