

WOODBIDGE ATHLETIC SUMMER CAMPS — 2019



WOODBIDGE HIGH SCHOOL

ATHLETIC SUMMER CAMPS 2019

GIRLS BASKETBALL

Cost: \$275 – Returning Varsity and JV
\$100 – Freshman/New Players

Director: Keith Clarkson, Head Coach
Questions: keithclarkson@iusd.org
Go to athleticclearance.com by June 1st

Woodbridge Basketball Head Coach Keith Clarkson is entering his third full season as the Warriors varsity coach. The Lady Warrior program history includes 25 league titles, 7 CIF Finals, and 3 California State Finals appearances.

Potential Varsity: (Grade 9-12) (Coach's discretion)
Monday-Saturday, June 10—July 19 *No Camp July 4th
[Camp practice: 4:15pm-6:00pm, WHS gym]

Potential JV: (Grade 9-12) (Coach's discretion)
Monday-Saturday, June 10—July 19 *No Camp July 4th
[Camp practice: 2:30pm-4:00pm, WHS gym]

Incoming Freshmen/New Players:
Monday-Thursday, June 10—June 20 (Tryout #1 June 21,
2:30pm)
[Camp practice: 2:30-4:00pm, WHS gym]

The camp consists of individual and team skill development provided by the staff at WHS. It is not mandatory to be in attendance every day to be involved in the camp. There will be 2 tryouts held for next year's final school teams. One will be held at the conclusion of the camp, and the 2nd will be held after school begins in August. You do not need to be enrolled in the camp to attend the first tryout in June. If you have any questions, please feel free to email Coach Clarkson at keithclarkson@iusd.org.

GIRLS LACROSSE

Cost: \$275
Director: Grant Davis, Head Coach
Questions: grantdavis@iusd.org
Go to athleticclearance.com by June 1st

The summer program is designed for all returning Woodbridge Varsity athletes as well as any current Woodbridge students or incoming Woodbridge 9th graders interested in playing or learning about the sport of lacrosse. No prior playing experience is necessary. The camp will focus on skill development and fundamentals, fitness, and the basics of team play. Experienced players should bring their goggles and sticks; starter equipment will be available for loan for beginning players, and information about acquiring equipment will be provided at the camp. Come be a part of the fastest growing sport in the United States!

Dates: 6 weeks split as detailed below. Please attend as much of camp as you are able:

Session 1: Monday-Thursday, June 17-July 18; no practices the week of 7/1. New Players 12:30-2:30pm; Returning Players 2:30-4:30pm

Session 2: Monday-Thursday, August 5 – August 15; New Players 11am-1pm; Returning Players 9-11:30am

Location: TBA, check Girls Lacrosse page on www.woodbridgewarriors.com or email Coach Davis for updates.

In addition, for insurance purposes, all athletes participating in the program must become members of US Lacrosse. Athlete memberships are \$35 and can be acquired at <http://www.uslacrosse.org>. Athletes should inform the coach of their membership number on the first day of practice.

GIRLS SOCCER

Cost: \$275
Director: To Be Announced
Questions: mattcampbell@iusd.org or (949) 936-7975
Go to athleticclearance.com by June 1st

Become a part of the WHS Warriors GSOC program! The summer season is designed to prepare each player fundamentally with challenging exercises and competitions, while forming a foundation of chemistry, commitment and dedication for the upcoming season led by the program's staff.

Date/Time: TBD

Attire: Soccer apparel. Black shorts, socks, and gray/white shirt, shin guards, cleats, water, sunblock. (Summer gear can be ordered)

Who: All players interested in WHS GSOC for 2019 –2020 school year.

GIRLS SOFTBALL

Cost: \$75
Director: Jerry Rose, Head Coach
Questions: jerryrose@iusd.org or (949) 394-8838
Go to athleticclearance.com by June 1st

This is a preparatory program with emphasis on: Hitting Skills - Game Tactics - Game Preparation - Fielding Skills - Bunting Techniques - Conditioning - Base Running - Position Play - Defensive Positioning. Camp is highly recommended for returning JV players.

Dates: June 10 - June 13, 1:00pm-3:30pm

Location: Deanna Manning Stadium

GIRLS WATER POLO

Cost: \$275
Director: Dion Gray, Head Coach
Questions: diongray@iusd.org or diongray@cox.net
Go to athleticclearance.com by June 1st

Dates: June 11th - July 12th, Monday-Friday
* No Camp June 10th or July 4th & July 5th

New Players: 2:00pm-4:30pm

Returning Players: 2:00pm-5:00pm

All practices will be held at the Woodbridge High School Pool. Attend as many practices as you can. Bring suit, towel, cap, goggles and sunscreen. In addition, we will be playing in two summer leagues with games at night. Varsity level players will play on Monday nights, Frosh-Soph players on Wednesday nights, all at Aliso Niguel HS.

BOYS/GIRLS - CROSS COUNTRY

Cost: \$275
Director: Bryan Pacheco, Head Coach
Questions: bryanpacheco@iusd.org
Go to athleticclearance.com by June 1st

The Woodbridge Cross Country coaches have coached for a number of years and have worked with a number of league, CIF and State individual and team champions.

Objectives/benefits: Prepare runners for the fall cross country season by improving long distance endurance, speed, and running technique. This camp is also open to athletes from other sports who want to improve their fitness, speed, and running form. Preparation includes a running/technique program, as well as a strength training program.

Daily Activities will include:

- Distance runs to increase endurance for all athletes and especially for the cross country athletes (first-time athletes should be able to run continuously for 5 miles by the end of the camp).
- Speed drills and plyometrics to improve strength, speed, agility, and athleticism.
- Strength training for more power.

Location: WHS Track Area (by Fitness Room)

Camp: Strength Training begins June 10th
June 24th— August 2nd (*5k on July 4)
7:00am-9:00am (additional optional training after)

BOYS/GIRLS - TENNIS

Cost: Boys \$75, Girls \$75
Director: Ryan Sabado, Head Coach
Questions: ryansabado@iusd.org or (424) 558-1731
Go to athleticclearance.com by June 1st

Coach Ryan Sabado returns for his 8th season as the Varsity Boys & Girls Tennis coach at Woodbridge. The Woodbridge Summer Tennis Camp is one week long. This camp is for athletes of all skill levels who are interested in developing footwork, strength, and endurance. Bring appropriate tennis gear and apparel.

This is a preparatory program with emphasis on the following:

Serves – Ground Strokes – Volleys – Point Play – Live Ball Action – Singles/Doubles Strategies and Positioning – Point Development – Conditioning – Team Development

Dates & Times:

Girls: July 8 – July 12 1:00pm – 3:00pm

Boys: July 15 – July 19 1:00pm – 3:00pm

Location: Woodbridge High Tennis Courts

BOYS/GIRLS - TRACK & FIELD

Cost: \$275
Director: Aaron Craver, Head Coach
Questions: aaroncraver@iusd.org or (949) 394-3085
Go to athleticclearance.com by June 1st

The Woodbridge Summer Track & Field Camp is six weeks. This camp is for athletes of all skill levels who are interested in developing speed, strength, and endurance. Just bring water, clothes, and shoes appropriate for working out.

Objectives/benefits: Prepare athletes for the spring Track and Field season by improving speed, explosiveness, and technique. This camp is also open to athletes from other sports (football, track, basketball, soccer, baseball, etc.) who want to improve their fitness, speed, and running form. Preparation includes a running/technique program as well as a strength training program.

Daily Activities will include:

- Speed training, hurdle technique, and two road runs per week to increase endurance.
- Hill training and plyometrics for explosive strength, speed, agility, and athleticism.
- Weight lifting for more power and strength.

Location: WHS Track, Fitness Center and Weight Room
Meet at the track

Dates: June 17—July 31, Monday-Thursday
7:00am-9:00am

BOYS/GIRLS - VOLLEYBALL

Cost: \$150
Director: Alan Ho, Head Coach
Questions: alanho@iusd.org or (949) 936-7844
Go to athleticclearance.com by June 1st

Coach Alan Ho returns for his 10th season as the Varsity Boys & Girls Volleyball coach at Woodbridge. The program will focus on basic skills and techniques such as passing, serving, setting, and hitting with an emphasis on the techniques that will be used during the coming season. All levels are strongly encouraged to participate.

Location: Gym at Woodbridge High School
Boys: Tues/Thurs, July 10-19, 8:00am-10:00am
Girls: Mon/Wed/Fri, July 9- 18, 8:00am-10:00am

Strength and conditioning (returning girls players): 10:00am-11:30am

Strength and conditioning (all boys): 10:00am-11:30am

Girls Varsity candidates: 10:00am-12:00pm (Coach's discretion)

BOYS (Season)

- * Baseball (spring)
- * Basketball (winter)
- * Cross Country (fall)
- * Lacrosse (spring)
- * Football (fall)
- * Lacrosse (spring)
- * Soccer (winter)
- * Tennis (spring)
- * Track & Field (spring)
- * Volleyball (spring)
- * Water Polo (fall)
- * Wrestling (winter)

GIRLS (Season)

- * Basketball (winter)
- * Cross Country (fall)
- * Lacrosse (spring)
- * Soccer (winter)
- * Softball (spring)
- * Tennis (fall)
- * Track & Field (spring)
- * Volleyball (fall)
- * Water Polo (winter)
- * Swim-Coed (spring)

★★★IMPORTANT★★★

ALL ATHLETES MUST HAVE 2019-20
ON-LINE ATHLETIC CLEARANCE
COMPLETED BY SATURDAY, JUNE 1st.
This includes returning athletes &
incoming 9th graders.
Go to athleticclearance.com

★★★NO EXCEPTIONS★★★



WOODBIDGE ATHLETIC SUMMER CAMPS — 2019

ATHLETIC CLEARANCE INSTRUCTIONS:

For FIRST TIME Athletic Clearance (Due by 6/1)

- Go online at athleticclearance.com
- Watch the video tutorial **BEFORE** creating your account
- Create an account for the 2019-2020 school year
- Once your account has been created, scan and upload your physical to your clearance account. You are not cleared until we have a current physical on file.

For all RETURNING ATHLETES (Due by 6/1)

- Log into your clearance account
- Update your information to 2019-2020
- Edit your personal information
- Upload an up to date physical. You are not cleared until we have a current physical on file.

If you don't have a scanner:

- Use your phone camera
- Email it to yourself
- Save it on your computer
- Upload it to your account

Questions? Call Rick Gibson at: [949-936-7918](tel:949-936-7918) or email rickgibson@iusd.org.

NO REFUNDS

THERE WILL BE NO PRO-RATED FEE FOR ANY CAMP

Woodbridge Athletic Summer Camps

Please join us for our recreational Summer Camp where we will work on skill development, fundamentals, agility, and conditioning.

- Summer Athletic Camps are open to all high school students, are purely recreational, and completely voluntary.
- Daily attendance aids in development, but is not required.
- Participation in Summer Athletic Camps is not for credit or a prerequisite for equal access to participate in athletics during the school year.
- For final team tryout dates for Fall Sports, please contact the Head Coach of the sport.
- Final team tryout dates for Winter & Spring Sports will be announced at the start of school.
- "Potential" teams do not determine the making of a team, this designation is for camp purposes only.
- IUSD does not discriminate in enrollment in or access to any athletics program available.
- Admission to these programs is based on age appropriateness, team roster space, aptitude and meeting academic and behavioral eligibility requirements.
- The lack of English skills shall not be a barrier to admission to or participation in the District's activities and programs.
- See BP Nondiscrimination Policy 5145.5 for more information and who to contact.
- **WE ENCOURAGE ATHLETES TO PARTICIPATE IN AS MANY SPORTS AS POSSIBLE** (conflicts will be worked out)

CAMP REGISTRATION

Registration/payment for all our athletic summer camps will be processed through our webstore. Athletes may access our online webstore at www.woodbridgehigh.org

1. In the "**QUICKLINKS**" section of the WHS website, click "**Webstore**" to access online payment.
2. Follow the Webstore instructions for login. (**DO NOT** set up a new Webstore account. Accounts for all 2019-20 WHS students have already been created, including incoming freshmen.) **DO NOT CHANGE YOUR PASSWORD.**
3. After logging in, select "**Summer Camps**" under the "**Departments**" tab on the left.
4. Select the desired camp(s) to be added to the student's cart and complete checkout via American Express, MasterCard, Visa or Discover card.

BOYS BASEBALL

Cost: \$275
Director: Ryan Brucker, Head Coach
Questions: ryanbrucker@iusd.org
Go to athleticclearance.com by June 1st

Meet at Windrow Park on Monday, June 17th, 11:30am. Come dressed for practice. Bring your baseball equipment with you.

Dates: Monday, June 17—Thursday, July 18
OFF: July 3rd, July 4th, **No Camp on Fridays.**
Frosh:
Time: 11:30am-2:00pm

Varsity & JV: See Coach Brucker for details.

BOYS BASKETBALL

Cost: \$275
Director: John Halagan, Head Coach
Questions: johnhalagan@iusd.org or (949) 936-7836
Go to athleticclearance.com by June 1st

Director: Head Coach John Halagan enters his 28th season at the helm of the Warrior program. Warrior lower level teams have captured 41 league titles since 1985. The Varsity team has won nine league titles during Coach Halagan's tenure. Previous Varsity playoff history includes four trips to the CIF finals (87, 88, 91, 97), two CIF titles (87 and 97), and the 2A State title in 1987.

Dates-Times-Location

Varsity team: Tuesday, June 11 – Wednesday, July 10 (*Off July 4)
Optional skill development-10:00am-1:00pm Mon-Thurs, Main Gym
Practice: 1:00-2:15pm T/Th WHS Main Gym
Team pre-game shooting: 12:15-1:00pm M/W, WHS Main Gym

Summer League games-Mondays and Wednesdays 3:50-8:30pm
TBD @ Marina HS June 17 – July 10

There will be two weekend tournaments @ UCI (TBD) and Concordia (TBD June 28-30 or July 5-7); All games TBD

JV team: Tuesday, June 11 – Wednesday, July 10
Optional skills development- 10am-1:00pm Mon-Thurs, Main Gym
Practice 1pm - 2:15pm T/Th, WHS Small Gym
Team pre-game shooting-12:15-1:00pm M/W, WHS Small Gym

Summer League games-M/W 3:00 – 8:00 TBD @ Aliso Niguel HS, June 12 – July 10
There will be one weekend tournament @ Concordia (TBD June 28-30 or July 5-7) Games TBD

Incoming 9th Grade Clinic: *Mondays and Wednesdays only, June 12 through July 10
(First clinic day Wednesday, June 12)
** Clinic times – 1:00pm-2:30pm, WHS Main Gym
(Also open gym time from 10:00am-1:00pm before each clinic)

The clinic for all incoming 9th graders will be conducted by the WHS coaching staff. Clinic instruction will address offensive skills, defensive techniques, transition play and team motion concepts. Players will build up to 5 on 5 games to instruct proper team play. This clinic is an opportunity to enhance skills for those interested in trying out for basketball at WHS.

Tryout dates for all new players interested in basketball:
First tryout: **Thurs, July 11, 1:00pm-2:30pm** WHS Main Gym
Second tryout: **Mon, Aug. 26, 7:00pm-8:30pm** WHS Main Gym

FOOTBALL

Cost: \$275
Director: Rick Gibson, Head Coach
Questions: rickgibson@iusd.org or (949) 936-7918
Go to athleticclearance.com by June 1st

Rick Gibson, 30 years as Head Coach - Come join the 2018 City Champs Woodbridge High Football tradition which includes; CIF Championships and the only school in the district to compete in the CIF playoffs the last 9 years. The coaches will go over technique, terminology, and weight room training necessary for football.

Speed/Weight Camp:
Dates: June 11th – June 21st
All Levels 1:00pm-3:00pm

Skill and Technique Portion:
Dates: June 24th – July 23rd (*Off July 4th-5th)

Frosh: Grade (9)
10:00am-1:00pm (*Off July 4th-5th)

JV: (Grade 9-11) * (Coach's discretion) (*Off July 4th-5th)
10:00am-1:00pm

Varsity: (Grade 9-12) * (Coach's discretion)
10:00am-1:00pm **Passing league on Tues and Thurs EVENINGS**
Schedule to follow. (JV/VAR)

Location: WHS Weight Room/Mark Daily Park/WHS Aux Field
The speed and weight portion of camp is offered during our suggested time to take vacations. If athletes are in town they should attend.

****Fall Football practice begins:**
Varsity-JV-Frosh: Season Practice begins **Aug 1st, 7:30am**
*****For all levels:** please alert the coaching staff to any time conflicts with other sports. We will work it out.

BOYS LACROSSE

Cost: \$75
Director: Nes Geffrard
Questions: neslygeffrard@iusd.org
Go to athleticclearance.com by June 1st

The summer program is designed for returning athletes as well as any students or incoming 9th graders interested in playing or learning about the sport of lacrosse. No prior playing experience is necessary. The camp will focus on skill development and fundamentals, fitness, and the basics of team play. Experienced players should bring their equipment and sticks; beginning players: information about acquiring equipment will be provided at the camp. Come be a part of the fastest growing sport in the United States!

Dates: June 10 – July 15 (Monday Nights)

All Players: 4:00pm – 6:00pm

Location: Mark Daily Athletic Field

In addition, for insurance purposes, all athletes participating in the program must become members of US Lacrosse. Athlete memberships are \$35 and can be acquired at <http://www.uslacrosse.org>. Athletes should inform the coach of their membership number on the first day of practice.

BOYS SOCCER

Cost: \$275
Director: Luis Barahona, Head Coach
Questions: luisbarahona@iusd.org
Go to athleticclearance.com by June 1st

Luis Barahona, 5 years as the Head Coach and USSF "C" National Coaching License. Come join the Woodbridge High School tradition which includes: CIF championships and league championships. Summer program will consist of high level and high intensity training sessions designed by the coaching staff. The training sessions will be broken up by level: Incoming 9th graders and Varsity/JV mixed. Training sessions will be aimed at improving all aspects of the prospective soccer player's game (ball control, passing, dribbling, shooting, etc.)

Dates: July 1st – Aug 1st (Monday-Thursday)
Games: Possible games on Fridays
Times: Varsity/JV 1-3pm; Frosh 3-5pm
Field: TBD

BOYS WATER POLO

Cost: \$275
Director: Matt Campbell, Head Coach
Questions: mattcampbell@iusd.org
Go to athleticclearance.com by June 1st

The summer camp is primarily a fundamentals camp designed to prepare players for the upcoming fall season. Boys with strong swim skills are encouraged to attend. If you have ever participated in Irvine Swim League or Club Water Polo, this is the sport for you! All practices are held at the Woodbridge High School pool. Bring a suit, towel and goggles.

Frosh /Soph (including incoming 9th graders)

Dates: Tuesday, June 11 - Friday, July 12 (off July 4th)
Time: 10:00 am – 12:00pm
Potential JV: (Grade 9-11) (Coach's discretion)
Dates: Tuesday, June 11 – Friday July 12 (off July 4th)
Times: 9:00am – 11:00am
Potential Varsity: (Grade 9-12) (Coach's discretion)
Dates: Tuesday, June 11 – Friday, July 12 (off July 4th)
Time: 6:00am – 9:30am

WRESTLING

Cost: \$150
Director: Austin Tu, Head Coach
Questions: austintu@iusd.org
Go to athleticclearance.com by June 1st

Would you like to learn to defend yourself, meet new friends, and develop leadership skills, all while having FUN? Have you ever considered Wrestling? This is your chance to join a great group of hard working student-athletes. Woodbridge Wrestling Camp is open to ALL skill levels. We offer a basic introduction for beginners, as well as advanced techniques and training for returning athletes. There are 14 different weight categories to participate in, so all sizes of athletes are welcome.

Wrestling is one of the most challenging, yet most rewarding sports out there. It allows you to compete both individually and for a team. It will push you both physically and mentally. You'll be in the best shape of your life, all while learning the purest form of athletic competition.

There are opportunities for physical, emotional and social development. There are opportunities to discover hidden talents and a new sense of self-worth. There is motivation to pursue goals and objectives that once may have seemed unattainable. All of these possibilities are woven into the unique sport of wrestling!

Dates: August 12th-August 16th
Times: 6:00pm-8:00pm
(Every Tues throughout the summer, any athlete is welcome to participate in open wrestling practice from 6pm-8pm)

Location: Wrestling Room @ WHS Upper Gym
Equipment: Athletic shorts or sweats & t-shirt