

Royal Oak Schools



Sports Camps

Activities for Students

Boys & Girls Tennis

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 team games and doubles matches 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 15 minute breaks and should bring a snack; water will be provided 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
June 19—June 22 (Rain date 6/23)	9:00 a.m.—11:30 a.m.	8—14	\$100
July 17—July 20 (Rain date 7/21)	9:00 a.m.—11:30 a.m.	8—14	\$100

Girls Basketball

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/ballside/helpside), 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
June 26—June 29	9:00 a.m.—Noon	Grades 3-8	\$100

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 Boys Varsity Basketball Coach.

Location: Royal Oak High School Gym

Date	Time	Ages	Cost
June 19—22	1:00—4:00 p.m.	7—14	\$100

Softball

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
June 19—21	1:00—4:00 p.m.	8—14	\$90

Volleyball

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: Paul Surdenik, Kaitlyn Miller & Ciara Schultz, Royal Oak High School Volleyball Coaches. **Location: Royal Oak High School Gym**

Date July 10—13	Time 4:00—6:00 p.m.	Ages 9—14	Cost \$90
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Boys & Girls Soccer

Be a part of the second Royal Oak High School Soccer Camp! This camp is for players of all ability levels to have fun while developing their soccer skills. This five day camp will focus on developing and improving foot skills as well as group play and the understanding of sportsmanship in the game of soccer. Camp Coordinators: Mike Thomas and Tom Pavlovich, Royal Oak High School Soccer Coaches. **Location: Royal Oak High School Stadium Field**

Date July 17—21	Time 9:00 a.m.—11:30a.m.	Ages 10—13	Cost \$125
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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 July 24—July 27	Time 9:00—9:30 a.m.	Ages 4—6	Cost \$30
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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 July 24—27 (Youth Camp)	Time 9:45 a.m. —Noon	Ages 7—12	Cost \$90
Date July 24—27 (Advanced Camp)	Time 10:00a.m —12:30 p.m.	Ages 13—17	Cost \$90

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 July 11-13	Time 9:00—11:00 a.m.	Ages 9—13	Cost \$90
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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.

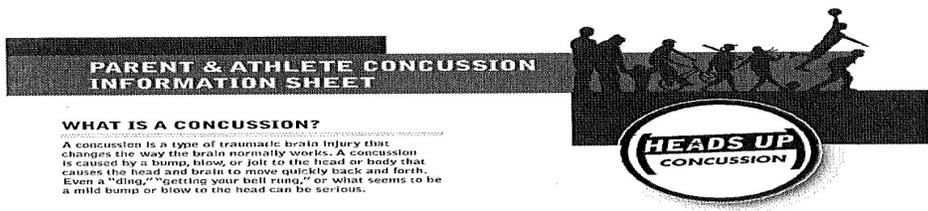
Camp Registration: Registration will continue up to two days prior to camp. **Walk-in's the day of camp will not be accepted.** To register complete the registration form below and mail it to: 1500 Lexington Blvd., Royal Oak, MI 48073 Attention: Athletic Department or e-mail form to pam.moore@royaloakschools.org.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

Camp Includes: 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 changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what 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 the injury or may not appear or be noticed until days or 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, she should be kept out of play the day of the injury. The athlete should only return to play with permission from 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, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- 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 in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

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 and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED _____

STUDENT-ATHLETE NAME SIGNED _____

DATE _____

PARENT OR GUARDIAN NAME PRINTED _____

PARENT OR GUARDIAN NAME SIGNED _____

DATE _____



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

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Content Source: CDC's Heads Up Program. Created through a grant of the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

Camper's Name _____

Address _____ E-mail Address _____

City _____ Zip _____ Age _____ Male or Female _____

Home Phone _____ Cell 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 _____