ATHLETIC CAMPS

Welcome Parents and Campers to the
Nathan Hale Summer Athletic Camps Program

Your child will receive instruction from the varsity coaches and their assistants on the Nathan Hale staff. Student-athletes from Hale will also work with your child. Our goal is to have as much individualized instruction as possible. This is not only a great opportunity for your child to get athletic coaching, but to also meet our coaches and use our facilities. Your comments and feedback are important. Please do not hesitate to contact me with suggestions and improvement on what we are doing.

Elliot Kramsky
Athletic Director
Nathan Hale High School

BOYS & GIRLS SOCCER

Nathan Hale Boys and Girls soccer coaches will work with campers to improve soccer skills through technical training, fun games and scrimmages. All skill and experience levels welcome.

WEDNESDAY NIGHT SUMMER SOCCER

When: Wednesdays
June 19, 26, July 10, 17, 24, 31 & August 7
Grades 6 - 12
6:00 - 8:00 pm

Equipment needed: Appropriate soccer attire

Coached by: NH Coach Wes Wild & NH Coach Stojan Jovic

Location: WAAC Soccer Stadium

FOOTBALL

The Nathan Hale Youth Football Camps are designed to teach the basic offensive/defensive fundamentals and techniques involved with Youth Football.

Session 1:
Grades 5K - 8
10:00 - 11:30 am
When: Tue - Thurs
June 25 - 27

O&D FOOTBALL

Session 2:
Grades 9 - 12
4:00 - 7:00 pm
When: Tue & Thurs, June 11 & 13
Mon - Wed, July 15, 16 & 17

Equipment needed: Proper athletic gear (shorts, t-shirt and tennis shoes) and demonstrate an "ALL IN" attitude.

Go Huskies!

Coached by: NH Head Coach Brandon Ehret
The Nathan Hale Football Staff and Current Huskies

Location: WAAC Football Field
**Golf**

Whether a player is swinging the club for the first time or looking to refine his or her skills, this camp is a fun way to learn the lifelong game of golf. On-course learning keeps campers engaged to learn fundamental skills, etiquette, rules and sportsmanship.

**When:** Mon - Thurs  
June 17 - 20  
1:30 - 2:30 pm  
Ages 11 - 18

**Equipment needed:** Golf clubs, appropriate footwear and attire  
**Coached by:** John Bechard  
**Location:** New Berlin Hills

**Gymnastics**

This summer camp is open to participants of all skill levels between the grades 5K-12. Gymnasts can expect to learn how to properly execute skills on all 4 events, as well as learn the dance aspect of gymnastics. Stretching, conditioning and skill-enhancing games will also be a part of this two-week camp. As an added bonus, all participants will have the chance to show off their learned skills for family members on the last day.

**When:** Mon - Thurs  
July 8 - 11 & July 15 - 18  
9:30 am - 11:30 (15 min snack break)

**Equipment needed:** Leotards are preferred. However, tight clothing may be worn if a leotard is not available.

**Coached by:** West Allis / DSHA Gymnastic Coaches Cassandra Westover, Asia Nettivette

**Location:** Nathan Hale Upper Gym

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**Boys Basketball**

Campers will expand their skill set and knowledge of the game through proven techniques and fundamental training. Games will be a part of camp, as well as introduction to team concepts and individual development.

**When:** Mon - Thurs  
July 8 - 11  
**Session 1:** Grades 3 - 6  
9:00 - 11:00 am  
**Session 2:** Grades 7 - 9  
11:00 am - 1:00 pm

**Equipment needed:** Appropriate gym attire  
**Coached by:** NH Head Coach Kyle Maling, the Nathan Hale boys basketball staff and current Huskies.  
**Location:** Nathan Hale Main Gym

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**Girls Basketball**

The Nathan Hale girls coaching staff are conducting a basketball camp this summer. Campers will have fun and make new friends while learning the fundamentals of basketball. They will work on dribbling, shooting, passing, rebounding and team play. The drills, contests and games will combine to make this a special learning experience.

**When:** Mon - Thurs  
June 24 - 27  
8:00 - 10:00 am

**Equipment needed:** Appropriate gym attire  
**Coached by:** NH Head Coach George Sotiros, the Nathan Hale girls basketball staff and current Huskies.  
**Location:** Nathan Hale Main Gym
ATTACK TO SCORE

This is a high energy, high paced camp for the serious wrestler. Instruction will include establishing control ties to multiple set ups and finishes for single leg, double leg, high crotch es and other take downs as well as counter attacks. A fun aspect of training “sparring” will be used during the camp sessions to learn, further develop, and improve technique.

Grades: 6 - 10
When: Mon - Fri
June 24 - 28
Mon & Tues
July 1 & 2
6:00 - 7:30 pm

Equipment needed: Appropriate wrestling attire
Coached by: NH Head Coach Kyle Courtier
Location: Nathan Hale Upper Gym

ATHLETIC CAMPS

BOYS & GIRLS VOLLEYBALL

This Volleyball Camp is designed to provide the players as many volleyball reps/touches as possible. We will go through the basic fundamentals of volleyball from serving, passing, setting, hitting for the younger age group, to more advance volleyball skills for the older age group.

When: Mon - Fri
July 22 - 25
Session 1: Grades 6 - 8
4:00 - 5:30 pm
Session 2: Grades 9 - 12
6:00 - 8:00 pm

Equipment needed: Appropriate gym attire
Coached by: NH Head Coaches Jeff Freitag & Bryant Ellis
Location: Nathan Hale Main Gym

SPEED, STRENGTH & AGILITY

Under the direction of Evan Rosa, Hale’s Strength and Weight Room Coordinator, students will work on strength, agility and speed. They will also learn the impact of nutrition on conditioning.

When: Mon - Fri
June 10 - 28, July 8 - August 9
Session 1: 8:00 - 9:30 am
Grades 9 - 12 Female
Session 2: 9:30 - 11:00 am
Grades 9 - 12 Males
Session 3: 11:00 am - 12 noon
Grades 5 - 8 Male & Female

Open Weight Room
4:00 - 5:00 pm All Welcome!
**JUMPING**

A camp that focuses on the fundamental elements of jumping. This includes, but is not limited to, approaches, sprint mechanics, take-offs and in-flight mechanics.

**When:** Mon - Thurs  
July 8 - 11

**Session 1:** Grades 9 - 12  
11:00 am - 12:30 pm

**Session 2:** Grades 6 - 8  
12:30 - 2:00 pm

**Equipment needed:** Running attire  
**Coached by:** Scott Brendemuhl

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**BOYS & GIRLS TRACK & FIELD**

**All camps located at WAAC Track**

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**SPEED**

This camp is designed to make athletes quicker and faster. Workouts are created to give each athlete their strongest and most efficient stride.

**Grades:** 5 - 9  
**When:** Mon - Fri  
June 17 - 21  
9:30 - 11:00 am

**Equipment needed:** Running attire  
**Coached by:** Ryan King

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**DISTANCE RUNNING**

The distance camp is encouraged for athletes in all sports. Athletes will improve their endurance, athleticism and mentality while learning the core values of accountability, teamwork and character.

The camp will be a fun and positive environment for campers, with training appropriately assigned based on experience and age. Runners should meet each day by the Hale commons. A safe place will be provided for belongings, a bag and water bottle. In case of rain, camp will be moved indoors.

**Grades:** 3 - 12  
**When:** Mon, Tues & Thurs  
June 17 - July 25  
9:00 - 10:30 am

**Equipment needed:** Running attire  
**Coached by:**  
Dan Machmueller  
NH Head Boys CC Coach  
Terry Labinski  
NH Head Girls CC Coach

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**SPRINGBOARD DIVING**

This camp is offered through the WestAllis-West Milwaukee Recreation Department.

Register 2 ways:  
Online at www.wawmrec.com  
In-person at the Recreation Department

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ALL CAMPS $50 BEFORE JUNE 1
For Residents $60 for Non-Residents

After June 1, Prices Increase
$55 for Residents • $65 for Non-Residents

Questions? Contact Nathan Hale Athletic Dept.
(414) 604-3219 • KramskyE@wawmsd.org

1. CHECK ALL THAT APPLY
   - Boys & Girls Soccer
   - Football
     - Session 1
     - Session 2 (O&D Camp)
   - Golf
   - Gymnastics
   - Boys Basketball
     - Session 1
     - Session 2
   - Girls Basketball
   - Boys & Girls Track & Field
     - Jumping
     - Session 1
     - Session 2
   - Speed
   - Distance Running
   - Speed, Strength & Agility
     - Session 1
     - Session 2
     - Session 3
   - Top of the Box Wrestling

2. Signature of Parent or Legal Guardian: __________________________
   Date: __________________________

   I hereby grant permission for my son/daughter to participate in the Nathan Hale Summer Camp(s).
   I agree to release and hold harmless the District and its agents, employees, or other personnel from
   liability from any and all loss or expense, including costs and attorneys’ fees, for any damages
   caused by injury to my son/daughter or his/her property resulting from participating in the Nathan
   Hale Summer Camp(s).

   I agree to indemnify the District for any and all loss, damages, or expenses, including costs and
   attorneys’ fees, incurred by the District for any action commenced by me or my spouse, or on
   behalf of me or my spouse, or for any action commenced by my son/daughter or on behalf of my
   son/daughter resulting from the participation in the Nathan Hale Summer Camp(s).

   My son/daughter is physically fit and able to participate in the Nathan Hale Summer Camp(s)
   without limitations. Please list any limitations or physical problems that your son/daughter may
   have such as allergies, asthma, etc. on the bottom of this form.

   Signature of Parent or Legal Guardian: __________________________

   Parent Name: __________________________ Date: __________________________
   Address: __________________________
   City: __________________________ Zip: __________________________
   Phone: __________________________ Secondary Phone: __________________________
   Email Address: __________________________
   Emergency Contact: __________________________ Phone: __________________________
   Limitations / Physical Problems: __________________________

3. Athlete’s Name: __________________________
   Date of Birth: __________________________ Grade (2018-19 School Year) __________________________
   Address: __________________________
   City: __________________________ Zip: __________________________
   Amount Due: __________________________ □ Check □ Cash

4. T-SHIRT SIZE
   - Youth 10-12
   - Youth 14-16
   - Adult Small
   - Adult Medium
   - Adult Large
   - Adult XL

Send Payments To: Athletic Department
   Nathan Hale High School
   11601 West Lincoln Avenue
   West Allis, WI 53227
   Make checks payable to WAWM School District
   No refunds after June 1, 2019