

Royal Oak Schools



Sports Camps

Activities for Students

## Boys & Girls Tennis Camp

This camp will focus on group instruction and drills that are designed to introduce and improve tennis skills in a supportive and fun environment. Campers will learn forehand, backhands, serves, volleys, and court movement. There will be individual and team games with fun awards and prizes. Campers should wear tennis shoes, shorts and t-shirts and should bring their own racquet. Caps and visors are also suggested. Campers will have two breaks and should bring a snack; a bottle filler is in the area for bottle refills. Camp Coordinator: Kevin Friesen, Royal Oak High School Varsity Tennis Coach. **Location: Royal Oak High School Tennis Courts**

Date	Time	Ages	Cost
<b>June 17—June 20 (Rain date 6/21)</b>	<b>9:00 a.m.—11:30 a.m.</b>	<b>8—14</b>	<b>\$100</b>
<b>July 22—July 25 (Rain date 7/26)</b>	<b>9:00 a.m.—11:30 a.m.</b>	<b>8—14</b>	<b>\$100</b>

## Boys Basketball Fundamental Camp

The Royal Oak Boys Basketball camp is designed to teach the fundamental aspects of basketball while also enhancing your child's love for the game. Royal Oak basketball Coach and Detroit Pistons Camps Director, Aaron Smith, along with his staff, will implement fun and unique drills that will surely challenge campers of all ages and skill level. Camp activities will include a heavy emphasis on fundamental skill work, 5 on 5 games, fun competitions and much more! All campers will be grouped according to age and skill level. Camp Coordinator: Aaron Smith, Royal Oak High School Varsity Basketball Coach. **Location: Royal Oak High School Gym**

Date	Time	Ages	Cost
<b>June 18—21</b>	<b>1:00—4:00 p.m.</b>	<b>7—14</b>	<b>\$110</b>

## Girls Basketball Camp

This camp will focus on individual and group instruction with drills designed to improve fundamental basketball skills and help each player gain confidence in her own abilities. Offensive skills (shooting, passing, dribbling, triple threat), defensive skills (footwork, boxing out, on the ball/ball side/help side), team offense and defense will be taught. There will be skill contests and team contests. Camp Coordinator: Brian Sopata, Royal Oak High School Varsity Girls Basketball Coach. **Location: Royal Oak High School Gym**

Date	Time	Ages	Cost
<b>June 17—June 20</b>	<b>9:00 a.m.—Noon</b>	<b>Grades 3-8</b>	<b>\$110</b>

## Wrestling Camp

This camp will focus on group instruction and drills that are designed to introduce the sport of wrestling to young athletes and improve existing wrestling skills in a supportive and fun environment. Campers will learn basic body control, takedowns, breakdowns, and pinning combinations. There will be opportunities to engage in competitive drilling and practice live wrestling while learning about the rules of a match. Campers should wear tennis shoes, socks, shorts and a t-shirt with the option to bring your own wrestling shoes. A hand towel and water bottle are recommended. Water will be provided for bottle refills. Camp Coordinators: Jeff Bowman and Scott Kortlandt, Royal Oak Wrestling Coaches. **Location: Royal Oak High School Gym**

Date	Time	Ages	Cost
<b>June 17—June 20 (Youth Camp)</b>	<b>5:00—6:30 p.m.</b>	<b>Grades 4-7</b>	<b>\$75</b>
<b>June 17—June 20 (Advanced Camp)</b>	<b>6:30—8:00 p.m.</b>	<b>Grades 8-10</b>	<b>\$75</b>

## Swim Camp

Dive into the exhilarating world of swimming. This camp is tailored for swimmers of all levels. This immersive program promises days filled with excitement and skill refinement. Participants will engage in targeted drills aimed at enhancing stroke mechanics, perfecting turns, and mastering starts. Campers will experience progression in their swimming abilities through personalized instruction and age-appropriate groupings. A friendly swim meet will provide the perfect platform for showcasing newfound skills. Essential items to bring are swimwear, goggles, a towel, and a water bottle. Requirements: Participants must be able to safely swim two laps of the pool freestyle. Camp Coordinator: Alex Buckheim, Royal Oak Middle School/High School Swim Coach. **Location: Royal Oak Middle School Pool**

Date	Time	Ages	Cost
<b>June 25—28</b>	<b>4:00—5:30 p.m.</b>	<b>8—15</b>	<b>\$75</b>

## Softball Camp

This camp will focus on individual and group instruction with drills designed to improve fundamental softball skills and help each player gain confidence in abilities and knowledge of the game. Offensive drills (hitting, bunting, base running, pitch selection), defensive skills (infield, outfield, footwork), and softball situations will be taught. All campers will be grouped based upon age and skill level. Camp Coordinator: Katrina Glowacki, Royal Oak High School Varsity Softball Coach. **Location: Royal Oak High School Softball Field**

Date	Time	Ages	Cost
<b>July 8—10</b>	<b>9:00—11:30 a.m.</b>	<b>8—14</b>	<b>\$90</b>

## Future Ravens Football Camp

The Royal Oak Ravens Youth Football Camp is a one day camp that will focus on player development while improving technique and skills in drills. A Flag Football game will also be played to show off these learned skills. This camp will be instructed by members of the Royal Oak High School Football coaching staff and varsity players. Campers will be matched up by their age group. Campers should bring water, cleats (no metal spikes), and a good pair of running shoes. Camp Coordinator: Colin Campbell, Royal Oak High School Varsity Football Coach. Location: **Royal Oak High School Stadium**

Date	Time	Ages	Cost
<b>July 9—11</b>	<b>9:00—11:00 a.m.</b>	<b>9—13</b>	<b>\$90</b>

## Boys & Girls Soccer Camp

Be a part of the second Royal Oak High School Soccer Camp! This camp is for players of all ability levels, ages 8-13, to have fun while developing their soccer skills. This four day camp will focus on improving individual technical skills while fostering teamwork and sportsmanship through daily challenges and small sided games. Camp ends with the Celebration of Champions where we recognize the winners of each challenge and take a group photo while sporting your camp t-shirt! Camp Coordinators: Varsity Coaches Joe Shamanski and Melissa VanGorden, both USSF licensed coaches. They will be assisted by current Royal Oak High School soccer players. **Location: Royal Oak High School Stadium Field**

Date	Time	Ages	Cost
<b>July 22—25</b>	<b>9:00 a.m.—11:30a.m.</b>	<b>8—13</b>	<b>\$100</b>

## Volleyball Camp

Start your volleyball career off in the right direction! This camp will focus on the basic fundamental skills of volleyball including: passing, setting, hitting and serving as well as strategy to improve one's overall game. Your child will have a positive experience at our camp, regardless of skill level. Spaces limited. Camp Coordinator: Kaitlyn Miller, Ciara Schultz and Gillian Young Royal Oak High School Volleyball Coaches. **Location: Royal Oak High School Gym**

Date	Time	Ages	Cost
<b>July 15—18</b>	<b>4:00—6:00 p.m.</b>	<b>9—14</b>	<b>\$90</b>

## Tee Ball Camp

A fun and exciting introduction to baseball and the use of a batting tee!! Throwing, ground ball and fly ball techniques will be introduced as well as base running and hitting off a tee. Class is limited to 16 players per session. All players will receive daily prizes! Camp Coordinator: Greg Porter, Royal Oak High School Varsity Baseball Coach. **Location: Royal Oak High School Baseball Field**

Date	Time	Ages	Cost
<b>July 29—August 1</b>	<b>9:00—9:30 a.m.</b>	<b>4—6</b>	<b>\$35</b>

## Baseball Camp

Participants will be instructed in all areas of the game of baseball. Fundamentals will be emphasized through the use of station work and a variety of baseball drills. Players are placed based upon ability and age appropriateness. Areas of development include but are not limited to: individual skills of infield, outfield, pitching, catching, hitting, bunting, and base running. Team skills include: cut-offs/relays, bunt defense, double plays, team offense and team defense. Camp Coordinator: Greg Porter, Royal Oak High School Varsity Baseball Coach. **Location: Royal Oak High School Baseball Field**

Date	Time	Ages	Cost
<b>July 29—August 1 (Youth Camp)</b>	<b>9:45 a.m. —Noon</b>	<b>7—12</b>	<b>\$95</b>
<b>July 29—August 1(Advanced Camp)</b>	<b>10:00a.m —Noon</b>	<b>13—17</b>	<b>\$95</b>

## Raven Invasion Cheerleading Camp

Build your cheer skills and join the Royal Oak Cheer team at a game this season! This three day camp is for those who want to perfect their cheer technique or try cheerleading for the first time. Campers will learn proper motions/placement, jumps, basic tumbling, stunting safety and basic/intermediate stunt sequence. We will also teach favorite Raven Sideline chants and cover sideline etiquette that will be used when campers join the ROHS Varsity Cheer Team at a football game this season (game date TBD). Each camper should wear shorts (with briefs/Nike pro-like bottoms under), t-shirt, gym shoes and bring a water bottle. Game day jersey will be provided. Camp Coordinator: Alex Zubke, ROHS Cheer Program Head Coach. Location: Royal Oak High School Stadium

Date	Time	Ages	Cost
<b>July 30—August 1</b>	<b>4:00—6:30 p.m.</b>	<b>Grades 1-5</b>	<b>\$100</b>

**General Camp Information & Registration Form (Online payment does not act as registration for a camp. This form must be completed and sent in or e-mailed. Please provide t-shirt size.**

**Camp Ratio:** Approximately 1:10 (some have lower ratios)

**Medical Information:** If your son/daughter has a medical history that may affect their participation in the camp program, please make a note on the registration form (allergies, etc.)

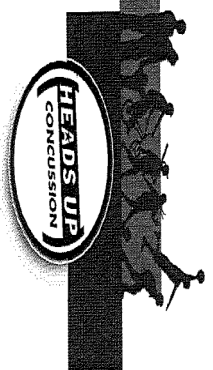
**Sport Specific Equipment Required:** For some of the camps, equipment may be required by the participant. Please see description under each camp for requirements. **Inclement Weather Policy:** Each camp will discuss their weather procedure the first day.

**Camp Registration:** Registration will continue up to two days prior to camp. **Walk-in's the day of camp will not be accepted.** To register complete the registration form below and mail it to: 1500 Lexington Blvd., Royal Oak, MI 48073 Attention: Athletic Department or e-mail form to [pam.moore@royalokschools.org](mailto:pam.moore@royalokschools.org). **NO PHONE REGISTRATIONS WILL BE ACCEPTED.**

**Refunds and Transfers:** In addition to quality instruction, each camper receives an official Royal Oak Sports Camp tee-shirt and a participation certificate. Refunds and Transfers: Any refund requested prior to a camp beginning will be assessed a \$5 administrative fee. Contact the Athletic Department at (248)435-8500 ext. 1148 to request a refund or transfer. **NO REFUNDS OR TRANSFERS after a camp begins.**

**Payment:** All payments must be made online via [School Pay](#). **Additional Information:** Contact the Athletic Department at (248)435-8500 ext. 1148.

**PARENT & ATHLETE CONCUSSION INFORMATION SHEET**



**WHAT IS A CONCUSSION?**

A concussion is a type of traumatic brain injury that is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding" or "getting your bell rung," or which seems to be a mild bump or blow to the head can be serious.

**WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?**

Signs and symptoms of concussion can show up right after weeks after the injury.  
If an athlete reports one or more symptoms of concussion after a bump, blow or jolt to the head or body, the coach should not allow the athlete to return to play until cleared by a health care professional experienced in evaluating for concussion.

**DID YOU KNOW?**

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, experienced a concussion are at an increased risk for another concussion.
- Young children and teens are more likely to experience a concussion than adults.



**"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**

**SYMPTOMS REPORTED BY ATHLETE:**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance or coordination problems
- Double or blurry vision
- Sensitivity to noise
- Feeling slowed down, foggy or groggy
- Feeling fatigued, tired, or out of sync
- Confusion
- Don't feel "feeling right" or is "feeling down"

**SIGNS OBSERVED BY COACHING STAFF:**

- Appears dazed or stunned
- Is confused about assignment or position
- Is unsure of game, score, or opponent
- Answers questions slowly
- Looks clumsy when moving
- Exhibits abnormal reflexes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

**CONCUSSION DANGER SIGNS**

In rare cases, a dangerous blood clot may form on the brain. An athlete should receive immediate medical attention if he or she exhibits any of the following danger signs:

- One pupil larger than the other
- A headache that gets worse
- Repeated vomiting or nausea
- Slurred speech or dizziness
- General increase in headache or dizziness
- Loss of consciousness, seizures, or agitation
- Has unusual behavior, convulsions, or slurred speech
- Has unequal pupil sizes

**WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?**

1. If you suspect that an athlete has a concussion, remove the athlete from play immediately. Do not try to judge the severity of the injury yourself. Keep the athlete out of play until you are cleared by a health care professional experienced in evaluating for concussion, says she is ready to return to play.
2. Notify your school's athletic director from a concussion. Explaining or activities that involve a concussion symptoms to progress or get worse. A gradual process that should be carefully managed.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover within a few days or even weeks, a more serious concussion can last for months or longer.

**WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?**

Reporting symptoms of a concussion is important for the athlete's health. While an athlete's brain is still healing, she is more likely to experience a second concussion. Reporting symptoms of a concussion to your athletes can result in brain injury or permanent damage to their brains. They can be fatal.

STUDENT ATHLETE NAME PRINTED \_\_\_\_\_  
 STUDENT ATHLETE NAME SIGNED \_\_\_\_\_  
 DATE \_\_\_\_\_

PARENT OR GUARDIAN NAME PRINTED \_\_\_\_\_  
 PARENT OR GUARDIAN NAME SIGNED \_\_\_\_\_  
 DATE \_\_\_\_\_

JOIN THE CONVERSATION [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp)



Camper's Name \_\_\_\_\_ E-mail Address \_\_\_\_\_  
 Address \_\_\_\_\_ Zip \_\_\_\_\_ Age \_\_\_\_\_ Male or Female \_\_\_\_\_  
 City \_\_\_\_\_ Call Phone \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Camp \_\_\_\_\_ Camp Date/Time \_\_\_\_\_  
 Camp \_\_\_\_\_ Camp Date/Time \_\_\_\_\_  
**Camper's T-Shirt Size (Adult S, M, L, XL or Youth S, M, L, XL)** \_\_\_\_\_  
 Additional Medical Information \_\_\_\_\_  
 Amount Paid \$ \_\_\_\_\_ Form of Payment Check # \_\_\_\_\_ Online Credit \_\_\_\_\_

Please request camp by name listed in brochure. Fees are payable upon registration. Make checks payable to "Royal Oak Schools". A written confirmation will be sent to you if you enclose a self-addressed stamped envelope.

I hereby voluntarily and hold harmless Royal Oak Schools from all liability for all types of damage or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching, traveling to or from this activity.

**Parent/Guardian Signature** \_\_\_\_\_

