TRABUCO HILLS HIGH SCHOOL FOOTBALL

2018 SUMMER CAMP

DATES:

June 25th through July 19th
Monday through Friday 9:00 AM – 12:30 PM
No practice July 4th, 5th, and 6th

COST:

$150

Questions?
Contact Ryan Edison, SVUSD Community Services
at ryan.edison@svusd.org or 949-460-2731

REGISTRATION:

SVUSD.org
Click on Departments > Community Services > Online Registration
Incoming Freshman Use Code: THSFF5
Returners Use Code: THSRF5

ADDITIONAL INFO:

Please wear athletic clothing and shoes.
Bring cleats.
Mouth guards recommended.
Water only!

TRABUCO HILLS GIRLS BASKETBALL

Summer Information

NOTE: There will be a parent meeting for both new and returning players. At that time we will discuss the summer details including the cost and commitment level required. The meeting will be held on Thursday 5/8/18 in the THHS library. Sign in will start at 6:30pm.

Summer Requirements:

All participants must submit their Sports Screening (Physical) paper work to the front office no later than June 13th. All forms can be found on the THHS Athletics Web page www.trabucohills.org it is suggested that ALL players get their screening done at this time. This screening will ensure that you are cleared all the way through the winter season.

Summer Camp:

The camp workouts will be designed mostly for building individual basketball skills as well as strength and conditioning. There will be some team continuity aspects presented. All levels will work out together.

Cost: $230 (This does NOT include the summer league game fees)

Registration: Deadline is June 10th (online registration at communityservices.svusd.org code: THSGB3)

Dates: June 18th – July 21st Days: Monday – Friday Times: 5:00pm – 7:00pm

Location: Trabuco Hills High School (Main Gym)

Summer League:

The summer league will consist of 10 games. You will be required to purchase the THHS practice gear. This will be used as the summer league game uniform as well as the practice gear for the upcoming winter season.

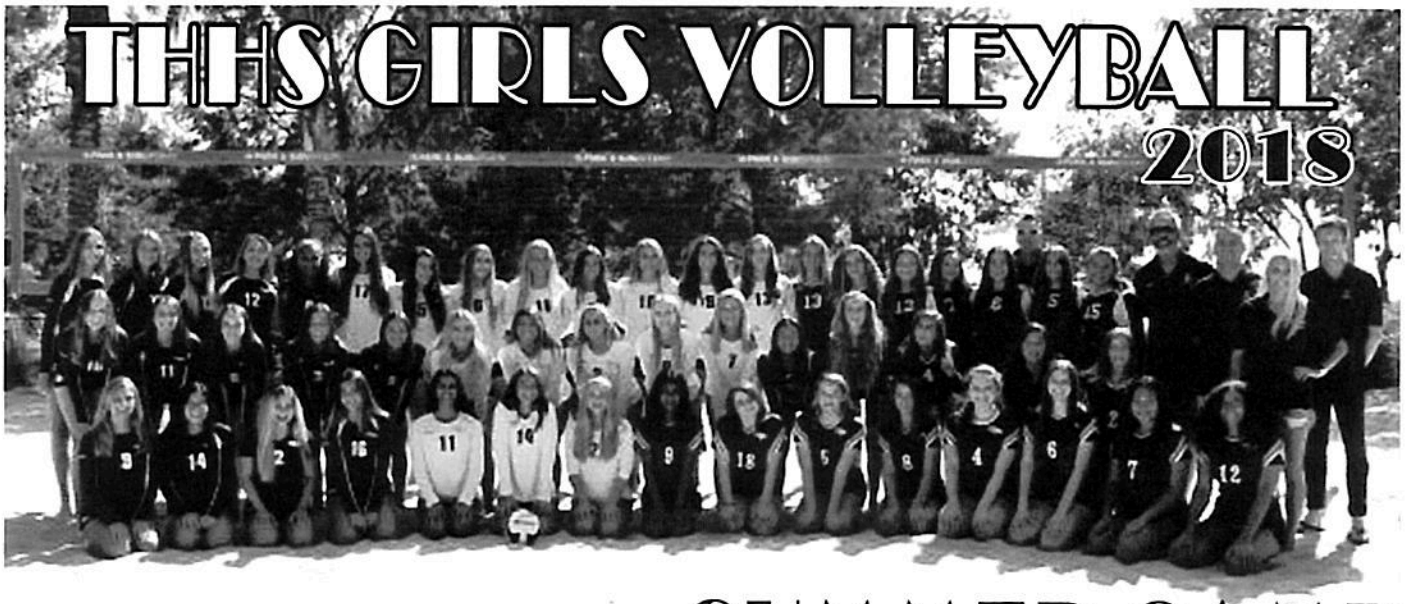
(NOTE: The practice gear is a separate cost from the league fees.)

Cost: $295 per team. The cost will be equally distributed between all participants.

Dates: TBD Days: Monday/Wednesday Times: TBD (evenings)

Location: Ocean View HS – 17071 Gothard St. Huntington Beach, CA 92647

Head Varsity Coach: Art Carrido Email: acarrido32@cox.net



SUMMER CAMP

JULY 30 - AUG. 9, 2018

REGISTRATION LINK & INFORMATION AVAILABLE AT THHSGIRLSVOLLEYBALL.COM

This camp is for **ANYONE** interested in improving their volleyball skills and/or making the Girls Volleyball Team for the 2018 season. Campers will learn/improve basic volleyball skills such as passing, serving, setting, hitting, and blocking. Campers will also learn various team building skills, rules of the game and work on their strength and flexibility.

FRESHMAN PROGRAM # THSGBV4	**COST: $150.00**	**9:30am-12:00pm**
RETURNER PROGRAM # THSGVB3	**COST:$182.00**	**7:00am-9:30am**

ALL PLAYERS Attend Afternoon Session - 4:30 - 6:30 pm

Online registration is available at communityservices.svusd.org -(search THHS Volleyball)

Summer Camp T-Shirt will be available for an additional $10.00

Prior to Camp:

** **Sports Screening Form** MUST be turned into the Athletics Office by June 14th**

Forms available at trabucohills.org/athletics

Freshman Tryouts for the 2018 team will be held Aug. 10th. 8-10 am

Returner Tryouts for the 2017 team will be held on Aug. 10st. 10-12 pm

Official team practice begins daily on August 13th.

See You This Summer!
Coach Moot

For more information & contacts, please visit thhsgirlsvolleyball.com

Trabuco Hills High School
Boys Basketball

2018 SUMMER BASKETBALL CAMP
Freshman

DATES: Monday June 18th - Thursday July 19th
Friday July 20th 8:00 A.M. to 10:00 A.M. will be incoming Freshman tryouts. The tryouts are open to all freshman boys

TIME: 8:00 A.M. – 10:00 A.M. NOON AM Monday – Friday

WHERE: THHS Main Gymnasium

COST: $215 Summer Camp Fee (Paid through SVUSD Community Services Department)
$110 Check made payable to THHS Boys Basketball
This $110 covers:
$60 League & Tournament Fee
$50 Practice Gear (Reversible Practice Jersey and Shorts)

SIGN-UP: On-line Registration is recommended at https://apm.activecommunities.com/svusdcommservices The camp code is THSBB4. You may also visit the Community Services Department and register in person.

NOTE: A current sports screening is mandatory to participate. It must be completed by the first day of the summer camp. Physicals are good for one year. The sports screening can be downloaded from the Trabuco Hills website in the Athletics' Department section.
https://www.saddlespace.org/c/251527/file/show/94900389

ADDITIONAL INFORMATION: Please bring the following on the first day of camp (**June 19th**):

- Receipt of Registration through the Community Services department
- A $110 check made payable to THHS Boys Basketball
- Sports Screening Form if not completed at Trabuco Hills High School

For further information contact: *Ryan.Edison@svusd.org*

Trabuco Hills High School
Boys Basketball

2018 SUMMER BASKETBALL CAMP
Returners

DATES: Monday June 18th - Thursday July 19th

TIME: **Varsity** 10:00 A.M. – 12:00 Noon Monday – Friday
JV 8 – 10 A.M. AUX **SOPHOMORES** 10-12 Noon
WHERE: THHS Gymnasium

COST: $215 Summer Camp Fee (Paid through SVUSD Community Services Department)
$75 Check made payable to THHS Boys Basketball for League and Tournament Fees
OPTIONAL
$50 Practice Gear (Reversible Practice Jersey and Shorts)
THE PRACTICE GEAR ORDER IS PLACED MAY 26th. IF YOU DO NOT TURN IN YOUR CHECK WITH SIZES & DESIRED # BY THIS DATE, YOU WILL GET WHAT IS LEFT AFTER FRESHMAN RECEIVE THEIR GEAR ON JUNE 19th

SIGN-UP: On-line Registration is recommended at https://apm.activecommunities.com/svusdcommservices The camp code is THSBB7. You may also visit the Community Services Department and register in person.

NOTE: A current sports screening is mandatory to participate. It must be completed by the first day of the summer camp. Physicals are good for one year. The sports screening can be downloaded from the Trabuco Hills website in the Athletics' Department section.
https://www.saddlespace.org/c/251527/file/show/94900389

ADDITIONAL INFORMATION: Please bring the following on the first day of camp (**June 18th**):

- Receipt of Registration through the Community Services department
- Sports Screening Form if not completed at Trabuco Hills High School

For further information contact: *Ryan.Edison@svusd.org*

Trabuco Hills High School
GIRLS SOCCER

Dear Incoming and Returning Trabuco Hills High School Girls Soccer Players,

Trabuco Hills Athletics would like to welcome you to the upcoming 2018-2019 season of soccer. The girls soccer program consist of Varsity, Junior Varsity, and Frosh/Soph teams—over sixty athletes in the program. We are looking forward to having you be a part of a successful year of soccer!

We will have 5 weeks of games at Capistrano Valley High School for summer league and three weeks of summer camp at THHS from 8:00-10:30AM. For any students with summer school, you will need to attend as many afternoon games as possible.

Practices will be at the Trabuco Hills High School (Stadium) on Mondays, Tuesdays, Wednesdays, Thursdays and Fridays from 8:00AM-10:30AM with an intense format to develop personal soccer skills of each player. Games will be at Capistrano Valley High School: Tuesday and Thursday afternoon. Please wear dark shorts and white socks for games—Uniform tops will be provided on the game days.

Trabuco Hills Girls Soccer Camp

Every weekday from June 18th– July 6th 8:00-10:30AM

The first practice for all players will be at 8:00am, June 19th - at THHS, in the stadium.

Summer League Games

Tuesday and Thursday afternoon June 19th- July 19th

CVHS Grass Field games times are TBD

NEW ON-LINE REGISTRATION (SEE BACK OF THIS FLYER FOR INSTRUCTIONS)

$160.00 (Payable online prior to the 1st day of camp—see back for instructions)

T-Shirt Check for $12.00—payable to THHS Soccer (Bring to Camp)

If you have any questions regarding the summer camp, please contact

Girls Varsity Coach—Sarah Trost strost4@yahoo.com

We look forward to having you as a part of our summer soccer program!

Online registration for all THHS Sports available at communityservices.svusd.org Registration has already begun!

The summer soccer code is THHGS1

Visit THHS Athletics Web Page for more directions and further information.

GO BLUE!!!

TRABUCO HILLS HIGH SCHOOL

BOYS' SOCCER

Dear Incoming and Returning Trabuco Hills High School Soccer Players,

Trabuco Hills Athletics would like to welcome you to the upcoming 2018-2019 season of soccer. The boys' soccer program consist of Varsity, Junior Varsity, and Frosh/Soph teams—over sixty athletes in the program. We are looking forward to having you be a part of a successful year of soccer!

We will have 5 weeks of games at Capistrano Valley High School for summer league and three weeks of summer camps at THHS from 8:00-10:30am. . For any students with summer school, you will need to attend as many afternoon games as possible.

Practices will be at the Trabuco Hills High School (Stadium) on Mondays, Tuesdays, Wednesdays, Thursdays and Fridays from 8:00-10:30am with an intense format to develop the personal soccer skills of each player. Games will be at Capistrano Valley High School: Boys—Mondays, Wednesdays, and an occasional Friday afternoon. Please wear dark shorts and white socks for games—Uniform tops will be provided on the game days.

Trabuco Hills Soccer Camp

Every weekday from June 18th – July 6th 8:00-10:30am

Summer League Games

The first practice for all players will be at 8:00am, June 19th, at THHS, in the stadium.

NEW ON-LINE REGISTRATION (SEE BACK OF THIS FLYER FOR INSTRUCTIONS)

- **$160.00** (Payable online prior to the 1st day of camp—see back for instructions)
- **T-Shirt Check for $12.00—payable to THHS Soccer** (Bring to Camp)

If you have any questions regarding the summer camp, please contact one of the following coaches:

Boys' Varsity Coach —Marc Stern sternm@svusd.org

We look forward to having you as a part of our summer soccer program!

Online registration for all THHS Sports available at communityservices.svusd.org. Registration has already begun! Visit THHS Athletics Web Page for more directions and further information. The summer soccer code is THSS4

Trabuco Hills Mustang Soccer Est. 1985

HORSE POWER LACROSSE

TRABUCO HILLS GIRLS LACROSSE
2018 SUMMER PROGRAM

The Horse Power Summer Conditioning Program combines a week of intensive workouts plus Summer League play to sharpen your skills.

* NEW PLAYERS WELCOME *

SUMMER CAMP

August 6th–10th 5:30PM–8:30PM
THHS Upper Field

SUMMER LEAGUE

Four Saturdays of games on fields in South Orange County
Tentative Dates: 7/14, 7/21, 7/28, 8/4

Fee: $120 payable online through SVUSD Community Svcs.
without payment, you cannot participate

SIGN UP AT: https://bit.ly/2ISG9hP

(SVUSD Community Services course code: THSGL5)

QUESTIONS? EMAIL: trabucolacrosse@gmail.com

MUSTANG LACROSSE

2018 SUMMER CAMP

The THHS Boy's Lacrosse Program would like to welcome all incoming freshman and returning players. Our camp is designed to teach and build our lacrosse culture, assess talent for the 2018 season and work on improving our lacrosse skills and IQ.

Training and practices will be consistent with pre-season and in-season sessions in addition to "camp" type activities and study.

Our goal is to select tournament team(s) at the end of camp to compete in 2 - 3 summer tournaments and the High School Summer league.

CAMP DATES:

JUNE 21st - JULY 26th, 2018
MONDAY THROUGH FRIDAY - FROM 6:00PM - 8:00PM
TRABUCO HILLS HS STADIUM

All participants must come equipped with:
Helmet
Shoulder Pads
Arm Pads
Gloves
Stick
Mouthpiece

TO PARTICIPATE, REGISTER BEFORE MAY 15TH, 2018

$125.00 - CAMP FEE (must pay online, see reverse side)

COMPLETE THHS PARTICIPATION FORM B
COMPLETE SPORTS SCREENING HEALTH FORM

This camp is provided by Head Coach Eric Bassett and his staff.
If you have any questions, contact coach Bassett at: thhs@coachbassett.com
Thank you for your interest in the Trubuco Hills HS lacrosse program.

SEE REVERSE SIDE FOR FULL REGISTRATION DETAILS

MUSTANG LACROSSE

2018 SUMMER CAMP

ONLINE REGISTRATION FOR ALL THHS SPORTS AVAILABLE AT COMMUNITYSERVICES.SVUSD.ORG. REGISTRATION HAS ALREADY BEGUN! VISIT THHS ATHLETICS WEB PAGE FOR MORE DIRECTIONS AND FURTHER INFORMATION.

THE SUMMER LACROSSE CODE IS: THSBL5

Trabuco Baseball

I would like to thank you for your interest in the Trabuco Hills Baseball Program. We are extremely excited to begin the 2018/2019 school year. Come learn the Trabuco Hills system and get a jump start to the tryout process (See FAQ on our website for additional information). **Please come dressed in baseball attire and with equipment needed to play your position (i.e. Glove, Bat, Catcher's Gear, etc.).** Looking forward to meeting your player this summer.

Michael Burns, Head Baseball Coach
burnsm@svusd.org
www.trabucobaseball.com

Incoming Freshman Summer Baseball (Program #THSBC5)

When: The camp, league and tryouts run from June 19 – July 24
Location: THHS Varsity Baseball Field & other OC high school fields
Time: **Camp**: 12:30 – 3:30, Mondays: June 18, 25, July 2, 9, & 16.)
League: TBA (Tuesdays & Thursdays from June 19-July 19)
Tentative tryout date, 2018 frosh team: 12:30 - 3:00 (Tues. July 24)
Cost: See below for details
Uniform : Baseball Attire (T-shirt and Hat included for games)
Bring: **Completed** Physical Exam (on Trabuco Sports Screening form)

***Physical Screening See school website – "Athletics," for info.**

Description: 5 days of Camp (practices), held at THHS Varsity Baseball field : June 18, 25, July 2, 9 & 16, 12:30 to 3:30 PM. Rest of the Summer Program, will be played in Freshman Instructional League at Trabuco Hills and other Orange County high school fields. For vacation purposes: **There will be no games, practices or tryouts after July 24th** (although there have been times we have asked freshman to play in JV tourney July 26-29). I will receive game schedule May/June and will update the website as soon as I know. Space limited, please sign up ASAP..

I HAVE TO ORDER SHIRTS/HATS ASAP, PLEASE CIRCLE sizes below & enroll by May 18, 2018
Sorry for the inconvenience, but there are two separate enrollments to complete..

1. **Summer Program Fee - – You can enroll online at:**
communityservices.svusd.org or by phone at: 949.460.2704
   a. $185 - for salaries, facilities, and insurance (Inc. Freshman - **# THSBC5**)
2. **Summer League Fee - Mail or drop off enrollment only**
   b. $75 Payable to "**Trabuco Baseball**" for shirt, hat, league fees, & baseballs.

Please mail or drop off 2nd enrollment at TH with bottom of this flyer w/ sizes circled to:
Trabuco Baseball, attn: Michael Burns
27501 Mustang Run
Mission Viejo, CA 92691

Player Name:_____ **Phone:**_____ **Parent Email(s):**_____

Address:_____ **City:**_____ **Zip:**_____

Parent(s) Name(s):_____ **Phone(work/cell):**_____

****Player Shirt: S M L XL Hat - Sm. (fits) 6 7/8- 7 1/8, Md 7 1/8-7 3/8, L 7 3/8-7 5/8, XL 7 5/8- 8**

Trabuco Baseball

Freshman Baseball
Frequently Asked Questions

- **What is Incoming Freshman Baseball Camp/League?**

  Freshman baseball camp is a mix of practice and Instructional games. This will include instruction on baseball fundamentals. The camp is used to accomplish the following:
  - Introduce them to the Trabuco brand of baseball
  - Acclimate them to the Trabuco baseball program
  - Evaluate the talent level of each player as a preliminary tryout (to begin team selection)
  - Begin learning our system of defensive plays, philosophy and signs.

- **Is a player required to attend Summer Camp?**
  - Summer camp is not mandatory, but is highly recommended. This is a key building block to a successful season. Camp/League games are more opportunity for a players to prove themselves, where tryouts are typically only 1 or 2 days….

- **We have vacation plans during the summer camp dates that we cannot change. Will my son be penalized for missing a week/day of camp?**
  - No, we understand that summer is one of the few times during the year when families can take vacations together. If you have plans that conflict with summer camp dates, all we ask is that you provide us with advance notice of the dates that you will be unable to attend so we can plan accordingly. For future reference, if your son becomes a Mustang Baseball player, we ask that you plan vacations during the CIF dead period which typically is from Aug. 1st until the start of school.

- **We are going to miss a week/day(s) of summer camp. Do we get a discount off the price for not attending camp in its entirety?**
  - Unfortunately we cannot provide discounts. The summer program is run through SVUSD and unfortunately we cannot prorate or refund partial amounts. However, if you are unable to attend the entire camp, we would recommend that you attend what you can. Some attendance would be much more beneficial to no attendance at all.

- **My son plans to play more than one sport. If the summer camps conflict with each other, do we have to choose one?**
  - No. The Trabuco baseball and athletic programs are different than most high school programs in this respect…we encourage our players to participate in more than one sport or activity and thus go out of our way to accommodate the requirements of multi-sport athletes. In many cases you will find that members of our baseball staff are also involved in coaching other sports at Trabuco. If there is a conflict with the summer camp dates and times, please let us know in advance and we will work out an equitable time trade off with the other sport so that your son can participate in both

- **Lessons and Club Baseball…….**
  - **IT DOES NOT MATTER WHO YOUR SON TAKES LESSONS FROM OR WHAT CLUB TEAM YOUR SON PLAYS ON. THE BEST PLAYERS MAKE THE TEAM PERIOD!!!! LITTLE LEAGUE/CLUB POLITICS ARE NO LONGER A FACTOR!!!!**

- **I haven't played baseball in a long time. If I tryout this year and make it am I going to just sit on the bench?**
    - No. If you make the team you will play in many games. At Trabuco the primary purpose of the program is to develop players for the varsity level. The only way to do this is to get each player involved in games. Freshman baseball is structured so that all players practice together. If you are not one of the 9 starters you will play in the 6-10 reserve games we play in a season. In these games the players that don't play a whole lot will have the opportunity to start and play most if not all of the game. We understand that baseball is an acquired skill and few individuals come out their first year and perform at their maximum potential. It is our objective to help foster a love for the game and get them the experience necessary so they can contribute to a winning varsity program in the years to come.
- **I cannot afford to pay the donation amounts for baseball, what can I do?**
    - It is not our intention to create a financial hardship for any family of a player who wants to play baseball. However, with the budget cuts throughout the district over the past several years, programs have out of necessity, become self funded operations. This is the only way we can continue to provide the opportunity students to compete in high level High School Athletics. Once the school year starts, almost all donations for the baseball program can be completely refunded to a player when he reaches specific milestones within the baseball fundraising programs.
    - With that being said, if the donations involved creates a burden for your family, please contact head coach, Michael Burns, directly. He will be happy to work out a payment plan that makes the financial donations of this program manageable for your family.
- **I am worried my son's grades will suffer if he plays baseball. What should I do?**
    - This is a valid concern and one, as a Spanish teacher I have a vested interest in. It is our belief that every player is a Student-Athlete (They must be a student first and an athlete second). There is no question that part of being involved in athletics requires developing time management skills. During the season we monitor player's grades and meet with them to discuss if necessary.
- **My son is a pitcher and is playing on another team. Can he still attend camp?**
    - Yes. On all levels we have very strict pitch counts and we are very aware of the importance of conserving the number of throws our players make. I will work with you on an individual basis depending when your games are. All I ask is that the player communicate to his coach ahead of time the days he can't throw or pitch, and I will make sure to limit that in our work out session for that day.
- **When are Tryouts?**
    - Unfortunately baseball is a cut sport. There are only so many reps to be had in practice and only 9 can play at a time. We will be holding tryouts toward the end of July and picking the freshman team….It will allow us to place more players in our Fall baseball class, give parents a sooner headsup on financial contributions so they can fundraise and have less out of pocket expense, and allow placement of more freshman into our off-season program. Having this process take place in the Summer will also allow us to evaluate players when they are in better baseball shape (playing more regularly), as opposed to having tryouts in the middle of the Fall or Winter sport seasons. There will likely be a 1-2 day tryout in the late Fall/early Winter for anybody unable to attend the Summer Tryout…
- **What is the best way to keep abreast of developments in the baseball program?**
    - By visiting: www.trabucobaseball.com

You can always email coach Burns at: burnsm@svusd.org

Trabuco Hills High School
Girls' Cross Country
Summer Conditioning
2018

I invite you to join the THHS Girls' Cross Country team. Whether you aspire to be a Varsity runner or to improve your overall fitness, there is something for everyone. Being in better shape, developing new friendships, an aggressive racing schedule from Ventura to San Diego, and competition in the South Coast League, will certainly make the season a worthwhile experience for you. I hope you join us at our entire six-week Summer Conditioning session to begin serious training. Dates are as follows:

Mon-Sat	June 25-August 4	6:30-9:00a.m.

- **Monday-Saturday practices are for everyone.**
- **Price is $270, payable only online through saddlebackrecreation.com, the online girls' cross country code is THSCC4, and is due by June 25.**
- **Physical Examination Form, Emergency Athletic Information form, Blue Athletic Clearance form, and Summer Participation form "B" are due the first day of Summer Conditioning.**

If you plan on competing in cross country in the fall, summer training will assist you.., not only from a competitive and fitness standpoint, but team bonding as well. I have a no-cut policy if you offer me an honest effort everyday, and you will be surprised what your legs and lungs are capable of.

Dennis Kelly
Trabuco Hills High School Girls' Cross Country

Parents

Any questions, email me at **kellyd@svusd.org**, or my cellular **(562)355-9474**. I love cross country, and GO BLUE!!!

Welcome to Trabuco Hills Girls Water Polo!

Trabuco Hills High School a winning sports tradition and we are very excited to welcome our new freshmen into the Mustang family!

Summer camp is a vital component to our program. **SUMMER CAMP** will begin on **Monday, June 18th and conclude Thursday, July 19th**. Summer camp will be Monday through Thursday at the Trabuco Hills pool and **LEAGUE NIGHTS** will occur throughout the week, depending on where your athlete's skills are (this may change throughout the summer based on improvement and team need).

The cost for the girls water polo camp is $175. You will need to register online at https://apm.activecommunities.com/svusdcommservices
The barcode number you will need to use for girls water polo is **# THSGWP5 .** We **can not** register athletes at the pool deck and there are **no refunds.** Along with the summer camp fee, athletes will need to **hold a current USA Water Polo membership**. Register online as a bronze athlete for $40 using this link: https://webpoint.usawaterpolo.com/wp/memberships/join.wp This fee is separate from the SVUSD fee. **All freshmen are welcome to participate in summer camp**, however they MUST be enrolled with the SVUSD community services and must have paid the $175 prior to the start of camp.

As an incoming 9th grader you are responsible for the following:
1.Physical - ALL participants in the 2018 summer athletic camps cannot attend camp without a current/valid sports screening form. If you are in need of a sports screening, Clineva in Lake Forest is offering THHS student athletes an opportunity to visit their facility. A portion the cost will be donated back to THHS athletics. Your physical must be valid the ENTIRE length of water polo season, so if it is going to expire, please renew it so it will last through November.

2.Camp Registration - ALL participants in the 2018 summer athletic camps must be registered PRIOR to the first day of camp. Please arrive 15-20 minutes early on the first day to sign-in and ensure that all registration steps have been completed.

Girls Water Polo Camp ***Be 15 minutes early to practice & 1 hour early to league night games**

Monday	Tuesday	Wednesday	Thursday
10:00 am - 12:00 pm **Aliso Niguel 'A Group' League Night**	10:00 am - 12:00 pm	10:00 am - 12:00 pm **Aliso Niguel 'Mix Group' League Night** **Aliso Niguel 'B Group' League Night**	10:00 am - 12:00 pm

***League Night games range from 5-8:30pm start times**

Welcome to Trabuco Hills Boys Water Polo!

Trabuco Hills High School a winning sports tradition and we are very excited to welcome our new freshmen into the Mustang family!

Summer camp is a vital component to our program. **SUMMER CAMP** will begin on **Monday, June 18th and conclude Thursday, July 19th**. Summer camp will be Monday through Thursday at the Trabuco Hills pool and **LEAGUE NIGHTS** will occur throughout the week, depending on where your athlete's skills are (this may change throughout the summer based on improvement and team need).

The cost for the boys water polo camp is $250. You will need to register online at https://apm.activecommunities.com/svusdcommservices
The barcode number you will need to use for boys water polo is **# THSBWP4 .** We **can not** register athletes at the pool deck and there are **no refunds.** Along with the summer camp fee, athletes will need to **hold a current USA Water Polo membership**. Register online as a bronze athlete for $40 using this link: https://webpoint.usawaterpolo.com/wp/memberships/join.wp This fee is separate from the SVUSD fee. **All freshmen are welcome to participate in summer camp**, however they MUST be enrolled with the SVUSD community services and must have paid the $250 prior to the start of camp.

As an incoming 9th grader, you will join 'B Group' and are responsible for the following:
1.**Physical** - ALL participants in the 2018 summer athletic camps cannot attend camp without a current/valid sports screening form. If you are in need of a sports screening, Clineva in Lake Forest is offering THHS student athletes an opportunity to visit their facility. A portion the cost will be donated back to THHS athletics. Your physical must be valid the ENTIRE length of water polo season, so if it is going to expire, please renew it so it will last through November.

2.**Camp Registration** - ALL participants in the 2018 summer athletic camps must be registered PRIOR to the first day of camp. Please arrive 15-20 minutes early on the first day to sign-in and ensure that all registration steps have been completed.

Boys Water Polo Camp *Be 15 minutes early to practice & 1 hour early to league night games

Monday	Tuesday	Wednesday	Thursday
B Group: 7:00am - 9:30am **A Group:** 8:00am - 10:00am - Pool 10:00 - 11:00am - Weights	**B Group:** 7:00am - 9:30am **A Group:** 8:00am - 10:00am - Pool 10:00 - 11:00am - Weights **San Clemente 'B Group' League Night**	**B Group:** 7:00am - 9:30am **A Group:** 8:00am - 10:00am - Pool 10:00 - 11:00am - Weights **Trabuco Hills 'A Group' League Night**	**B Group:** 7:00am - 9:30am **A Group:** 8:00am - 10:00am - Pool 10:00 - 11:00am - Weights **Capo Valley 'A Group' League Night**

***League Night games range from 5-8:30pm start times**

Trabuco Hills High School
Girls' Track And Field
Sprints/Hurdles, Long/Triple Jump, Pole Vault
Summer Conditioning
2018

I invite you to our Summer Conditioning for girls' track and field with the purpose of competing in track and field in the Spring-2019. Here we offer Summer Conditioning sessions for sprints/hurdles, long/triple jump. Distance does not participate in Summer Conditioning because they are in cross country. The price is $100.00. We had over 150 girls on our track and field team in 2018, and track and field offers something for everyone. Dates are as follows:

Tues-Wed-Thurs.	July 31-August 23	Sprints/Hurdles	9:00-11:00am
Tues-Wed-Thurs.	July 31-August 23	L/T Jumps/PV	9:00-11:00am

- **These camps are for any girl interested in sprints/hurdles, long-triple jump, or pole vault at THHS.**
- **Prices are $100.00 for sprints-hurdles and long-triple jump/pole vault, and you must register online through SVUSD Recreation. Our SVUSD Recreation code is THSGTF3 for sprints/hurdles and long/triple jump/pole vault. communityservices.svusd.org is the website to register for camp.**
- **A Pre-Participation Physical Evaluation and Summer Participation Form "B" must be turned in to participate. Both forms are on the athletic page of our school website. Check our track and field website, www.trabucotrack.com, for updated information.**

If you plan on competing in track and field in the spring-2019, summer conditioning will certainly assist your process. We will train and condition you for the rigors of track and field, and educate you to be a track and field athlete.

Dennis Kelly
Head Coach-Trabuco Hills High School Girls' Track And Field

Parents

Any questions, email me at **kellyd@svusd.org**, or my cellular **(562)355-9474**. I love track and field, and GO BLUE!!!

TRACK & FIELD

Trabuco Hills High School

#1 Team in Orange County
Boys Track and Field
Sprints/Hurdles/Jumps/Pole Vault

Summer Conditioning
2018

You are officially invited to our Summer Conditioning for Boys Track and Field with the purpose of competing in track and field in the Spring 2019 season. We offer Summer Conditioning sessions for Sprints, Hurdles, Long Jump, Triple Jump, and Pole Vault. Distance events do not participate in Summer Conditioning since they will be in cross-country. The price for this camp is $100.

Our Boys track team is one of the top programs in the County and will be returning one of the States' best teams in 2019 with 160 Boys. Track and Field has 16 events and offers something for everyone.

Mon-Wed-Friday August 1st - 24th Sprints/Hurdles/L.J./T.J./P.V. 8:00-10:30am $100

- These camps are for any Boys interested in Sprints/Hurdles/Long Jump/Triple Jump/Pole Vault at THHS.
- A *Pre-Participation Physical Examination* and *Summer Participation Form "B"* must be turned in to participate. Both forms are on our athletic page of our school website. Also check out our team website **www.trabucotrack.com** for more info
- For the Camps, you must register through SVUSD Recreation. That information is below:

www.CommunityServices.svusd.org **CODE** – THSBT3

Fall Camp Coming Soon

If you plan on competing in track and field in the spring, summer conditioning will certainly assist in your process. We will train and teach you how to excel in this sport.

SIGN UP BY JULY 1st

JT Ayers
Head Coach Trabuco Hills High School Boys Track and Field
ayersj@svusd.org