

SUMMER

SPORTS CAMPS



20

ROCKFORD

24

COMMUNITY SERVICES

SIGN UP NOW AT [RPS.DIGITALSIGNUP.COM](https://rps.digitalsignup.com)

*Registration using a computer or tablet is preferred.
All activities will be in compliance with the CDC & MHSAA guidelines.*

BOYS BASKETBALL SUMMER CAMPS

BOYS GRADES 1-2

The Rockford Basketball program is now offering a FUNdamentals camp for kids in grades 1 and 2. The primary focus of this camp will be basic skill development and live gameplay. Prior basketball experience is optional. Rockford head coach Kyle Clough, staff, and varsity players will work with the players each day to increase their skill set and make the game of basketball fun.

Monday–Thursday, 11:00am-12:00pm

June 3-6 #8759-U24A

NRMS Gym \$75

BOYS GRADES 3-6

Learn individual offensive and defensive skills as well as principles of team offense and defense. Individual and team competitions will be held each day. Each player receives a T-shirt, basketball, individual workout program and more!

GRADES 3-4

Monday–Thursday, 8:00-9:45am

June 10-13 #8760-U24A

RHS Gym \$75

GRADES 5-6

Monday–Thursday, 10:15am-12:15pm

June 10-13 #8761-U24A

RHS Gym \$75



BOYS GRADES 7-8

Designed for the basketball player who desires to play middle school basketball. Individual offensive skill improvement will be stressed along with an introduction to Ram's offensive and defensive concepts. Individual and team competitions will be held each day. Each player receives a T-shirt, basketball, individual workout program and more!

Monday–Thursday, 12:30-2:30pm

June 3-6 #8762-U24A

RHS Gym \$75

BOYS GRADE 9

For players wanting to go out for our freshmen basketball team. Individual and team offensive and defensive concepts will be taught in a “practice environment”. Each player receives a T-shirt, basketball, individual workout program and more!

Monday–Thursday 9:00-10:30am

June 3-6 #8763-U24A

NRMS Gym \$75

Please sign up for grade entering Fall of 2024

BOYS GOLF

Work on your golf skills with the Varsity golf coach at the North Kent Golf Course. This camp is for golfers who are both new to golf and experienced. We will focus on all aspects of the game of golf including driving, irons, chipping, putting, and decision-making. Please bring your water bottle, wear golf attire and bring your clubs. Golf shoes are optional.

GRADES 3-5

Monday–Wednesday, 9:00-11:00am

June 10-12 #8402-U24A

North Kent Golf Course \$65

GRADES 6-8

Monday–Wednesday, 12:00-2:00pm

June 10-12 #8402-U24B

North Kent Golf Course \$65



GIRLS BASKETBALL SUMMER CAMPS

Campers will learn new skills each day and have opportunities for team and individual competitions. Learn our basic offensive and defensive principles. Coached by members of the Girls Varsity Basketball Team and the Girls Coaching Staff, each camper will receive enthusiastic and quality instruction. Each camper receives a camp T-shirt, basketball, and workout packet. A short ceremony will take place during the last 15 minutes of camp on Thursday.

GIRLS GRADES 1–2

FUNDamentals camp for kids in grades 1-2. The primary focus of this camp will be basic skill development and some live gameplay. Prior basketball experience is optional. Rockford head coach Brad Wilson, staff, and varsity players will work with the players each day to increase their skill set and make the game of basketball fun.

Monday–Thursday 1:00-2:00pm

June 3-6 #8769-U24A

NRMS Gym \$75



GIRLS GRADES 3–5

Learn individual offensive and defensive skills as well as principles of team offense and defense. Individual and team competitions will be held each day. Each player receives a camp T-shirt, basketball, individual workout program and more!

Monday-Thursday 1:00-2:45pm

June 10-13 #8770-U24A

RHS Gym \$75

GIRLS GRADES 6–8

Designed for the basketball player who desires to play middle school basketball. Individual offensive skill improvement will be stressed along with an introduction to Ram's offensive and defensive concepts. Individual and team competitions will be held each day. Each player receives a camp T-shirt, basketball, individual workout program and more!

Monday-Thursday 3:00-5:00pm

June 3-6 #8771-U24A

RHS Gym \$75

GIRLS BASKETBALL CAMP GRADES 9–12

The Rockford girls basketball program is offering a team camp. At the camp, the high school staff will implement the program's offense and defense for kids who plan to play this summer with their respective grade levels at shootouts and leagues. Includes T-shirt.

Monday-Thursday 10:00am-12:00pm

June 3-6 #8772-U24A

ERMS Gyms \$30

Please sign up for grade entering Fall of 2024

CHEERLEADING CAMP

Get ready to bring the spirit to the sidelines like never before! Join our Youth Sideline Cheerleading Summer Camp for a day filled with cheers, stunts, and tumbling excitement, guided by the RHS sideline cheer teams. Whether your little cheerleader is a seasoned pro or just starting, our camp promises a fun and supportive environment to learn and perfect those cheers that will have everyone on their feet. From impressive stunts to dazzling tumbling, this one-day camp is the perfect opportunity to enhance skills, build confidence, and most importantly, have a blast with fellow cheer enthusiasts. Don't miss the chance to cheer, flip, and stunt with the best! Campers will need to wear athletic shorts/shirts, supportive athletic shoes, and have their hair pulled up. Please send a packed lunch and water bottle with your camper's name on it.

GRADE K-2

Friday, 9:00am–3:00pm

June 28 #8100-U24A

RHS Cafeteria \$75

GRADE 3-5

Friday, 9:00am–3:00pm

June 28 #8100-U24B

RHS Cafeteria \$75





NEW! COED BOWLING CAMP

GRADE 6-12

This coed camp is designed to show proper techniques for delivering a bowling ball. Step and swing drills will be used to balance the mechanics of swing and footwork in delivering a bowling ball. Bowlers will also be coached on the following techniques: lane targeting, spare shooting, and pre-shot routines. This camp is open to all experience levels. Balls and shoes will be available at Rockford Lanes if needed.

Instructor: Girls Varsity Bowling Head Coach, Jerry Tarabek.
Meet at Rockford Lanes, 117 E Bridge St. NE, Rockford.

SESSION 1:

GRADES 6-8

Monday-Tuesday, 10:00am-12:00pm

July 22-23 #8400-U24A

Rockford Lanes \$20

SESSION 2:

GRADES 9-12

Wednesday-Thursday, 10:00am-12:00pm

July 24-25 #8400-U24B

Rockford Lanes \$20



BASEBALL CAMP

GENERAL SKILLS

Players will focus on fielding, throwing, catching, hitting, and more. We will also have our "Wiffleball" World Series. What to bring to camp: glove, bat, helmet (if you have one) baseball hat, and water bottle. Includes T-shirt. **No metal cleats.**

GRADES 2-5

Monday-Wednesday, 8:00-10:00am

June 3-5 #8753-U24A

RHS Varsity Baseball Field \$75

GRADES 6-8

Monday-Wednesday, 10:15am-12:15pm

June 3-5 #8754-U24A

RHS Varsity Baseball Field \$75

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FOOTBALL RAM PRIDE! RAM TOUGH! TEAM CAMP

CO-ED GRADES 7-12

We will focus on learning and practicing football the Rockford way. Throughout this team camp, we will accomplish the following: better acquaint all athletes with their level's offensive and defensive terminology. Learn and polish techniques associated with each offensive and defensive position. Develop and raise the skill level in all positions. Become familiar with the Rockford Football Program drill progression. Each day will also include strength training opportunities to help physically prepare the body for the game of football. All individuals will receive instruction during individual, group, and TEAM periods. We ask that participants wear: T-shirts, shorts, socks, football shoes, and a mouth guard (optional). This camp is non-contact and no equipment is needed.

*Campers will receive a T-shirt and shorts.

Monday–Thursday, 8:00–11:00am

July 8–11 (No Rain Date)

RHS Football Practice Fields \$70

(Behind the High School)

ERMS GRADE 7 #8200-U24A

NRMS GRADE 7 #8200-U24B

ERMS GRADE 8 #8200-U24C

NRMS GRADE 8 #8200-U24D

GRADE 9 #8200-U24E

GRADE 10 #8200-U24F

GRADE 11 #8200-U24G

GRADE 12 #8200-U24H



FUNDAMENTAL YOUTH CAMP CO-ED GRADES 3-6

Fundamental Youth Camp focuses on skill development in proper fundamentals and safe techniques used in the following: Stance and Starts, Blocking/Tackling vs. Bags/Shields, Introduction to Passing Mechanics, Receiver and Defensive position Fundamentals, Hand Off Mechanics and Ball Security Tips. Each day will conclude with fun and exciting 7-on-7 gameplay!

Wear T-shirt, shorts, socks, football shoes, and mouthguards (optional). This camp is non-contact and no equipment is needed. Includes T-shirt.

***Check-in at the main entrance to the Football Stadium.*

Monday–Wednesday, 9:30am –12:00pm

July 15–17 (No Rain Date)

RHS Football Practice Fields \$75 (Behind the High School)

GRADE 3 #8210-U24A

GRADE 5 #8210-U24C

GRADE 4 #8210-U24B

GRADE 6 #8210-U24D



GIRLS FIELD HOCKEY

Come out and have fun while trying a new exciting team sport for girls! This camp will teach basic stick skills and team play while working with our high school players and coaches. No experience or equipment is necessary. This camp is open to all levels! Please bring a mouthguard, water bottle, and stick. Sticks are provided if needed. Wear comfortable running shoes and be prepared to have a fun three days! A T-shirt will be included.

GRADES 3-5

Monday-Wednesday, 11:30am-1:00pm

June 10-12 #8793-U24A

RHS Upper Turf Field \$70

GRADES 6-8

Monday-Wednesday, 1:30-3:00pm

June 10-12 #8793-U24B

RHS Upper Turf Field \$70



VOLLEYBALL

Volleyball Coach: Kelly Delacher, RHS Varsity Volleyball Coach RHS Volleyball coaches and athletes will be instructed in all fundamental skills: passing, setting, serving, attacking, and defensive movement. No experience is necessary. Grades 7-12 will incorporate gameplay into the camp. Bring a labeled water bottle. Knee pads are not required for grades 3-6.

GRADES 3-5 COED

Monday-Thursday, 8:15-9:45am

June 3-6 #8350-U24A

RHS Gym \$60

GRADES 6-8 GIRLS

Monday-Thursday, 10:00am-12:00pm

June 3-6 #8350-U24B

RHS Gym \$70

GRADES 9-12 GIRLS

Monday & Tuesday, 9:00am-12:00pm

July 29 & 30 #8352-U24A

RHS Gym \$75

BOYS VOLLEYBALL CAMP

Boys entering Grades 6-12. Athletes will be instructed in the fundamental skills of volleyball, passing, setting, serving, and attacking while learning the basics of the game. T-shirt included. Bring a water bottle and knee pads are optional.

*Registrations after June 17 may not receive a T-shirt.

BOYS GRADES 6-8

Monday-Wednesday, 9:00-10:30am

June 24-26 #8354-U24A

RHS Gym \$65

BOYS GRADES 9-12

Monday-Wednesday, 10:30am-12:00pm

June 24-26 #8354-U24B

RHS Gym \$65

Please sign up for grade entering Fall of 2024

BOYS LACROSSE CAMP

The RHS coaching staff is dedicated to providing high energy and an enthusiastic atmosphere. We focus on the fundamentals and the building blocks of lacrosse. The campers are broken up by grades. The younger camps will work on passing, catching, shooting, and picking up groundballs. Games will be played and prizes will be given in hopes of getting the campers excited about the great sport of lacrosse. The older campers will focus on the fundamentals while incorporating team practice concepts. Kindergarten–4th grade will only need to bring a stick. If you don't have a stick or have questions about the type of stick to bring please email us. Grades 6–8 campers will need to bring a full set of equipment.

Email questions to coachpratt.lacrosse@gmail.com

GRADES K–5

Tuesday & Thursday, 8:00–9:30am

June 11, 13 #8780-U24A

RHS Upper Turf Field \$55

GRADES 6–8

Tuesday & Thursday, 10:00–11:30am

June 11, 13 #8781-U24A

RHS Upper Turf Field \$55



Sign up now at

RPS.DIGITALSIGNUP.COM

Please sign up for grade entering Fall of 2024

GIRLS LACROSSE CAMP

This camp is put on by the RHS Girls Lacrosse coaching staff and high school players. Campers will have fun working through drills as they learn the fundamentals of the game. Based on experience level, players will be put into similar skill groups. As an example: players with a higher skill level will be grouped. This will allow the coaching staff to work with all the players. All levels of experience are welcome and encouraged to attend camp. Bring a lacrosse stick, goggles and a mouthguard. We will have goggles and sticks for first-time players. **Please arrive 15 minutes early on the first day for check-in.*

GRADES 1-3

Tuesday–Thursday, 9:30-11:00am

June 18–20 #8790-U24A

RHS Upper Turf \$70

GRADES 4-6

Tuesday–Thursday, 11:30am-1:00pm

June 18–20 #8791-U24A

RHS Upper Turf \$70

GRADES 7-8

Tuesday–Thursday, 1:30-3:00pm

June 18–20 #8792-U24A

RHS Upper Turf \$70





BOYS SOCCER CAMP

The RHS Boys Soccer coaching staff invites you to participate in our annual high school (9-12th) and middle school (7-8th) soccer camp. The focus of the camp is to grow in passion for soccer, develop key technical and tactical competencies, and prepare players for the upcoming high school soccer tryouts and season. Our staff is dedicated not only to helping players improve during camp but also to identifying strengths and weaknesses in each player and offering input for continued training and development. Players will be divided into groups based on age/skill level. You do not have to be a Rockford soccer player to participate in the camp. Questions: Coach Tim Boelman at timboelman@yahoo.com

Monday–Thursday, 4:30–6:30pm

July 15-18

GRADES 9-12 #8787-U24A

GRADES 7-8 #8787-U24B

RFC Fields \$75

Check-in: outside Freshman Center (West side of the building)

Sign up now at
RPS.DIGITALSIGNUP.COM

Please sign up for grade entering Fall of 2024



CO-ED RAMS SOCCER CAMP

The RHS Boys & Girls Varsity Soccer coaching staff is dedicated to helping your child develop a passion for the sport and grow in skill as a player. While providing a fun and enthusiastic atmosphere, our coaches will prioritize the technical development of every camper. Players will work on ball control/dribbling, passing/receiving, and shooting/finishing. We will have an emphasis on scoring goals and having fun playing the game we love! The camp will be broken up by grade level. Please come equipped with shin guards (mandatory), water, and sunscreen. Please bring a soccer ball.

GRADES K–6

Monday–Wednesday, 3:30–5:00pm

June 17-19 #8785-U24A

RFC Fields \$65

Check-in: outside Freshman Center (West side of the building)

TRACK & FIELD CO-ED

SPEED AND JUMP CLINIC

The Rockford Track & Field Team will be running a speed and jump clinic for all sports. Our focus will be first-step quickness, reaction time, lateral speed, power, agility, and vertical/broad jump. Come out and have a fun experience becoming a better athlete. Includes T-shirt.

Please bring/wear: running shoes, shorts, a T-shirt, a sweatshirt, if needed, and a labeled water bottle. We will cancel if it is raining and/or lightning.

GRADES 3–9

Monday–Wednesday, 3:30–5:00pm

June 10-12 #8250-U24A

RHS Track \$75



Please sign up for grade entering Fall of 2024

CO-ED GRADES 6-12 YOUTH CO-ED DISTANCE RUNNING GROUP

The purpose of the Rams Running Group is to promote a healthy lifestyle. The group provides students the opportunity to meet other students in a fun environment while building self-esteem as they work to reach their running goals. Workload and paces will be crafted to meet the motivation level, experience level, and aspiration level of each age group.

Workload and paces will be crafted to meet the motivation level, experience level, aspiration level, and age of participants. Session 1 participants will receive a white shirt and session 2 participants will receive an orange shirt.

RUNNING SEGMENT #1

Mondays–Fridays, June 10-21

\$40 #3181-U24A

Mondays 7:30–9:00am

Rockford Freshman Center Parking Lot

Tuesdays 7:30–9:00am

Townsend Park Ramsdell Parking Lot

Wednesdays 7:30–9:00am

Rockford Freshman Center Parking Lot

Thursdays 7:30–9:00am

Rockford Freshman Center Parking Lot

Fridays 7:30–9:00am

Rockford Freshman Center Parking Lot

RUNNING SEGMENT #2

Mondays–Fridays, July–August 2 *skip week of July 22

\$55 #3181-U24B

Mondays 7:30–9:00am

Rockford Freshman Center Parking Lot

Tuesdays 7:30–9:00am

Townsend Park Ramsdell Parking Lot

Wednesdays 7:30–9:00am

Rockford Freshman Center Parking Lot

Thursdays 7:30–9:00am

Rockford Freshman Center Parking Lot

Fridays 7:30–9:00am

Rockford Freshman Center Parking Lot



SOFTBALL

Coach: Michal Huizenga

This camp is for girls who would like to have fun this summer playing and learning the game of softball. We will be playing fun interactive games and drills with the Rockford Softball coaching staff and players. They will cover fundamentals, go through practice drills, and offer tips on the following: infield, outfield, pitching, catching, hitting, and base running. Students can bring the following equipment if they have it; gloves, cleats, bats, and helmets. We will have additional equipment available. ** No metal cleats.

GRADES 1-5

Monday-Wednesday, 9:30-11:00am

June 17-19 #8405-U24A

RHS Varsity Softball Field \$65

GRADES 6-8

Monday-Wednesday, 11:30am-1:00pm

June 17-19 #8406-U24A

RHS Varsity Softball Field \$65

Sign up now at
RPS.DIGITALSIGNUP.COM

Please sign up for grade entering Fall of 2024



TENNIS CO-ED

GRADES 6-12

Coach: Tom Huizing, RHS Varsity Tennis Coach

A great opportunity to gear up and get prepared for your up-and-coming tennis season. We focus on preparing you for your middle/high school tennis experience. The coaching staff will cover all aspects of the game including the mental and physical side of tennis, including cardio tennis, shot repetition, and shot fundamentals. No experience is necessary. The camp will be run and facilitated by members of the Rockford Boys and Girls High School coaching staff.

Bring: tennis shoes, tennis racket, water bottle, snacks, sunscreen, and a hat or visor. Rain dates will be made up on Fridays of the current week or Mondays of the following week. Max of 80 participants per session.

SESSION #1

Tuesday-Thursday, 9:30am-12:30pm

June 4-6 #8300-U24A

RHS Tennis Courts \$85

SESSION #2

Tuesday-Thursday, 9:30am-12:30pm

June 11-13 #8300-U24B

RHS Tennis Courts \$85

SESSION #3

Tuesday-Thursday, 9:30am-12:30pm

June 18-20 #8300-U24C

RHS Tennis Courts \$85

WRESTLING CAMP

Coach: Brian Richardson

This is a Technique-Based Wrestling Camp. Campers will receive a Wrestling Camp T-shirt. Please bring a water bottle and wrestling shoes. Bring a lunch or snack.

GRADES 7-12

Monday-Thursday, 10:00am-1:00pm

June 3-6 #8407-U24A

RHS Wrestling Room \$85



YOUTH WRESTLING CAMP

We will cover basic technique sessions and drilling sessions each day. Campers will receive a Wrestling Camp T-shirt. Please bring wrestling shoes and a water bottle.

GRADES K-6

Monday-Wednesday, 5:00-6:30pm

June 3-5 #8408-U24A

RHS Wrestling Room \$40



WATERPOLO CAMPS

SPLASH BALL

Splashball is an exploratory water polo program for boys and girls. In a learn-to-play environment, similar to swim lessons, participants will discover the game of water polo and the basic skills involved in aquatic sports. Splashball also helps enhance the participant's swimming, balance, and coordination skill sets. No prior water polo experience is required! *The only recommended prerequisite is that the participant should be able to swim one width of the pool unassisted. Max of 25 participants per session.

*Bring a suit, towel, water bottle, swim cap (if preferred), and goggles

GRADES 3-5 SESSION 1:

Monday-Thursday, 8:30-10:00am

June 3-6 #4403-U24A

NRMS Pool \$50

GRADES 3-5 SESSION 2:

Monday-Thursday, 8:30-10:00am

July 29-Aug 1 #4403-U24B

RHS Pool \$50

COED-MIDDLE SCHOOL

Continuing to grow and learn the game of water polo. We will focus on bettering our skills which include: treading water, different passing techniques, shooting from different positions, learning the rules of water polo, techniques of water polo, and also beginning to understand the offense and defense of the game. *Bring a suit, towel, water bottle, swim cap (if preferred), and goggles. Max of 30 participants.

No camp the week of July 4 *Skip July 17

GRADES 6-8

Monday-Thursday, 11:00am-12:30pm

June 17-July 18 #4403-U24C

RHS Pool \$110

BOYS HIGH SCHOOL

Gear up and get prepared for your up-and-coming Boys' water polo season. We cover everything from basic skill instruction & game strategy to advanced individual & team concepts. We focus on preparing you for your high school water polo experience. We cover all aspects of the game including rules, shooting techniques, passing techniques, understanding the offense and defense, as well as incorporating game scenarios into the practice sessions.

*Bring a suit, towel, water bottle, and goggles

Register by Friday, June 2. Max of 30 participants.

No camp the week of July 4 *Skip July 17

GRADES 9-12

Monday-Thursday, 9:00-11:00am

June 17-July 25 #4403-U24D

RHS Pool \$120

2024 ROCKFORD ATHLETIC SPORT CAMP REGISTRATION

rps.digitalsignup.com 616.863.6322

****Register for the grade you will enter in Fall 2024****

Registration using a computer or tablet is preferred.

CAMP REGISTRATIONS MUST BE MADE 2 WEEKS PRIOR TO START DATE

Late registrations will not receive T-shirts, etc.

PARENT/GUARDIAN

First Name: _____ Last Name: _____

Address _____ City _____ Zip _____

Home Phone: _____ Work/Cell Phone: _____ Email: _____
(For enrollment confirmation)

STUDENT'S NAME

First Name _____ Last Name _____

Male or Female: _____ Date of Birth _____ Grade/Fall 2024 _____ School _____

Sport: _____ Sport Class Code: _____ Camp Date: _____ Camp Start Time: _____

*Shirt Size: (please circle one) YOUTH: Small Medium Large ADULT: Small Medium Large X-Large XX-Large

*Please note not all camps will receive a T-shirt – view online description for details rps.digitalsignup.com

Additional Comments (allergies, etc.) _____

State required Concussion Awareness Form is on file with Rockford Public Schools for this student: Yes: _____ No: _____

STUDENT'S NAME

First Name _____ Last Name _____

Male or Female: _____ Date of Birth _____ Grade/Fall 2024 _____ School _____

Sport: _____ Sport Class Code: _____ Camp Date: _____ Camp Start Time: _____

*Shirt Size: (please circle one) YOUTH: Small Medium Large ADULT: Small Medium Large X-Large XX-Large

*Please note not all camps will receive a T-shirt – view online description for details rps.digitalsignup.com

Additional Comments (allergies, etc.) _____

State required Concussion Awareness Form is on file with Rockford Public Schools for this student: Yes: _____ No: _____

Method of Payment: VISA MASTERCARD DISCOVER CHECK

Card # _____ Expiration Date _____ CVC Code _____

Checks Payable to: Rockford Community Services, 350 N. Main Street, Rockford, MI 49341

For Parent or Guardian: I hereby voluntarily release and hold harmless Rockford Public Schools from all liability for all types of damages, or injuries, whether foreseeable, or not, sustained by myself, my child or any other family member, while participating, watching or traveling to or from this event. I also consent to the disclosure of my child's name, address and phone number to the teacher/coach. In case of emergency and I cannot be reached, I give permission to the coach to administer first aid and/or contact EMS if needed. I give permission for my child's photo to be taken and used in advertising.

Parent/Guardian Signature: _____ Name Printed: _____ Date: _____