

PARK RIDGE GIRLS BASKETBALL SPRING CLINIC 2024

Join Coach Dennis and Coach Allen on the hardwood this spring to work on your hoops game! Young Owl hoopers will practice essential fundamentals, situational, and strategic approaches to the game. We can't wait to see you there!



Important Information:

- **Directors:** Ryan Dennis– Varsity Coach – Park Ridge Girls Basketball
Bill Allen – Volunteer Coach – Park Ridge Girls Basketball
- **Hours:** 6-8pm
- **Clinic Dates:** Mondays: May 20, June 3, June 10
Wednesdays: May 22, May 29, June 5
- **Cost:** \$215 – *Registration closes May 13 - No refunds after registration closes – no exceptions*
- **Grades:** Girls K-8
- **Location:** Park Ridge High School Main Gym
- **Health and Safety:** We will be following all district protocols in place regarding weather, illness, etc. Water/Ice will be readily available for all the girls.
- **Sign up:** via community pass which can be found at parkridgeschools.org under “community”

**SEE YOU ON THE HARDWOOD!
GO OWLS!**



YOUTH FOOTBALL CAMP



Doc Lewis Field @ Park Ridge High School

JULY 15, 16 and 17: 9a – 12p

The Park Ridge Youth Football camp is led by Park Ridge **Head Coach Jim Cleary** and his staff of coaches and current Varsity players. This camp is designed for both experienced and inexperienced players entering 3rd through 8th grades. Your child will have a tremendous opportunity to receive individualized instruction, work on the fundamentals, and have fun playing the game of football. The program includes working on offensive and defensive positions. Your child will also learn the Owls offense and defensive schemes.

Registration fee: \$200 per athlete. Campers will need to bring cleats, t-shirt, and a water bottle. Extra water will be provided.

Every camper will receive a tee shirt.

★ ★ ★ ★ ★ **Registration through Community Pass!** ★ ★ ★ ★ ★

Monday – Thursday

9:00 AM – 12:00 PM

June 24th – June 27th (rain
date June 28th)

- \$175
- Payment and Registration due by **June 21st** on Community Pass
- All campers receive a t-shirt

Facilities

The Park Ridge Owls Baseball Camp is located at Sulak Field, 18 Sulak Ln, Park Ridge, NJ 07656.

Snack

Campers should bring a snack with them each day. A snack break will be given, and a variety of snacks will be available to purchase

Camp Philosophy

The goal of the Park Ridge Owls Baseball Camp is to have fun while playing baseball as well as provide an opportunity for all players to increase their knowledge and develop their skills. As a staff, we take pride in creating an environment that is competitive while allowing campers to be themselves and build camaraderie.

Daily Schedule

Campers should expect the following activities on a daily basis:

- Warm-Up & Cool Down
- Drills and Instruction to increase skills
- Team and individual competitive activities
- Fundamental Stations

Park Ridge Owls Baseball Camp



The Week Of
June 24th–June 27th

AT

Sulak Field

Contact Info

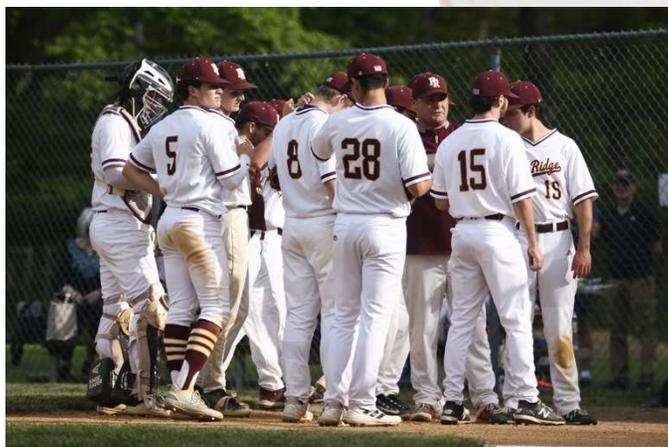
Phone: (201)-573-6000 x5610

Email:

DylanEvans@ParkRidge.k12.nj.us

Campers Should Bring:

- Water
- Glove
- Bat
- Helmet
- Cleats/Turf Shoes
- Sneakers (for gym use)
- Snack
- Catchers Gear



Park Ridge Owls Baseball Camp June 24-June 27th, 2024 For kids entering grades 1-9

Camp Features

Fundamental Skills

Throwing Technique

Fielding Footwork

Hitting Fundamentals

Specific Positional Fielding Skills

Pitching Mechanics

Baserunning

Camp Snack Store

An assortment of snacks and drinks will be available everyday

COVID-19 Protocols

If a camper is to miss 50% of the camp due to COVID-19, they will receive 50% refund. Masks are optional for all campers. If your child is showing symptoms, please keep them home.

Camp Director

Dylan Evans

Dylan Evans recently completed his fourth year as the head coach of the Park Ridge Baseball team. He has coached high school baseball for 9 years including stints at Westwood High School and Pequannock Township High School. He is also the head coach of the varsity girls soccer team at PRHS and was named 2020 Division 3, NJIC and NJ Small School Coach of the Year. He is entering his 8th year as a Physical Education/Health Teacher at PRHS.

Camp Staff

Dan Carey – Assistant Director
PRHS Varsity Assistant Coach

*Current and Former Park Ridge
Baseball Players and HS Varsity
Baseball Coaching Staff*

PARK RIDGE SOFTBALL CAMP

SUMMER 2024

Schools out – time to work on your game! Join Coach Rick, Coach Allen and PRHS softball staff, as well PRHS softball players/alumni for an amazing camp opportunity!! Campers will practice essential fundamentals, situational, and strategic approaches to the game. We can't wait to see you there!



Important Information:

- Directors: Rick Eichenlaub – Varsity Coach – Park Ridge High School Softball
Bill Allen – Assistant Coach – Park Ridge High School Softball
Camp Dates: June 24-June 27, 2024 (Rain Date June 28)
- Hours: 1pm-4pm
- Cost: \$220 – (Includes Credit Card/Community pass fees) – *Registration closes 6/17 - No refunds after registration closes – no exceptions*
- Grades: Girls entering grades 1-9
- Location: Park Ridge HS – Upper Softball Field
- Health and Safety: We will be following all district protocols in place regarding weather, illness, etc. Water/Ice will be readily available for all campers.
- Sign up: via community pass which can be found at parkridgeschools.org under “community”

**SEE YOU ON THE
CLAY!**

Monday – Thursday

9:00 AM – 12:00 PM

August 5th – August 8th (rain date August 9th)

- \$195
- Payment and Registration due by **June 21st on Community Pass**
- All campers receive a t-shirt

Facilities

The Park Ridge Lady Owls Soccer Camp is located at Memorial Field – behind the Park Ridge Fire Department

Snack

Campers should bring a snack with them each day. A snack break will be given, and a variety of snacks will be available to purchase.

Camp Philosophy

The goal of the Lady Owls Soccer Camp is to have fun while playing soccer as well as provide an opportunity for all players to increase their knowledge and develop their skills. As a staff, we take pride in creating an environment that is competitive while allowing campers to be themselves and build camaraderie.

Daily Schedule

Campers should expect the following activities on a daily basis:

- Warm-Up & Cool Down
- Drills and Instruction to increase skills
- Team and individual competitive activities
- Fundamental Stations
- Speed and Agility Workouts

Park Ridge Lady Owls Soccer Camp



**The Week Of
August 5th – August 8th
(rain date August 9th)**

AT

Memorial Field

Contact Info

Phone: (201)-573-6000 x5610

Email:

DylanEvans@ParkRidge.k12.nj.us

Campers Should Bring:

- **Water**
- **Shin Guards**
- **Cleats/Turf Shoes**
- **Snack**
- **Goalie Gloves**
- **Soccer ball**



Park Ridge Lady Owls Soccer Camp August 5-8th For kids entering grades 1-9

Camp Features

Fundamental Skills

Ball Skills

Dribbling

Passing

Shooting

Crossing

Defensive Technique

Camp Snack Store

An assortment of snacks and drinks will be available everyday

Camp Staff

Current and former players of the high school team will run the camp

Camp Directors

Dylan Evans, Gabriella Visaggio,

Gabriella Visaggio is the Varsity Assistant Coach for the Park Ridge Varsity Girls Soccer Team. She is currently a Physical Education/Health Teacher at the High School.

Dylan Evans recently completed his fourth year as the head coach of the Park Ridge Girls Soccer team. In four years, the overall record of the program is 65-26-3 and 40-11 in last three years. In 2020, the team won an undefeated Division 3 championship and was the North 1 Group 1 State Regional Runner Up. The Lady Owls were the 2023 Bergen County Invitational Champions – the first BCWCA title in the school’s history. Coach Evans was named 2020 Division 3, NJIC and NJ Small School Coach of the Year.

PARK RIDGE OUTDOOR SPORTS CAMP

SUMMER 2024

New Camp Opportunity! Coach Dennis, Coach Allen and PRHS athletes will be instructing and facilitating gameplay in a variety of outdoor games including (but not limited to): frisbee, wiffle ball, cornhole, soccer, touch football, spikeball, yard pong, and more! Also be prepared to get wet at the end of the day!!



Important Information:

- **Directors:** Ryan Dennis and Bill Allen – PRHS Varsity Coaches and Teachers
- **Camp Dates:** July 8-11, 2024 (Rain Date July 12)
- **Hours:** 9am-12pm
- **Cost:** \$240 – *Registration closes 6/21 - No refunds after registration closes – no exceptions*
- **Grades:** Boys and Girls Entering Grades 1-9
- **Location:** Park Ridge HS – Upper Field
- **Health and Safety:** We will be following all district protocols in place regarding weather, illness, etc. Water/Ice will be readily available for all campers.
- **Sign up:** via community pass which can be found at parkridgeschools.org under “community”
- **Gift:** T-Shirt Included with registration!

SEE YOU THIS SUMMER!

-COACH DENNIS and COACH ALLEN