

WOODBIDGE ATHLETIC SUMMER CAMPS — 2020



WOODBIDGE HIGH SCHOOL

ATHLETIC SUMMER CAMPS 2020

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 fourth 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 23—July 30 *No Camp July 4th
[Camp practice: 4:15pm-6:00pm, WHS gym]

Potential JV: (Grade 9-12) (Coach's discretion)
Monday-Saturday, June 23—July 30 *No Camp July 4th
[Camp practice: 2:30pm-4:00pm, WHS gym]

Incoming Freshmen/New Players:
Camp will run for a 2-week duration, dates TBA

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

Tuesday-Thursday, June 22-July 9; New Players 12:30-2:30pm; Returning Players 2:30pm-4:30pm

Monday-Thursday, August 3 – August 13; Returning Players 9:00am – 11:30am; New Players 11:00am – 1:00pm

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: Jackie Farber, Head Coach
Questions: jackiefarber@iusd.org
Go to athleticclearance.com by June 1st

Woodbridge Girl's Summer soccer camp is designed for all levels and an opportunity for new players to get acquainted with the coaching staff along with possible future teammates, and for returning players to continue to improve their skills while preparing for their potential future in the program. The camp will focus on developing team and individual skills, offensive/defensive strategy, fitness intensive drills, and enhancing every player's overall soccer knowledge. *Attendance is highly recommended for players aspiring to make Varsity in the fall.

Date/Time:
Week 1, June 22-26
All levels: 9am-12:30pm
Week 2, July 13-17
Incoming 9th graders, F/S: 9-11am
JV/Varsity: 10:30am-12:30pm
Week 3, July 20-24 - 9am-12:30pm
Incoming 9th graders, F/S: Time slot TBD
JV/Varsity: Time slot TBD
Summer League, Varsity only: July 15-31st, Dates/Times TBD

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

Who: All players interested in WHS Girls Soccer for 2020–2021 school year. Leveling is based on the coach's discretion. After the completion of week 1, players will be notified of the level they are to attend for week 2 and 3. Summer camp placement is subject to change, based on skill level, and does not guarantee a spot on any of the teams come try-outs.

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 22 - June 25, 1:00pm-3:30pm

Location: Mark Daily #3

GIRLS WATER POLO

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

Dates: June 22nd - July 17th, Monday-Friday
* No Camp July 3rd

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. We may be playing in summer league games one night a week. Location TBA.

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: June 22nd— July 31st (*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
Go to athleticclearance.com by June 1st

Coach Ryan Sabado returns for his 9th 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 6 – July 10 1:00pm – 3:00pm
Boys: July 13 – July 17 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 22—July 28, 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 11th 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 7-16, 8:00am-10:00am
Girls: Mon/Wed/Fri, July 6- 17, 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)
- * Basketball (winter)
- * Cross Country (fall)
- * Cross Country (fall)
- * 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 2020-21 ON-LINE ATHLETIC CLEARANCE COMPLETED BY SATURDAY, JUNE 1st.

This includes returning athletes & incoming 9th graders.

Go to athleticclearance.com

NO EXCEPTIONS



Planning to pay by credit card? Cut-off date for credit

cards is June 21 11:59pm.



WOODBIDGE ATHLETIC SUMMER CAMPS — 2020

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 2020-2021 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 2020-2021
- Edit your personal information
- Upload an up to date physical. You are not cleared until we have a current physical (dated within 6 months) 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 or email rickgibson@iusd.org.

NO REFUNDS

THERE WILL BE NO PRO-RATED FEE FOR ANY CAMP

WebStore opens for camp payments June 1st. CREDIT CARDS ACCEPTED ONLINE THROUGH JUNE 21ST 11:59pm only.

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/PAYMENT

WebStore opens for camp payments June 1st. Credit Card Registration/payment for all our athletic summer camps will be processed through our webstore **June 1 through June 21st 11:59pm only**. Athletes may access the online webstore at https://webstores.activenetwork.com/school-software/woodbridge_hs_online/ After June 21st, only check payments will be accepted.

1. **Starting June 1st**, 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 2020-21 WHS students have already been created, including incoming freshmen. Once you log-in you will be prompted to 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 through June 21st. **After June 21st, please give check directly to your coach @ camp.**

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 23rd, 11:00am. Come dressed for practice. Bring your baseball equipment with you.

Dates: Tuesday, June 23—Thursday, July 16
OFF: July 3rd, July 4th, **No Camp on Fridays.**
Frosh:
Time: 11:00am-2:00pm

Varsity & JV: See Coach Brucker for details.

BOYS BASKETBALL

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

Director: Head Coach Steven Scoggin enters his 1st season at the helm of the Warrior program. Warrior lower level teams have captured 41 league titles since 1985. The Varsity team has won 11 league titles. 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 23 – Friday, July 10
Optional skill development-10:00am-1:00pm Mon-Thurs, Main Gym
Practice: 1:00-2:30pm 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 29, July 1, July 6, July 8, and a tournament on July 10-12. Concordia (TBD June 19-21, June 26-28 and July 10-12) we will play in two of these tournaments; All games TBD

JV team: Tuesday, June 23 – Friday, July 10
Optional skills development- 10am-1:00pm Mon-Thurs, Main Gym
Practice 1pm - 2:30pm 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 22, June 24, June 29, and July 1.

There will be two weekend tournament @ Concordia (TBD June 19 21, June 26-28 and July 10-12) Games TBD

Incoming 9th Grade Clinic: *Mondays and Wednesdays only, June 22 through July 10
(First clinic day Monday, June 22)
** Clinic times – 1:00pm-2:30pm, WHS Main Gym

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 9, 1:00pm-2:30pm WHS Main Gym**
Second tryout: **Mon, Aug. 31, 7:00pm-8:30pm WHS Main Gym**

FOOTBALL

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 Football Camp is six weeks. This camp is for athletes of all skill levels who are interested in developing speed, strength, and Football Skills. Just bring water, clothes appropriate for working out, running shoes and cleats. Objectives/benefits: Prepare athletes for the Fall Football season by improving speed, explosiveness, and technique. This camp is also open to athletes from other sports (track, basketball, soccer, baseball, etc.) who want to improve their knowledge of the game and football skills. Preparation includes a running/technique program as well as a strength-training program. Daily Activities will include: Speed and strength training, offensive, defensive and Special teams training.

Dates: June 22nd – July 28th (*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

Location: WHS Weight Room/WHS Aux Field/ Football Field

**Fall Football practice begins:

Varsity-JV-Frosh: Season Practice begins **Aug 6th, 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: TBA

All Players: TBA

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: TBD, Head Coach
Questions: RickGibson@iusd.org
Go to athleticclearance.com by June 1st

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: TBA
Games: Possible games on Fridays
Times: Varsity/JV TBA; Frosh TBA
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: Monday, June 22 - Friday, July 17 (off July 4th)
Time: 10:00 am – 12:00pm

Potential JV: (Grade 9-11) (Coach's discretion)

Dates: Monday, June 22 – Friday July 17 (off July 4th)
Times: 9:00am – 11:00am

Potential Varsity: (Grade 9-12) (Coach's discretion)

Dates: Monday, June 22 – Friday, July 17 (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

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.

Week 1 Doubles and Halfs
Week 2 Singles and Cradles
Week 3 High-C and Arm Bars

Dates: July 27th – 30th, August 3rd-6th, and 10th-13th

Times: 6:30pm-8:00pm

Location: Wrestling Room @ WHS Upper Gym

Equipment: Athletic shorts or sweats & t-shirt