

WOODBIDGE ATHLETIC SUMMER CAMPS — 2021



WOODBIDGE HIGH SCHOOL

ATHLETIC SUMMER CAMPS 2021

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 fifth 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 14–July 16
[Camp practice: M-TH 4:30pm-6:00pm, WHS Main gym]
Summer League Games - TBA

Potential JV: (Grade 9-12) (Coach's discretion)
Monday-Saturday, June 14–July 16
[Camp practice: M-TH 4:30pm-6:00pm, WHS Small gym]
Summer League Games - TBA

Incoming Freshmen/New Players:
Camp will run for a 2-week duration, June 14- June 24
[Camp practice: M-TH 2:00pm-3:00pm, WHS Small 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 as detailed below. Please attend as much of camp as you are able.

Monday-Thursdays July 6th through August 13th; Returning Players 1230-230pm; New Players 230pm-430pm

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:
June 21-25
4:30-7:30pm at the turf
Frosh/incoming players 4:30-6
JV/varsity 6-7:30
July 12-16
4:30-7:30pm at the turf
Frosh/incoming players 4:30-6
JV/varsity 6-7:30
July 26-30
Coaches discretion- Potential Varsity 5-7pm at the turf

Summer try out
Aug 12,13,14 at the turf
Aug12th and 13th 4:30-7:30pm
Aug 14th (Sat) 9am-12pm

Attire: Black shorts, black soccer socks, black, gray, or white Woodbridge Soccer shirt. Shin guards and cleats mandatory.

Who: All players interested in WHS Girls Soccer for 2021 –2022 school year. Leveling is based on the coach's discretion. 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
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. The camp is not only for incoming freshman but also returning JV players and or sophomores.

Dates: June 7-11, 10:00 am – 12:00 pm
Location: Mark Daily #3

GIRLS WATER POLO

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

Dates: 6/7-7/9
Time: 7:30am-10am
Returning Players: TBD
Location: Woodbridge Aquatic Center
Equipment: Swimsuit, sunscreen, swim cap, goggles, towel, personal water bottle, face mask, close toed shoes & workout clothes for Dryland

This summer Water Polo program is designed for new and returning athletes. Individual skill development, team defensive strategies, endurance and offensive technical skills will be our main focus throughout this camp experience. Our goal is to mentor each individual's understanding and desire to play the game, as well as improve physical fitness. This camp is intended to get athletes prepared for High school water polo and excel in the pool.

Due to COVID safety precautions, we will not utilize locker rooms during camp hours. Please show up dressed for Dryland with swim suit underneath. Restrooms will be available to one person at a time as necessary. Safety protocols will be covered in a ZOOM Informational meeting 6/20 before Camp begins. Details will be e-mailed out to registered participants

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 28th - Aug 6th
7:00am-9:00am (additional optional training after)

SWIM

Cost: **CANCELLED**
Director: James Hickson, Head Coach
Questions: jameshickson@iusd.org
Go to athleticclearance.com by June 1st

The Woodbridge High School Swim Team is one of the largest and most successful programs on campus! This camp is designed for new and returning swimmers and focuses on the development of proper stroke technique as well as improving speed and endurance in the water. This camp will help you prepare for High School Swimming and meet some amazing swimmers along the way.

Dates: CANCELLED, please contact coach if interested in swim
Time: CANCELLED
Location: CANCELLED

BOYS/GIRLS - Tennis

Cost: Boys \$185, Girls \$185
Director: Ryan Sabado, Head Coach
Questions: ryansabado@iusd.org
Go to athleticclearance.com by June 1st

Coach Ryan Sabado returns for his 10th season as the Varsity Girls & Boys Tennis coach at Woodbridge and CIF Division Champion for the Girls 2019 Tennis Team. 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

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. Girls tryouts will be held in July. Boys tryouts will occur in November. You do not need to be enrolled in the camp to attend tryouts.

Dates & Times:
June 14 - June 24 (M-Tu-W-Th)
8am -10am for Beginners and Incoming Freshmen
10am -12pm for Advanced Players.
Location: Woodbridge High Tennis Courts

BOYS/GIRLS - TRACK & FIELD

Cost: \$275
Director: Aaron Craver, Head Coach
Questions: aaroncraver@iusd.org
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 14–July 29, Monday-Thursday
7:00am-9:00am

BOYS/GIRLS - VOLLEYBALL

Cost: \$185
Director: Alan Ho, Head Coach
Questions: alanho@iusd.org
Go to athleticclearance.com by June 1st

Coach Alan Ho returns for his 12th 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 6-22, 8:00am-10:00am
Girls: Mon/Wed/Fri, July 5-23, 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 2021-22 ONLINE ATHLETIC CLEARANCE COMPLETED BY TUESDAY, 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 11 @ 11:59pm.



WOODBIDGE ATHLETIC SUMMER CAMPS — 2021

Woodbridge Athletic Summer Camps

Please join us for our recreational Summer Camp where we will work on skill development, fundamentals, agilities, 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

The school Web Store is located at:
<https://woodbridge.myschoolcentral.com>

1. In the "**QUICKLINKS**" section of the WHS website, click "**Webstore**" to access online payment.
2. For all incoming 9th graders: please do not set up an account in the Web Store. Just purchase your camp without logging in (under the 9th grade Camp icons). In August, you'll be able to activate your 21-22 student account (when you are an "official" Woodbridge student).
3. Select "Athletics" under "Product Categories" to find all the camps.
4. Add camp to your cart and pay.

Credit cards are accepted online **ONLY** through June 11, 2021 11:59PM. Starting June 12 and on, to sign up for camp, just bring a check or cash to the first day camp begins.

BOYS BASEBALL

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

Meet at Windrow Park. Come dressed for practice. Bring your baseball equipment with you.

Dates: Monday, 6/21- Thursday, July 15th
No Camp Monday, July 5th
No Camp on Fridays.

Frosh: 9am -12pm, Windrow Field 2 (Upper Field)
Time: Tryouts tentatively scheduled for Friday, 7/16 9am -12pm

Varsity & JV: See Coach Brucker for details.

BOYS BASKETBALL

Cost: \$275
Director: Steven Scoggin, Head Coach
Questions: stevescoggin@iusd.org
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: Monday, June 14 – Friday, July 16 (no camp July 5th)
Skill development-2:00pm-3:00pm Mon-Thurs, Main Gym
Practice: 3:00-4:30pm 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, Concordia TBD; All games TBD

JV team: Monday, June 21 – Friday, July 9 (no camp July 5th)
Skills development- 1pm-3:00pm Mon-Thurs, Main Gym
Practice 3pm - 4:30pm 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
There will be two weekend tournament @ Concordia(TBD)

Incoming 9th Grade Clinic: *Mondays, Wednesdays, Fridays only, June 21 through July 9
(**First clinic day Monday, June 21**) (no camp July 5th)
** 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 15, 1:00pm-2:30pm WHS Main Gym**
Second tryout: **Mon, Aug. 30, 7:00pm-8:30pm WHS Main Gym**

FOOTBALL

Cost: \$275
Director: Aaron Craver, Head Coach
Questions: aaroncraver@iusd.org
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 14th – July 30th (*Off July 5th)
Mondays through Fridays all levels, except 7/5/21.

Frosh: Grade (9)
10:00am-1:00pm

JV: (Grade 9-11) * (Coach's discretion)
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 2nd**
*****For all levels:** please alert the coaching staff to any time conflicts with other sports. We will work it out.

BOYS SOCCER

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

Summer program will focus on each student-athletes individual ball mastery skills. Each camp day will highlight a different aspect of a needed soccer skill. On Wednesdays, we will also conduct evening sessions where players will compete in Futsal games. If players attend all of the camp days/times they will receive 36 hours of focused instruction.

Players should wear dark shorts and socks and a white training top. Bring cleats, shin-guards, water and a positive attitude. Camp Details are below:

Dates: June 28th – July 16th (3 weeks) Monday-Friday
* Monday, Wednesdays, Thursdays until 1pm
* Tuesdays and Fridays until 12pm

Times: Returning Varsity & JV Players: 9AM – 11AM
Mark Daily Field

Sophomores & Incoming Freshmen: 11AM-1PM*
Mark Daily Field

Futsal: June 30, July 7, July 14 (Wednesdays) 7PM-9PM
WHS Gymnasium

BOYS WATER POLO

Cost: \$275
Director: Head Coach Alex Farraro
Questions: alexandralfarraro@iusd.org
Go to athleticclearance.com by June 1st

This summer Water Polo program is designed for new and returning athletes. Individual skill development, team defensive strategies, endurance, weight lifting and offensive technical skills will be our main focus throughout this camp experience. Our goal is to mentor each individual's understanding and desire to play the game, as well as improve physical fitness. This camp is intended to get athletes prepared for High school water polo and excel in the pool.

Date: 6/7-7/8

Time: 10:00am-12:30pm (Varsity/JV)
10:30am-12:30pm (Frosh/Soph)

Location: Woodbridge Aquatic Center

Equipment: Swimsuit, sunscreen, swim cap, goggles, towel, personal water bottle, face mask, close toed shoes & workout clothes for Dryland/Weights

WRESTLING

Cost: \$75
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: Thursdays and Fridays, June 10th through July 22nd

Times: **9:00-11:00am or 1:30-3:30 pm TBD**

Location: Wrestling Room @ WHS Upper Gym

Equipment: Athletic shorts or sweats & t-shirt

GOLF and BOYS LACROSSE

Boys/Girls Golf and Boys LAX will not be holding summer camp for 2021. Please contact coaches directly for tryout and season information:

Boys/Girls Golf

Head Coach: Andrew Parker, Head Coach
Questions: andrewparker@iusd.org

Boys Lacrosse

Head Coach: Ryan Falbo, Head Coach
Questions: ryanfalbo@iusd.org

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 2021-2022 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 2021-2022
- 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](tel:949-936-7918) or email rickgibson@iusd.org.

NO REFUNDS

THERE WILL BE NO PRO-RATED FEE
FOR ANY CAMP

CREDIT CARDS ACCEPTED ONLINE
THROUGH JUNE 11TH 11:59pm, cash/check
accepted by coach through 1st day of camp