

LEGEND

22219 Hilltop Road
Parker, CO 80138

2018 Spring/Summer Sports Camps

**Jason Jacob, Principal
Kevin Boley, Athletic Director
Dawn Stanley, Athletic Secretary
Office (303) 387-4500
Fax (303) 387-4501**

Revised 04/26/18

FAQ's about Sports Camps and Legend High School

Legend's Summer Office Hours: Monday-Thursday 8:00-11:00am

Sport Camp Refunds: No refunds after the start of a camp.

How do I Register: To register for Legend High School sponsored summer camps, visit:
<https://dcsdk12.revtrak.net/High-Schools-1027/Legend-High-School-1022/Summer-Camps/>

Or, go to DCSDK12.org, click on District A-Z, click on R, click on RevTrak, click on High Schools, then Legend High School, and finally Summer Camps. From there, scroll down the list and click on the summer camp you would like to register for.

Once this is complete, you will make an online credit card payment. *** No check payments will be accepted. *** **ALL PARTICIPANTS MUST PRE-REGISTER AND PRE-PAY TO PARTICPATE IN SPORT CAMPS.** You do not need a sports physical to participate in sport camps.

What to Bring to Camp: Each camp has a field titled, "Equipment". This field will tell you what you should bring to that specific camp. Water bottles are a must for all camps, even if not listed. If your athlete will be outside, please be sure to apply sunscreen and dress for changing weather when appropriate. Please LABEL all items brought to LHS and leave ALL VALUABLES at home.

Weather Policy: Camps have different policies due to the locations they are being held. Each coach will discuss their inclement weather policy with their athletes on the first day of camp. Please know that your athlete will be supervised in the case of inclement weather and may not be at the location listed during certain weather situations. For example: If they are practicing on the turf or grass fields, they may be brought in the school for safety reasons.

Where do I Meet my Coach: Each camp has a field titled, "Place"; this is your designated camp location. You WILL NOT be sent a reminder prior to your camp start date or time, so please be sure to mark your calendar once you have registered.

For specific camp questions, please contact the coach listed on the specific camp, in the brochure.

Thank you for the opportunity to work and train with your student athletes. We look forward to your participation and your continued support of our Athletic Programs.

Sincerely,
Kevin Boley
Athletic Director
Legend High School

All Athletes 2018 Summer Camps

Sports Physicals – DCSD Day with Panorama Orthopedics and Ridgeline Sports and Family Medicine

Dates: July 28th (Saturday)
Time: 8:00 am – 12:00 pm
Grades: Incoming 8th – 12th graders
Place: [Panorama Orthopedics & Spine](#)
[1060 Plaza Drive, Suite 200](#)
[Highlands Ranch CO 80129](#)
Cost: \$37 - Online registration with pre-payment only/non-refundable.

Description: Sports physical clearance to compete in middle & high school athletics for the school year. Physicals are valid for one calendar. Physicals will be performed by medical professionals. Please register online from the ThunderRidge High School Athletic website. If you registered a LHS athlete for a LHS sport in 2017-18, use that same SportNgin login and password.

Contact: Kim Pecot – kimberly.pecot@dcsdk12.org
Webpage: <http://www.trgrizzlies.org/register-here>

Strength & Speed Camps

Middle School Strength Camp - Coed

Dates: June 11th - 28th & July 9th - July 26th
(Mon, Tues, Wed, Thurs)
Time: 8:00 – 9:45 am
Grades: ANY Incoming 7th – 9th graders
Place: LHS Turf Field & Weight Room
Instructor: Shane King, CSCS
Cost: \$200
Equipment: Shorts, T-shirt, tennis shoes, water bottle

Description: This camp is designed for ALL middle school students/athletes who desire to learn the basics of resistance training. Our main focus will be on safety, form and technique of our main movement patterns (squatting, hinging, pressing and pulling).
Contact: Shane King – shane.king@dcsdk12.org

High School Strength Camp - Boys

Dates: June 11th - 28th & July 9th - July 26th
(Mon, Tues, Thurs)
Time: Monday 10:30-11:15 am
Tues & Thurs 9:45-11:15
Grades: ANY Incoming 10th – 12th graders
Place: LHS Turf Field & Weight Room
Instructor: Shane King
Cost: \$150
Equipment: Shorts, T-shirt, tennis shoes, water bottle

Description: This camp is designed for ALL high school students/athletes who desire to continue their training through the summer. Coach King will design the summer program with the intent of developing strength, power and speed through resistance training.

Contact: Shane King – shane.king@dcsdk12.org

High School Strength Camp - Girls

Dates: June 11th - 28th & July 9th - July 26th
(Mon, Tues, Thurs)
Time: Monday 9:45-10:30 am
Tues & Thurs 9:00-10:30
Grades: ANY Incoming 10th – 12th graders
Place: LHS Turf Field & Weight Room
Instructor: Shane King
Cost: \$150
Equipment: Shorts, T-shirt, tennis shoes, water bottle

Description: This camp is designed for ALL high school students/athletes who desire to continue their training through the summer. Coach King will design the summer program with the intent of developing strength, power and speed through resistance training.

Contact: Shane King – shane.king@dcsdk12.org



Basketball Camps

Boys Offensive Skills Development Camp

Dates: June 4th - 6th (Mon, Tues, Wed)
Time: 9:00am – 3:00 pm
Grades: Incoming 2nd – 9th graders
Place: Legend High School Gym
Cost: \$120 (includes T-shirt)
Instructor: Kevin Boley, Legend High School
Head Boys Basketball Coach and Staff
Equipment: Basketball shoes, T-shirt, shorts,
water bottle, a positive
attitude, basketball and lunch with
name clearly marked.
Description: Camp will focus on offensive skill
development including: Ball handling, shooting,
passing, and guard/post position play. Camp will
include competitive drills, situations, camp games
and contests. Campers will be divided based upon
size, age and skill level.
Contact: Kevin Boley - kevin.boleyn@dcsdk12.org

Boys Basketball All Skills Camp

Dates: July 9th - 12th
(Mon, Tues, Wed, Thurs)
Time: 9:00am – 3:00 pm
Grades: 2nd – 9th grade boys
Place: Legend High School Gym
Cost: \$150 (includes a basketball)
Instructor: Kevin Boley, Legend High School
Head Boys Basketball Coach
Equipment: Basketball shoes, T-shirt, shorts,
water bottle (optional), positive
attitude, basketball with name
clearly marked. Please bring a lunch.
Description: Camp will focus primarily on offensive
skill development, but will also include defense,
rebounding, and transition work. Camp is structured
and organized to introduce all campers to the skills
and drills necessary to become successful at any level
of basketball. Teaching progression will take into
account age and skill differences. Games will be
played, prizes and awards given out.
Contact: Kevin Boley - kevin.boleyn@dcsdk12.org

Girls Basketball All Skills Camp

Dates: June 11th-13th (Mon, Tues, Wed)
Time: 9:00am – 11:00 am
Grades: 2nd – 9th grade girls
Place: Legend High School Gym
Cost: \$85 (includes a basketball if you are
signed up by May 15th)
Instructor: John Angelo, Legend High School
Head Girls Basketball Coach and Staff
Equipment: Basketball shoes, T-shirt, shorts,
water bottle , positive
attitude, basketball with name
clearly marked.
Description: Camp will focus on the fundamental
skills that will help you become a better basketball
player. These skills include: ball handling, shooting
technique, offensive moves and footwork, perimeter
play, post play, passing and defense. Campers will
be broken out in groups based on skill level.
Contact: John Angelo – john.angelo@dcsdk12.org
or 217-220-3989

Football Camps

FRESHMAN FOOTBALL PLAYERS

Strength Camp

Dates: June 11th - August 2nd (Mon–Thur)
Time: 8:00-10:00 am
Grades: Incoming 9th graders
Place: LHS Turf Field and Weight Room
Instructor: Head Football Coach Monte Thelen
and other Football Staff
Cost: \$150
Equipment: Shorts, T-shirt and Tennis Shoes
Description: Legend coaches are excited to work
with incoming 9th graders in preparation for the 2018
season! Participating athletes will receive instruction
on core lifting techniques, speed and agility training
and nutrition.
Contact: Monte Thelen – mthelen@dcsdk12.org

FOOTBALL PLAYERS 10th – 12th GRADE

Strength Camp

Dates: June 11th – August 2nd (Mon-Thurs)
Time: 7:00-9:00 am
Grades: 10th – 12th graders
Place: LHS Turf Field and Weight Room
Instructor: Head Football Coach Monte Thelen,
Football Coach Shane King, and other
Football Staff
Cost: \$150
Equipment: Shorts, T-shirt and Tennis Shoes
Description: Participants will be put through
specific strength & core lifts as well as speed, agility
and conditioning routines. Legend staff is excited to
work with all sophomores, juniors & seniors in
preparation for the 2018 season.
Contact: Monte Thelen – mthelen@dcsdk12.org

Soccer Camps



Co-ed Youth Soccer Summer Camp

Dates: June 4-6 (Mon, Tues, Wed)
Time: 6:00-8:00 pm
Grades: 2nd - 8th Graders
Place: EchoPark Stadium
Cost: \$75 (includes T-shirt)
Instructor: Jordan Ivey, Head Boys Soccer Coach,
Gil Barkey, Head Girls Soccer Coach
and the LHS FC Coaching Staff,
current and former FC Legend players

Equipment: Soccer ball, shin guards, water bottle
Description: Join us under the lights of EchoPark Stadium for our summer youth soccer camp! During our three days together your son or daughter will receive instruction on all aspects of the game. We will include technical, tactical and conditioning exercises. Camp will also include coaching in game situations as well as camp competitions.
Contact: Jordan Ivey – jordan.ivey@dcsdk12.org or Gil Barkey – gilbarkey@comcast.net

FC Legend Young Men's Pre-Season Soccer Camp

Dates: July 30th – August 3rd
Time: 3:30–5:30 pm
Grades: Incoming 9th – 12th grade boys
Place: Legend High School Grass Field
Cost: \$50
Instructor: Jordan Ivey, Head Boys Soccer Coach and LHS Coaching Staff

Equipment: Soccer ball, water and shin-guards
Description: This camp is critical to give you the edge you need for tryouts and a successful soccer season. All boys interested in playing for the LHS Soccer Team are recommended to attend.
Contact: Jordan Ivey – jordan.ivey@dcsdk12.org

Softball Camps

Youth Softball Camp

- Dates:** June 5th and 6th (Tues, Wed)
Time: 9:00–11:00 am
Grades: Entering 7th – 9th graders
Place: Legend High School Softball Field
Cost: \$50 (includes T-shirt with registration on/before May 20th. Late registrations may not receive a shirt)
Instructor: Kristen Shirk, Head Softball Coach, current and former high school players
Equipment: Bat, glove, helmet and shoes/cleats
Description: This camp is designed to meet the needs of each participant in the areas of hitting, fielding, pitching and catching. Emphasis will be placed on the fundamentals of each skill. Each athlete will be shown technique and drills that can be used to help improve their ability as a player.
Contact: Kristen Shirk - kshirk@dcsdk12.org or call (812) 459-6518

High School Team Softball Camp

- Dates:** August 1st – 3rd (Wed-Fri)
Time: 3:00-5:00 pm
Grades: Incoming 9th – 12th graders
Place: Legend High School Softball Field
Cost: \$50 (includes a t-shirt)
Instructor: Kristen Shirk - Head Softball Coach, and LHS coaching staff
Equipment: Bat, glove, helmet and shoe/cleats
Description: For incoming Freshman-Seniors to join the Legend High School Titans' softball coaches as we start to prepare for our season. The camp is designed to meet the needs of each participant in the areas of hitting, fielding, base running, offense and defensive strategies, pitching, and catching. The camp will also focus on conditioning. The Camp is "HIGHLY ENCOURAGED" for those trying out for the high school team. The t-shirt received in the camp price will be worn as a practice t-shirt during the season. **Please register by July 29th so coach can order t-shirts in time.
Contact: Kristen Shirk - kshirk@dcsdk12.org or call (812) 459-6518



Running Camp

Cross Country (Co-ed) Fitness and Running Camp

- Dates:** June 5th – July 20th (1st day is a Tues)
Monday thru Friday
- Time:** 8:15-9:45 am
- Grades:** Incoming 7th – 12th graders
- Place:** Tallman Meadow and Salisbury Parks.
Meet at Tallman Meadow Park, across
from Legend HS on Mondays,
Tuesdays, Thursdays, and Fridays.
** On WEDNESDAYS we meet at
Salisbury Park* Times and dates are
subject to change. Email Roger Miller
for questions or directions.
- Instructor:** Roger Miller, Legend Head Cross
Country and Track Coach
- Cost:** \$100 (includes T-shirt)
- Equipment:** Running shoes and running attire
- Description:** This running camp is for all boys and
girls in grades 7-12. The camp is pre-season Cross
Country training, but is open to all students who want
to improve fitness and conditioning for all sports.
Camp is a low-key, fun and social way to get in
shape, learn technique and philosophy of running, as
well as various forms of training (long easy distance,
speed play, running games, hills, etc.). On-line
training log, goal setting, and training literature will
be included. Runners will be grouped by ability and
experience (novice, intermediate, and advanced).
Focus will be on building endurance, flexibility, and
core strength. No experience is required. Proper
footwear and training aides will be addressed and a
shoe night (discount) is included.
- Running sites may include:** Trails and paths around
Legend High School/Salisbury Park. Travel sites may
include Denver City Park, The Bluffs, Castlewood
Canyon, Castle Rock Rec area, Red Rocks and other
trails TBD. Travel days will be included when
transportation by coaches and parent volunteers or
student drivers are available. Travel days will be on
Fridays
- Contact:** Roger Miller – roger.miller@dcsdk12.org

Track & Field Camps

Throwers Camp

- Dates:** June 5, 6, 7, 12, 13 and 14th
(Tues, Wed, Thur)
- Time:** 4:30-5:30 pm
- Grades:** Incoming 6th – 12th graders
(Boys and girls)
- Place:** Legend High School Shot Put and
Discus Pits (by turf field)
- Cost:** \$50 / or \$10 session, Drop-ins welcome
- Instructor:** Landon Wiederstein
- Equipment:** Proper gear for outside activity.
Implements will be provided.
- Description:** No experience needed. This camp is
to improve on or teach the fundamentals and
technique of throwing a shot put and discus.
- Contact:** Landon Wiederstein –
landon.wiederstein@dcsdk12.org



Volleyball Camps

Legend Volleyball Middle School Camp

Dates: July 30th – August 3rd (Mon-Fri)
Time: 3:00–5:00 pm
Grades: Incoming 6th – 9th graders
(Boys and girls)
Place: Legend High School Gyms
Cost: \$100 (includes T-shirt)
Instructor: Travis Underwood, Legend High School Head Volleyball Coach, and LHS volleyball staff
Equipment: Proper gym shoes, training shorts or Spandex, and a T-shirt (no tank tops). Bring kneepads and a water bottle.
Description: This camp is the best way to prepare for the upcoming middle school volleyball season! Sessions include skills breakdown and instruction (passing, serving, hitting, defense, setting, blocking etc.), position-specific instruction, team systems (offense and defense), speed and agility training, guest speakers, and a variety of game situations. Beginner to advanced players are welcome.
Contact: Travis Underwood – taunderwood@dcsdk12.org

Legend Volleyball Pre-season High School Camp

Dates: August 6th - 10th (Mon-Fri)
Time: 3:30–5:30 pm
Grades: 9th – 12th graders
Place: Legend High School Gyms
Cost: \$100
Instructor: Travis Underwood, Legend High School Head Volleyball Coach, and LHS volleyball staff
Equipment: Proper gym shoes, training shorts or Spandex, and a T-shirt (no tank tops). Bring kneepads and a water bottle.
Description: This camp is critical to give you the edge you need for tryouts and a successful volleyball season!
Contact: Travis Underwood – taunderwood@dcsdk12.org

Legend Volleyball: Speed and Agility Camp

Dates: June 4th, 6th, 11th, 13th, 18th, 20th, 25th, 27th
July 9th, 11th, 16th, 18th, 23rd & 25th.
Time: 5:00 - 6:15pm
Grades: Incoming Freshmen thru Seniors
Place: Legend High School Gyms
Cost: \$20
Instructor: Travis Underwood, Legend High School Head Volleyball Coach, and LHS volleyball staff
Description: Volleyball Speed, Strength & Agility Camp. Come develop volleyball specific speed skills while improving agility and preventing injuries.