

Boys and Girls Summer Tennis Lessons

June 3rd - 7th

Cost: Free

Monday – Friday 9:00AM -12:00AM

- Incoming 7th, 8th & 9th graders – 9:00 a.m. – 10:00 a.m.
- JV & Varsity players – 10:00 a.m. – 12:00 a.m.
- Students who are enrolled in tennis at Caprock during 2019 –2020 school year.
- 8th graders during the 2019 – 2020 school year with previous tennis experience

The purpose of the summer tennis lesson program is for players to improve their skills, get individualized instruction, group instruction, and some match play.

Bring your tennis racket and a water jug – it will be hot!

For more information, contact Brad Morrison at john.morrison@amaisd.org

Girls' Softball

Coach: Bobby Langford

Dates: Monday – Wednesday, June 24th– June 26th 2019

Skills Camp: Incoming 2nd– 9th graders:

2nd-5th grades 9:00-10:15 AM

6th-9th grades 10:30 AM - Noon

Location: Lady Horns Softball Field

Camp Fees: \$20.00

Camper's will have the opportunity to work with the Lady Horn's coaching staff, as well as former players. The knowledge the staff and players will bring to this camp will greatly improve each camper's skill level. Please remember to bring gloves and your own bat (optional).

You may pick up registration forms from the school or you may register at the day of the camp. If you are registering the day of the camp, please let me know you will be attending so I can get an accurate number. For more information contact coach Bobby Langford at bobby.langford@amaisd.org

Boys' Baseball

Coach: Trevor Cordova

Location: CHS Baseball Field

- June 3rd-6th
- Elementary and Younger- 10:00 AM- 11:00 AM
- Middle School and Incoming Freshman- 11:00 AM- 12:00 PM
- Camp Fees: **Free**

The goal of Caprock's baseball camp is to develop relationships and skills in the sport of baseball. Sign up early for guaranteed shirt size. Deadline for early registration is May 24, 2019. Contact: Trevor Cordova trevor.cordova@amaisd.org



Caprock Summer Camps 2019

Strength & Conditioning

Coaches: All Caprock Cluster Coaches

Location: CHS Weight room and Turf Field

Morning Session – 6am – 8am

Evening Session – 5pm - 7pm

Dates: 6/3 – 6/27 & 7/8 – 7/26 Monday – Thursday ONLY

Dead Days: 7/9 , 7/10 , 7/22, 7/23 **Friday Workouts:** 7/12 and 7/26

Cost: **FREE**

BIGGER, FASTER, STRONGER

The goal of this camp is to improve the athlete's overall athletic abilities. One hour will be devoted to working in the weight room, and the second hour will be spent working on speed and agility. If you want to make yourself the best overall athlete you can be, this is the camp to attend! Athletes (boys and girls S&C) may attend *one session* per day. Call 806-326-2230 for more info email: aaron.wampler@amaisd.org

Caprock Football

Coach: Dan Sherwood

Dates: July 29th – 31st

Location: CHS Sports Complex

Incoming 4th - 6th graders: 9:00AM - 11:00AM

Incoming 7th – 9th graders: 1:00PM - 3:00PM

Cost: **FREE** **Campers will also receive a FREE T-Shirt**

The goal of Caprock football camp is to start developing relationships with future Longhorns. The coaches will spend time developing position-specific drills and techniques that will lead to success. Incoming 9th graders will get pads. For more information contact coach Dan Sherwood: (email) daniel.sherwood@amaisd.org

Boys and Girls Soccer Camp

Coaches: Tim Ufford (Boys) and Mark Smith (Girls)

Where: Caprock Sports Complex

When: May 28th-31st 9:00am - 10:30am Girls
10:30am - 12:00am Boys

Cost: Free **Age:** Finished 6th grade and up

We hope to use this time to begin working with our future athletes and continue their preparation for high school soccer. We will introduce several drills and language that will be used in the high school program so that by the time they step on the field as Longhorns they are familiar with our programs. Over the past 6 years our combined programs have produced several tournament trophies, 12 playoff teams, 5 district championships, 3 area championships, 1 sectional champion, and 4 regional qualifying team. We look forward to continuing this success with our future athletes.

Email: tim.ufford@amaisd.org or mark.smith@amaisd.org

Volleyball Camp

Location: Caprock Activity Center

- Dates: July 15 - 17
- Incoming 1st-5th grade: 9:00 AM –10:30 AM
- Incoming 6th–9th grade: 12:00 PM –2:00 PM
- Camp Fees: \$20.00 - Campers will receive a camp shirt

Camp Goals:

- To help each camper improve their fundamental skills and knowledge of the game.
- To help each player enhance their individual skill growth as well as the enhancement of team play.
- To emphasize team play and good sportsmanship.
- To have fun learning and playing the game of volleyball.

Girls' Basketball Camp

Coach: David Smiley

Dates: **June 10-13th** Location: Caprock Main Gym

Incoming 2nd –5th graders: 9:00-10:30 AM Camp Fee: \$25

Incoming 6th-- 9th graders: 11:00 AM- 1:00 PM

This fundamentals camp will work in groups to improve skills, master fundamental and team concepts. We will introduce competitive games in 3-on-3 and 5-on-5 teams. The older group will focus on higher skills and situations to build success in the future. For more information email- david.smiley@amaisd.org

Boys' Basketball Camp

Coach: Reggie Gibbs

Dates: May 27-30

Incoming 3rd–9th graders: 8:00-11 AM

Location: Caprock Activity Center

Camp Fees: \$20.00

This camp will concentrate on the fundamentals of the game of basketball, with special focus on the offensive aspect of the game. Ball handling and shooting will be a priority and we will introduce competitive games in 3-on-3 and 5-on-5 teams. For more information, contact Coach Reggie Gibbs – reginald.gibbs@amaisd.org

Boys' and Girls' Wrestling

Coach: Chris Allen

Boys' & Girls' June 3 - June 6th

Location: Caprock Wrestling Room

Grades: K – 5th Time - 9:00am - 10:45 am.

Grades: 6th - 9th Time: 11:00am - 12:45am

Camp Fees: \$10.00 For Camp Shirt

Campers will have the opportunity to work with coaching staff that has the current State 5A Assistant Coach of the Year! Come and learn the secrets that helped Caprock to win 11 State Championships, with 10 consecutive State Women's titles. Both boys and girls wrestling teams have produced 18 State Championships, and over 90 individual state champions. Wrestlers will be taught FUNDamentals in all areas of wrestling. The final session for incoming 6th – 9th graders will include more advanced techniques to prepare them for the freshman season.

For more information, contact Coach Chris Allen

(e-mail) christopher.allen@amaisd.org (cell) 713-560-8133

AISD Swimmers -- High School Team/Introduction to competitive swimming:

Swimmers learn the 4 competitive strokes: Fly, Back, Breast, and Free

Cost: \$40.00 per month or \$70.00 for the summer

Dates: June 4th and end July 25th. Tues, Wed, & Thursday

Times: 8:45 a.m. to 9:30 a.m.

Ages 10 to 16

Location: Southwest Pool (John Stiff Park)

Contact: Coach Angela Stephens or Coach Brad Douglass 806-683-0359

*****ALL CHECKS MUST BE MADE PAYABLE TO***
"AMARILLO INDEPENDENT SCHOOL DISTRICT"**