



Geneva High School | Summer Sport Camps

Questions? Contact Ryan Estabrook

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BADMINTON

Grades 3 – 12 | \$60 - \$75

The emphasis of this camp is put on skill development as well as game play to help students learn about this amazing Olympic Sport. If you want to try something fun, challenging, and enjoy other racquet sports such as Tennis and Pickleball then this camp is for you. Badminton is a fun, lifetime activity that can be played and enjoyed at whatever level one decides. Plus, younger players will learn from our current and former high school players.

What to wear: comfortable athletic wear

What to bring: water bottle and a racket. If you do not have your own racket, one will be provided.

Elodie Colin | GHS Contest Gym

GIRLS BASKETBALL

Grades 3 – 12 | \$85 - \$135

During this camp we will work on individual skills that campers can continue to practice independently at home. Campers will participate in a mix of drills and full court games and will also have an opportunity to interact with high school players and coaches. We look forward to working with your daughters. Coaches will provide summer league information.

What to wear: comfortable athletic wear

What to bring: water bottle, basketball

Sarah Meadows

GHS Contest & Mack Olson Gymnasiums

BOYS BASKETBALL

Grades 2 – 12 | \$85 - \$150

Please join the GHS basketball coaches for a fun yet informative basketball camp! Summer camp will focus on basketball skill development, team building exercises, and game play. Additionally, 2nd - 8th grade players will get to learn from our high school athletes! Coaches will provide summer league information.

What to wear: comfortable athletic wear

What to bring: water bottle

Scott Hennig

GHS Contest & Mack Olson Gymnasiums

BASEBALL

Grades 4 – 12 | \$75 - \$160

With the help of former and current Geneva Baseball players, campers can expect instruction in the fundamentals of baseball. Camp includes throwing, fielding, and hitting drills the “Geneva Way”! This extra practice can help players as they compete in their weekday games and weekend tournaments. If camp is cancelled, the last Monday in June is the makeup day. Changes or cancellations will be communicated via email the morning of camp. Catching and Pitching camps are included in the cost of the Baseball camps.

#THOR

What to wear: shorts or baseball pants, t-shirt, baseball hat (gym shoes on hand in case of bad weather)

What to bring: glove, bat, helmet, water bottle

Brad Wendell | GHS Baseball Fields

BOWLING

Grades 9 – 12 | \$90

This summer camp will include a wide variety of drills and informative lessons on various aspects of bowling including, but not limited to mental toughness, physical technique, and lane play strategy. The campers will learn, apply, and improve upon these components, which are necessary to compete at the high school level.

What to wear: Geneva shirts or colors

What to bring: water bottle, shoes or bowling balls (not required)

Dom Fallico | St. Charles Bowl

CHEER

Grades K – 12 | \$75 - \$160

The Geneva Vikings Cheer Team have put together a fun and challenging curriculum for all future cheerleaders. Current GHS Cheerleaders will teach skills including jumps, stunts, tumbling, motions, and dance. The K-5 campers will do a last-day-of-camp performance!

What to wear: athletic wear and gym shoes

What to bring: water bottle

TBD | GHS Mack Olson Gym

DANCE

Grades K – 8 | \$90

Join the fun and excitement that comes along with being a part of the dance team! If you've danced before you will learn new things and if you're new to dance, you will leave with a love of the sport. They will learn dance techniques and three different routines. Join us for a performance on the final day of camp at 2:15 p.m.!

What to wear: comfortable dance clothes

What to bring: water bottle, jazz shoes (if you have them) or gym shoes

Amy VanWagenen | GHS Contest Gym

BOYS CROSS COUNTRY

Grades 6 – 12 | \$150

This camp lays down a solid foundation of running to prepare athletes for the fall XC season. There is a place for everyone as running distance and pace will vary based on age and ability. Along with the main run of the day, we will do auxiliary stretching, drills, and core exercises to make a well-rounded athlete. We will run in a variety of locations and trails, including on the local roads. We will run in the rain but will cancel if there is thunder and lightning.

What to wear: Campers should wear good running shoes and dress for the weather to prepare to run outside every day.

What to bring: water bottle; some girls like to bring a beach towel to sit on while stretching.

Peter Raak

GHS Gymnasium Entrance Door 19E

GIRLS CROSS COUNTRY

Grades 6 – 12 | \$150

We offer running programs that are tailored to each camper's age and experience level (no experience necessary). Campers will not only run outside each day, but also cross train, weight train, and play games to promote team building. We recommend shopping for running shoes at Dick Pond's in St. Charles; they can analyze running gait and fit a runner for shoes appropriate for them. If it is raining, we will have camp at the planned meeting spot; if there is thunder and lightning, we will have camp, but will meet inside.

What to wear: Campers should wear good running shoes and dress for the weather to prepare to run outside every day.

What to bring: water bottle; some girls like to bring a beach towel to sit on while stretching.

Beth Morrison

GHS Gymnasium Entrance Door 19E

GIRLS FLAG FOOTBALL

Grades 1 – 12 | \$55 - \$180

This camp kicks off an exciting new sport for Viking athletics and prepares athletes for our inaugural season this fall! Campers will participate in drills to improve fundamental skills, strategy, and gameplay while learning team philosophy, playbooks, and the core values of the program.

HIGH SCHOOL CAMP: Session 1 and Session 2 build on one another, with Session 2 expanding on the skills and concepts introduced in Session 1. Athletes are encouraged to attend both for the best experience and preparation for the season.

7th & 8th GRADE CAMP: Designed specifically for middle school athletes to develop foundational flag football skills, learn the game, and prepare for future success in high school athletics.

What to wear: Comfortable athletic clothing.

What to bring: A water bottle, mouthguard, cleats (if possible), and athletic shoes.

Kaleigh O'Brien | Burgess Field

FOOTBALL

Grades 3 – 12 | \$90 - \$160

Viking Football Summer Camps are led by Coach Thorgesen and GHS football program staff. Campers will participate in both individual and team drills, and learn team philosophy, playbooks, schematics, and program culture throughout the camp. If there is inclement weather, we will attempt to move indoors, otherwise, we will use Friday as a rain date at the end of the week.

What to wear: all necessary football equipment from the football program.

What to bring: water bottle, cleats, and athletic shoes

Boone Thorgesen | Burgess Field

BOYS LACROSSE

Grades 4 – 12 | \$100

In this camp, GHS coaches, plus current and former varsity lacrosse players will provide individual instruction to each camper. We utilize fundamental drills and fun, fast-paced games to teach campers the technical and tactical skills necessary for playing lacrosse. If it is raining, camp will go on; if there is thunder and lightning, we will cancel and use Friday as a rain date.

What to wear: cleats

What to bring: lacrosse stick, water bottle

A few extra sticks will be available for those who do not have one.

Drew Schout | Center Street Fields

GIRLS LACROSSE

Grades 4 – 12 | \$100

Head Coach Christian Pilapil and his coaching staff have put together a fun and developmental curriculum for her campers. With Lacrosse being a growing sport in the Midwest we strive to create a positive, fun, and informational camp! Current and former Lacrosse players will assist, as well as coaches from surrounding high schools in the area. With over a decade of experience Coach Christian and his athletes will teach the girls basic stick skills, game rules and format, scrimmaging and more advanced concepts to help girls challenge themselves throughout the week. Get ready for a week of fun learning a new and fast-growing sport in the area!

What to wear: comfortable athletic wear

What to bring: cleats, mouth guard, girls' lacrosse stick and goggles, and a water bottle

Christian Pilapil | Center Street Fields

GIRLS SOCCER

Grades 2 – 12 | \$80 - \$95

In this camp, GHS coaches, plus former varsity soccer players will provide individual instruction to each camper. The girls' soccer camp utilizes small-sided games and drills to instruct the kids the technical and tactical skills necessary for playing soccer. If it is raining, we will have camp; if there is thunder and lightning, we will cancel the day and use Friday as a rain date.

What to wear: cleats and shin guards

What to bring: water bottle, you may bring your own soccer ball

Megan Owens | Center Street Fields

BOYS SOCCER

Grades 3 – 12 | \$60 - \$200

YOUTH CAMP: In this camp, we use small-sided games and drills to instruct the kids the technical and tactical skills necessary for playing soccer. If it is raining, we will have camp; if there is thunder and lightning, we will cancel the day and use Friday as a rain date.

HIGH SCHOOL CAMP: This camp offers a variety of activities for players to be prepared for the fall season. In addition to the 2-week summer camp that runs at the end of July and beginning of August, we offer a conditioning program, weekly training sessions or friendlies against local schools. More information will be provided on our program website, through our program Twitter/X account, and the Remind app. All current and new boys soccer players, sign up for the new Remind group. Text the message "@a23ef2d" to "81010" to receive updates and information throughout the summer.

What to wear: cleats and shin guards

What to bring: water bottle

Blake Hughes | Center Street Fields

SOFTBALL

Grades 4 - 12 | \$80 - \$160

Please join the GHS Softball coaches for a fun and engaging experience, focused on age-appropriate skill development for all positions. For the youth levels, we will focus on essential fundamentals for both offensive and defensive play. The high school camp will focus on position specific development and team building activities for interested athletes.

What to wear: athletics shoes (softball cleats preferred, but not required)

What to bring: water bottle, glove, bat, helmet

Kaleigh O'Brien | GHS Softball Field

BOYS & GIRLS TENNIS

Due to construction on the tennis courts this summer, we will not be able to offer tennis camps in 2026. Check back in 2027 for the return of the camps on our new courts.



SPEED CAMP | \$60

Grades 7 - 12

This camp is for any high school Viking athlete who wishes to work on their acceleration and speed. Speed is often a cornerstone of every sport and can be improved upon. Athletes will have their speed recorded in some timed sprints and compare throughout the summer. Sessions will involve specifically designed drills, plyometrics, parachute pulls, and full sprints to help improve an athlete's speed and explosiveness in any sport. Reps will often be short and intense, and followed by periods of rest and recovery. This is NOT a conditioning camp, this is a SPEED camp! The purpose of the camp is to make them fast, not tired.

What to wear: dress for the weather; prepare to run outside every day.

What to bring: water bottle

Peter Raak | Burgess Field | \$60

TRACK & FIELD

Grades 6-9 | \$50

This camp offers opportunities to gain experience in the more technical aspects of track and field events for middle school athletes. We will go over techniques for the following events: Starting blocks, High Jump, Long Jump, Hurdles, Shot Put, and Discus. There will be two or three events the athletes will rotate through, and they will get hands-on experience each day. We will also go through a daily warmup with drills and core exercises to get them ready for the events. If it is raining lightly, we will have camp, although it may be indoors; if there is thunder and lightning, we will cancel.

What to wear: dress for the weather; prepare to run outside every day.

What to bring: water bottle

Peter Raak | GMSN Track

TRACK & FIELD POLE VAULT

Grades 6 – 12 | \$60

This camp is for vaulters of all levels. From the basics to advanced, coaches will vary activities for athletes of all abilities. Along with other drills and strength work, athletes will get lots of time in the pit. Athletes will learn to vault safely, have fun, and improve their technique.

Rick Romano | Burgess Field

BOYS & GIRLS VOLLEYBALL

Grades 5 – 12 | \$85 - \$180

In this fun and informative volleyball camp we will focus on volleyball skill development, team building exercises, and fitness and conditioning drills. Plus, the 4th - 8th grade players will learn from our high school athletes! The 9th - 12th grade camp fee covers entry in the GHS Grass Tournament on July 11th.

What to wear: comfortable athletic wear

What to bring: water bottle

**Stephanie Hennig & Lauren Kosecki
GHS Contest Gym**

WRESTLING

Grades K – 12 | \$185

The coaching staff have put together a fun and challenging three-week camp for both the high school and youth wrestlers. Campers will be learning technique, playing games, and live wrestling. Along with the coaching staff will be some of the graduates mentoring the campers. Your campers should leave with improved technique and a stronger admiration for the sport.

What to wear: comfortable athletic wear

What to bring: head gear, wrestling shoes (if possible), water bottle

Tom Chernich | GHS Wrestling Gym

**GO TO THE
CUSD 304 WEBSTORE TO REGISTER**