

# **Wolfpack ALPHA Basketball Open Gym**

June 7 - July 31 12:00-2:00 PM

Monday – Thursday

AT: PARK High and Oltman Middle School (Schedule will come out later date on where we are at each session)

Incoming kids from grades 9-12 who plan on trying out for the 2021-2022 basketball season

Focus: Camp is for athletes that play in our high school program and want to advance their fundamentals in passing, dribbling, and shooting. We will simulate practice drills that are conducted in the regular high school season and run 5v5 games installing our offensive and defensive philosophies. The expectation is that you are in this camp if you plan on trying out for the 2021-2022 basketball season. Fee does not cover cost of summer tournaments and summer league. No class July 5-8. You need to sign up for this online on the community ed website.

Link

[https://sowashco.ce.eleyo.com/search?redirected\\_yet=true&sf\[category\]=30](https://sowashco.ce.eleyo.com/search?redirected_yet=true&sf[category]=30)

C464 PHS 28 Sessions - \$50

# **Wolfpack Summer Strength and Conditioning**

Camp Grades 9-12

- with Coach Doug Staley

Camp will focus on the strength and conditioning of a multisport athlete. It will be spent primarily in the weight room and on the turf and track in the stadium. Strength, speed and agility will be trained each day with an emphasis on technique and proper mechanics. Athletes should bring their own water bottle. Each athlete will receive a T-shirt. No class July 5-8

I am not particular on which session athletes pick because we have kids that do multiple sports but YOU DO NEED TO BE IN OUR STRENGTH PROGRAM! If you are in Football, Coach Fryklund has already informed you which sessions you should be in.

Link: <https://sowashco.ce.eleyo.com/course/19673/summer-2021/wolfpack-summer-training-program>

## **OPTIONS**

Grades 9-12

C470 PHS 21 Sessions - \$120

M/T/Th, Jun 7 - July 30 7:30-8:45 AM

Grades 9-12

C471 PHS 21 Sessions - \$120

M/T/Th, Jun 7 - July 30 8:45- 10:00 AM

Grades 9-12

C472 PHS 21 Sessions - \$120

M/T/Th, Jun 7 - July 30 10:00-11:15 AM