

GIRLS AND BOYS GOLF

The North Scott Golf Camps for 2019 will be a part of the Glynn's Creek Junior Golf School. Students interested in learning to play golf or wanting to improve their skills will need to sign up through the Glynn's Creek Junior Golf School on Glynn's Creek Website or pick up an application at your respective North Scott Schools. Both Coach Ellis and Coach Wood will be a part of the instruction and will have high school players assisting as well. High School golfers will be set up to play in a summer program through their respective coaches.

CROSS COUNTRY girls and boys

Contact: **Amy Knoche** Scott County Park
Focus will be to gain a good conditioning base prior to the start of our competitive season. Emphasis will be placed on core strength, injury prevention, team building activities and proper nutrition.

Incoming 7th – 12th Graders
June 17th – August 2nd

Monday, Wednesday and Friday- 7:00 - 8:30 am
Monday and Friday at the park and Wednesday at Lancer Stadium track. No camp on July 22nd, 24th and 26th

T-shirt included if registered by June 10th
Weather updates or cancellations please follow on
[twitter@NorthScottXC](https://twitter.com/NorthScottXC)

TENNIS

Contact: **Heidi Wilmott** North Scott Tennis Courts
Learn tennis from local coaches and players. Please bring a racket, can of balls and wear sunscreen, sunglasses or a hat/visor. Bring water bottle.

Incoming 8th – 12th Graders
9:00-10:30 am

June 25th and 27th

Incoming 2nd – 7th Graders
9:00-11:00 am

June 24th, 26th and 28th

T-shirt included if registered by June 1st

Check camps you would like to attend
and return

this form with payment to:

NORTH SCOTT ACTIVITIES OFFICE

200 S. 1ST STREET, ELDRIDGE, IA 52748

Make checks payable to: **NSHS**

****You may also register on-line at**

<http://north-scott.k12.ia.us>

ARCHERY

Contact: **Troy Bendickson** Heart Shot Ministry,
Cornerstone Church, Eldridge

Led by North Scott Archery Coaches

Incoming 3rd – 6th Graders

10:00 - 11:00 a.m.

Incoming 7th – 8th Graders

1:00 – 2:30 p.m.

Incoming 9th – 12th Graders

3:00 – 4:30 p.m.

July 15th – 19th

T-shirt included if registered by **June 14th**

Lancer Archery Camp Tournament

July 20th beginning at 9:00 a.m.

Medals for top 3 in each age division.

Girls and Boys Basketball Programs and Little Cheerleaders' Camp will be having their summer camps through the Athletic Boosters. They will be distributing their own sign-up brochures.

Checks must be made out separately for the basketball and cheerleading camps and made out to the NS Athletic Boosters.

For basketball camps contact:

Boys Basketball, Dave McLaughlin at 210-4916, dmclaughlin@netins.net

Girls Basketball, T. J. Case at 370-5119, nsladylancers@gmail.com

ARCHERY

JH and HS ARCHERY CAMP

\$50.00 – Incoming 7th – 12th

ELEMENTARY ARCHERY CAMP

\$35.00 – Incoming 3rd – 6th

ARCHERY CAMP TOURNAMENT

\$25.00 – Incoming 3rd – 9th

CROSS COUNTRY

CROSS COUNTRY CAMP

\$45.00 – Incoming 7TH – 12TH

GIRLS SOCCER

KINDERGARTEN – 3RD GIRLS CAMP

\$40.00 – Incoming K – 3RD

4TH – 7TH GIRLS CAMP

\$40.00 – Incoming 4TH – 7TH

GIRLS HIGH SCHOOL CAMP

\$40.00 – Incoming 8TH – 12TH

BOYS SOCCER

3RD – 7TH BOYS CAMP

\$50.00 – Incoming 3RD – 7TH

BOYS HIGH SCHOOL CAMP

\$50.00 – Incoming 8TH – 12TH

KIDS CAMP

KIDS' CAMP FOR TENNIS, SOCCER, TRACK

\$75.00 – Incoming 1st-5th

VOLLEYBALL

SKILLS CAMP

\$50.00 – Incoming 4th – 5th

\$50.00 – Incoming 6th

\$70.00 – Incoming 7th

\$70.00 – Incoming 8th

\$80.00 – Incoming 9TH – 12TH

HIGH SCHOOL CAMP

\$20.00 – Incoming 9TH – 12TH

FOOTBALL

FUNDAMENTALS CAMP

\$35.00 – Incoming 2ND

\$35.00 – Incoming 3RD – 4TH

\$70.00 – Incoming 5TH – 8TH

\$70.00 – Incoming 9TH – 12TH

YOUTH QUARTERBACK CAMP

\$40.00 – Incoming 5TH – 8TH

WRESTLING

"PINNING" CAMP

\$65.00 – Incoming 3RD – 12TH

TENNIS

TENNIS CAMP

\$50.00 – Incoming 2ND – 7TH

\$40.00 – Incoming 8TH – 12TH



NAME _____

GRADE (2019-20) _____ AGE _____

ADDRESS _____

TELEPHONE _____

E-MAIL _____

FAMILY DOCTOR _____

FAMILY DOCTOR'S PHONE _____

OTHER SPECIAL MEDICAL INFORMATION:

MEDICAL WAIVER

We/ the parent(s)/guardian of the above student understand that the participation in any North Scott Sports Camp could result in injury of temporary or permanent type to m3y/our child. We/I give consent for coaches, trainers, and team physicians to use their own judgment in securing medical aid and ambulance service in case the parent/guardian cannot be reached. We/I also verify that my child is covered by health and accident insurance.

_____ PARENT/GUARDIAN _____ DATE



(Some camps offer T-shirts if registered early)
Please circle the correct t-shirt size

SMALL	MEDIUM	LARGE		
X-LARGE	2X-LARGE			
Youth Sizes:	YS	YM	YL	YXL

FOOTBALL

Contact: **Kevin Tippert** North Scott High School
T-shirt included

Youth Quarterback Camp
 Players will learn specific quarterback and receiver skills.
Incoming 5th-8th Grade
 11:00 am – 12:30 pm
June 18th – 20th

Youth Fundamentals Camp
 Learn basic fundamentals of offense, defense & individual football positions
Incoming 2nd Grade
 5:00-6:30 pm
August 12th – 13th
Incoming 3rd – 4th Grade
 5:00-7:00 pm
August 14th – 15th
Incoming 5th – 8th Grade
 5:00-7:00 pm
August 12th – 15th

High School Fundamentals Camp
 Players will learn NORTH SCOTT offense and defense systems.
Incoming 9th – 12th Grade
 4:00 pm – 7:00 pm
August 5th – 9th

VOLLEYBALL

Contact: _____ High School Gyms and LAB

Skills Camp
 Work on the fundamental skills of the game.
Incoming 4th – 5th Grade
 June 12th-14th 2:00-3:30 pm
Incoming 6th Grade
 June 12th-14th 12:30-2:00 pm
Incoming 7th Grade
 June 12th-14th 10:00 am – 12:00 pm
Incoming 8th Grade
 June 12th-14th 8:00-10:00 am
 T-shirt included if registered by May 30th · Adult Sizes only

Incoming 9th – 12th Grade at the High School
 August 5th-7th 8:00-10:00 am Everyone
 10:05-11:05 am DS
 1:00-2:00 pm Setters
 2:05-3:05 pm Hitters and Setters
 T-shirt included if registered by July 18th

High School Camp
 Offensive and defensive systems & individual skill training
Incoming 9th – 12th Grade
June 10th – July 24th
 10:00 am – 12:00 pm (Mon. and Wed.)

SOCCER

GIRLS SOCCER High School Soccer Field
 Contact: **Dion Ayers**

Augustana Head Coach and North Scott staff, players and past Lancer players who are playing in college will instruct this camp
Incoming Kindergarten – 3rd Grade
 5:00-6:30 pm
Incoming 4th – 7th Grade
 6:30-8:00 pm
Incoming 8th – 12th Grade
 8:15-9:45 pm (under the lights)
July 8th – 11th (rain date is July 12)
 T-shirt included if registered by June 30th

BOY SOCCER High School Soccer Field
 Contact: **Troy Bendickson**

Incoming 3rd – 7th Grade
 4:30-6:00 p.m.
Incoming 8th – 12th Grade
 6:30-8:15 p.m.
June 17-20th (Mon.-Thur.) 21st is a rain date
 T-shirt included if registered by **May 25th**

KIDS CAMP

Kids Tennis, Soccer, Track Camp
 Contact: **Joe Greenwood, Troy Bendickson, Heidi Wilmott**

This camp includes 3 sports (tennis, soccer and track). Athletes will work with high school coaches from each sport every day for about 45 minutes. The goal is to build sports minded kids. The change of pace from one sport to another is good for their age group and attention span. We will be using our great soccer, tennis and track complexes.

DROP OFF: VISITOR'S SIDE TICKET BOOTH AT LANCER STADIUM
PICK UP: TENNIS COURTS/SOCCER FIELD
RAIN - IF RAINING WE WILL BE INDOORS AT ED WHITE OR THE HIGH SCHOOL
Incoming 1st-5th 8:45 – 11:45 a.m.
June 17th – 20th
 T-shirt included if registered by June 4th

WRESTLING

Contact: **Drew Kelly** HS Wrestling Room

Pinning Camp
 College coaches and wrestlers will serve as clinicians.
Incoming 3rd – 12th Grade
 12:00-2:00 pm
June 17th – 20th

T-shirt incl. if registered by June 8th, youth sizes available