

## Purpose

Fueled by a strong commitment by both our athletes and our coaching staff, Northwood High School's Summer Skills Camps are designed to teach fundamental skills in each sport and to help build up proper strength and conditioning.

Camps are open to all athletes, are purely recreational, and completely voluntary. Daily attendance aids in development but is not required. Participation in camps is not offered for credit and is not a prerequisite for equal access to participate in athletics during the school year. Please note, a separate tryout date list will be posted on the Northwood High School Athletics website.

## Policies

Operations of camp (e.g. staffing, equipment, etc.) are dependent on accurate projections of accounting and budgeting. As such, NHS summer camp administration adheres to the following policies:

- No refunds
- No pro-rating of camps
- All student athletes must be cleared before the start of camp (please see the section on Clearance Process)

## Clearance Process

Camp participants must complete the athletics clearance process (e.g. physicals, emergency cards) by registering with [www.athleticclearance.com](http://www.athleticclearance.com).

All forms are online and must be completed before the start of camp.

### Questions

Brandon Emery  
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Phil Roh  
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### Notice of Non-discrimination in Athletics

IUSD does not discriminate in enrollment in or access to any athletics program available. Admission to these programs is based on age appropriateness, team roster space, aptitude and meeting academic and behavioral eligibility requirements. The lack of English skills shall not be a barrier to admission to or participation in the District's activities and programs.

IUSD's facilities and equipment provided for students are comparable and equitable to both sexes without disparity or imbalance, consistent with his or her gender identity, irrespective of the gender listed on the pupil's record. For additional information, see [www.iusd.org](http://www.iusd.org) (Board Policy 5145.5)



## 2019 Summer Skills Camp



"Our school community values engagement, balance, and growth."  
NHS Challenge Success Vision Statement

CHALLENGE  
**SUCCESS**

## Fall Sports

### Cross Country

Head Coach: Louie Muniz  
louismuniz@iusd.org  
July 8 - August 2  
7am-9:30am  
Cost: \$275

### Football

Head Coach: Paige Nobles  
paigenobles@iusd.org  
June 24 - July 19  
7am-10am  
Cost: \$275

### Girls Tennis

Head Coach: John Tichy  
jtichy1@cox.net  
June 10 - July 3  
1pm-6:30pm (See flyer for specific times)  
Cost: \$275

### Girls Volleyball

Head Coach: Cole Murray  
murraycole52@gmail.com  
June 10 - July 1  
3pm-5pm  
Cost: \$185

### Boys Water Polo

Head Coach: Kyle Kim-E  
kyle.kime@gmail.com  
June 12 - July 17  
6am-9am  
Cost: \$275

### Girls Golf (NO SUMMER CAMP)

Head Coach: Zach Halop  
zachhalop@iusd.org

## Winter Sports

### Boys Basketball

Head Coach: Tim O'Brien  
timobrien@iusd.org  
June 10 - July 5  
Varsity: 11am-3pm; JV: 11am-1pm; F/S: 1-3pm  
Cost: \$275

### Girls Basketball

Head Coach: Lauren Yadon  
laurenyadon@iusd.org  
June 10 - July 5  
8am-10am  
Cost: \$275

### Boys Soccer

Head Coach: TBA  
brandonemery@iusd.org/philemonroh@iusd.org  
Camp dates: TBD

### Girls Soccer

Head Coach: Cory Dilbeck  
corydilbeck@gmail.com  
June 10 - June 27 (M-Th)  
8:30am-11am  
Cost: \$185

### Girls Water Polo

Head Coach: Kyle Kim-E  
kyle.kime@gmail.com  
June 12 - July 17  
10am-12:30pm  
Cost: \$275

### Wrestling

Head Coach: Josh Worthington  
joshworthington00@gmail.com  
Camp dates: TBD

## Spring Sports

### Baseball

Head Coach: Rob Stuart  
robstuart@iusd.org  
June 10-June 14  
Returners: 10am-12pm; Frosh: 8am-10am  
Cost: \$275

### Boys Lacrosse

Head Coach: TBA  
brandonemery@iusd.org/philemonroh@iusd.org  
July 8 - August 2  
11am-1pm  
Cost: \$275

### Girls Lacrosse

Head Coach: Laurie Irizarry  
laurieirizarry@iusd.org  
June 11 - July 11 (Tu/Th only)  
12pm-3pm  
Cost: \$185

### Softball

Head Coach: Blair Ota  
drbgota@gmail.com  
July 8 - July 12  
1pm-4pm  
Cost: \$75

### Boys Tennis

Head Coach: John Tichy  
jtichy1@cox.net  
June 10 - July 3  
1pm-6:30pm (See flyer for specific times)  
Cost: \$275

### Track and Field

Head Coach: Louie Muniz  
louismuniz@iusd.org  
June 10 - June 28  
5pm-7pm  
Cost: \$185

### Boys Volleyball

Head Coach: Darren Tsai  
darren.tsai22@gmail.com  
July 8 - August 1 (M-Th only)  
Returners: 8:00am-10:00am; Frosh: 10am-12pm  
Cost: \$275

All camps run Monday – Friday  
unless otherwise noted