



2015

SUMMER

SPORTS CAMPS

EAST HIGH SCHOOL



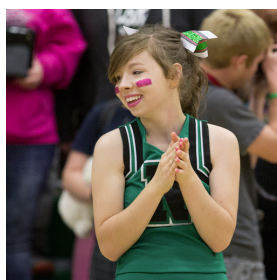
Des Moines PUBLIC SCHOOLS

PROUD HOME TO 3,000 STUDENT-ATHLETES

From collegiate and professional athletes to U.S. Olympians, Des Moines Public Schools has a long history and tradition of students competing at the highest levels in a variety of sports. Whether you are a Scarlet, Huskie, Rail, Polar Bear or Roughrider, our high schools provide many opportunities to participate, compete and succeed.

DMPS is expanding opportunities for more and more students to participate in a wide range of activities, including athletics. To support that effort, we are also expanding our summer sports camp offerings.

The listings in this brochure provide our summer sports camp information for East High School, along with a registration form. We hope you take advantage of these opportunities and are part of the history and tradition of Des Moines Public Schools.



Back to the Basics Volleyball Camp - RE928

Camp is Wed, June 3 & Thu, June 4 at East High Community Center Gym

Grades 3RD-8TH Girls; 3rd-6th: 5:30-7:00 p.m.;
7th & 8th: 7:00-9:00 p.m.

Learn basic skills and apply them. Grades 3-6 work one-on-one with high school volleyball athletes and coaches. T-shirt included with advance registration.

\$20 Register by May 22

Back to the Basics Volleyball Camp - RE926

Camp is Tue, June 23-Thu, June 25 at East High Community Center Gym

Grades 9TH-12TH Girls; 8:00 a.m.-Noon

This will be an opportunity to learn the basic skills of volleyball and apply them to game like situation and drills. The high school girls will prepare themselves for season by revisiting the basics and refining our volleyball skill. They will also receive a t-shirt that is included in the cost for the camp. *Fee is \$25 pre-registration, \$30 walk-in.

\$25/\$30*

Baseball - RE906

Camp is Mon, Mar 16-Fri, Mar 20 at Batters Box, Pleasant Hill

Grades 6TH-8TH; 1:00-3:00 p.m.

Hitting, fielding and pitching. All participants need to bring a glove and bat.

\$10/day Register by March 1

Des Moines East Summer Basketball Program - RE935

Camp is every Wed, June 17-July 29 at East High Gyms

Grades 1ST-9TH Boys; 6:00-7:00 p.m.

Fundamental basketball instruction, workouts and scrimmages, relationship building. One-on-one time with coaches and players. Camp meets once a week. Requirement: Must be future East student.

\$40 Register by June 15

East Basketball Summer Program - RE931

Camp is T-W-Th, June 16-July 30 at East Gyms (Community Center, Main Gym, Weight Room)

Grades 9TH-12TH; 7:00-8:30 p.m.

The East Basketball Summer Program is to prepare High School players for tournaments and leagues, as well as the 2015-2016 Season. This will include full practices that focus on program philosophy and continuity, fundamentals, scrimmages, and strength training. Athletic gear and basketball shoes required.

\$50 Register by June 15

East BEAST Youth Basketball Camp - RE930

Camp is Mon-Thu, June 8-11 at East High Gym
Grades 1ST-9TH; 6:00-8:00 p.m.

Fundamental basketball instruction. One-on-one time with coaches and players. Our goal is to have players excited about basketball, our program and to have fun. Requirements: Gym clothes, shoes. Must be future East student.

\$40 Register by June 5

East Bowling Clinic - RE909

Camp is Sat, May 30 at Premiere Bowling, Pleasant Hill
Grades 6TH-8TH; 10:00 a.m.-Noon

Teach kids fundamentals of bowling: rules, proper techniques, scoring, and terminology.

\$5 Register by May 30

East Cross Country Summer Clinic - RE970

Camp begins Mon-Fri, June 22-26 at Weeks Middle School (272)
Grades 5TH-7TH; 10:00 a.m.-Noon

Students in this week-long camp will learn the basics of long-distance running and team building in a fun environment. Good pair of shoes, water bottle recommended. Requirement: Must be incoming 6th, 7th or 8th grader.

\$60 Register by June 1

East Golf Camp - RE940

Camp is Mon-Tue, August 3-4 at North DM Driving Range (Johnston)
Grades 6TH-11TH; 8:30-11:30 a.m.

Golfers will learn the fundamentals of golf including grip and stance. Topics include hitting woods, irons, chipping & putting. Bring your own set of clubs & equipment. Some clubs will be available to use. *Transportation will be provided for those in need. Bus will leave East H.S. at 8:30 a.m. and return at 11:30 a.m.

\$20 Register by July 17

East H. S. Girls' Soccer Fun Camp - RE950

Camp is M-W-Th, June 15, 17, 18 at Athletic Field-Williams Stadium
Grades K-8TH Girls; 5:00-8:00 p.m.

To learn fundamentals of soccer. Advanced soccer drills. Scrimmage. Shin guards are required. Students also have to bring a soccer ball.

\$30 Register by June 5

East High School Boys' Summer Tennis Camp - RE965

Camp is Sat-Sun, June 6-7 at East H.S. Tennis Courts
Grades 6TH-8TH Boys; 9:00 a.m.-Noon

Day 1: Fundamentals (forehand, backhand, overhead, serving, volleying, scoring.) Day 2: Matches. Racquet and full water bottle recommended. Tennis balls provided.

\$10 Register by May 15

East High School Boys' Soccer Camp - RE951

Camp is M-W-Th, June 8, 10, 11 at East High School - Williams Stadium Field
Grades 4TH-8TH Boys; 4th-6th, 5:30-6:30 p.m.; 7th-8th, 6:45-7:45 p.m.

Develop skills to become a better soccer player. Fast footwork training. Learn attacking and turning moves. Scrimmage. Requirements: Soccer shoes, shin guards (covered by socks), full water bottle, soccer ball. Please label items.

\$30 Register by June 1

East/Lincoln/North Girls' Golf Clinic - RG900

Camp is M-W-Th, June 29-July 2 at DM Driving Range and DM City Courses
Grades 6TH-8TH Girls; 9:00-11:00 a.m.

Three days of instruction on all aspects of the game of golf, including the short game and putting, one morning on actual course. Depending on number of registrants, equipment may be available.

\$20 Register by May 29

East Scarlets Speed & Agility Camp - RE907

Camp begins Thu, June 4* at East Football Field
Grades 7TH-11TH; 9:30-11:00 a.m.

Speed and Agility Camp. Incorporate speed development, conditioning, plyometrics and flexibility. Always bring running shoes. (May also bring football cleats, or rubber molded cleats.) Fee can be pro-rated. *Camp dates are June 4,-5, then Mon-Thu until July 31.

\$70 Late walk-ins accepted & can be pro-rated

East Spring Track & Field Camp - RE908

Camp is Thu, May 28 at East High Stadium
Grades 4TH-8TH; 5:00 PM to 6:30 PM

Introductory T&F camp for students in the East High feeder system. Participants will need to wear comfortable running shoes, t-shirts and shorts. Bring a water bottle.

\$20 Register by May 24

Future Scarlets Girls' Tennis Camp - RE960

Camp is Fri, June 5 at East High Tennis Courts
Grades 6TH-8TH Girls; 9:00 a.m.-Noon

Learn the basics of a sport you can play for life. We will practice tennis skills and have fun with friendly competition in tennis. Participants need a tennis racket and water bottle; limited rackets will be available to borrow.

\$10 Register by May 15

Scarlet Softball Camp-RE905

Camp begins Thu, September 17 at East Athletic Field
Grades 3RD-5TH Girls; 5:30-7:30 p.m.

Camp begins Thu, September 22 at East Athletic Field
Grades 6TH-8TH Girls; 5:30-7:30 p.m.

Softball camp focusing on basic skills in the areas of throwing, fielding and hitting. Campers would need their own gloves and helmets. Every participant gets free T-shirt.

\$15 Register by September 3

Scarlet Youth Cheerleading Clinic - RE911

Camp is Thu, August 13 at East High Community Center
Grades K-DGN-8TH COED; 12 N to 5:00 PM

Youth cheerleaders will be broken up into age groups and taught skills ranging from basic motions to beginner stunts. This clinic is for boys and girls, kindergarten-8th grade. They

will be provided with a t-shirt and hair bow for the performance. Wear athletic shoes & black shorts/pants.

\$50 Register by July 13

Scarlet Youth Football Camp - RE910

Camp is Wed-Fri, August 5-7 at East H.S. Football Field

Grades 3RD-8TH; 6:15 PM to 7:45 PM

Instructional camp on football fundamentals. Please bring shorts, T-shirt, cleats are preferable.

\$40 Register by August 5

Volleyball Bootcamp - RE927

Camp is Mon-Wed, August 3-5 at East High Community Center Gym
Grades 7TH-12TH; 7th & 8th: 6:00-8:00 p.m.; 9th-12th: 8:00 a.m.-Noon

Prepare for the upcoming season by applying basic skills, and learning more detailed game offenses and defenses for intense volleyball play. T-shirt included.

\$30/\$35 Register by July 24

East Swimming Clinic - S115301Z

Camp runs April 27 - May 7 at East High Pool
Grades 6th-12TH; M-Th 4:45 PM to 5:45 PM
Grades 1st-5TH; M-Th 5:45 PM to 6:45 PM

Open to all K-12 students. Requirement: Must be able to swim length of pool.

\$20

Swim, Competitive, East - S072301Z

Camp is two Sessions: May 11-June 2 & June 3-17 East High Pool

May 11-June 2, M-Th. 5:00 PM - 6:00 PM, ages 13-18; 6:00 PM - 7:00 PM, ages 5-12.

June 3-17, M-F, 7:00 AM - 8:45 AM, ages 13-18; 8:45 AM - 10:00 AM, ages 5-12.

Open to all K-12 students. Requirement: Must be able to swim length of a 25 yard pool.

\$75

2015 SUMMER SPORTS CAMPS | REGISTRATION FORM

Student's Legal First & Last Name

Date of Birth

School Attending 2014-2015

Grade This Year (2014-2015)

Student's Address

City

Zip Code

T-Shirt Size (if applicable); circle one: YM YL AS AM AL AXL

Special Needs (if any): _____

Parent/Guardian Name

Phone

Address

Zip Code

Email

I and/or my child prefer NOT to be photographed for use in district publications, websites or local media and newspapers

Camp Code	Camp Name	Fee
Total Fees		

Payment Method: Cash Check (No. _____) Please make checks payable to **DMPS Community Education**

I certify the above information is correct and that the individual listed above has my permission to enroll in the Des Moines Public Schools Summer Sports Camp(s) indicated. Des Moines Public Schools, its agents and representatives will not be held liable for any injuries, loss of property or any accidents during this program

Parent/Guardian Signature: _____

Date: _____

Registration

Please complete the registration form and return it to:

DMPS Community Education | Attn: Sports Camps | 1915 Prospect Road | Suite 1300 | Des Moines, IA 50310-6265

OR Register online by visiting www.dmced.org/camps.

Refunds

If camps are cancelled due to low enrollment, all participants shall receive a full refund. In the case of participant refund requests, a \$5 cancellation fee will be retained. All refunds will be processed in the same format that payment was received.

Participation

Participation in any Des Moines Public Schools summer sports camps is voluntary. At the discretion of District staff, participants may be removed from a camp at any time for failing to follow District policies, rules, or procedures.



DMPS Community Education
1915 Prospect Rd., Suite 1300
Des Moines, IA 50310-6265

