

Royal Oak Schools



Summer

Sports Camps

Activities for Students

Girls Basketball

This camp will focus on individual and group instruction with drills designed to improve fundamental basketball skills and help each player gain confidence in her own abilities. Offensive skills (shooting, passing, dribbling, triple threat), defensive skills (footwork, boxing out, on the ball/ballside/helpside), team offense and defense will be taught. There will be skill contests and team contests. Campers should bring a bag lunch with them each day. Camp Coordinator: Brian Sopata, Royal Oak High School Varsity Girls Basketball Coach. **Location: Royal Oak Middle School Gym**

Date	Time	Ages	Cost
June 17—June 20	9:00 a.m.—2:00 p.m.	8—14	\$119

Pistons Academy Summer Camp*

The Pistons in conjunction with Royal Oak Schools is pleased to offer an exciting camp opportunity this summer. This camp is loaded with instruction, games, fun and an element of Pistons entertainment that no other camp can match! Our format is designed to satisfy a wide range of skill levels. Whether your camper is a confident superstar, a shy beginner or somewhere in between, our coaches will provide the appropriate level of instruction. Directors **Geo Thomas** and Royal Oak Basketball head coach **Aaron Smith** have a combined 46 years experience of directing camps and are prepared to bring a fun and fast-paced agenda to the Royal Oak community. Along with fundamentals and the importance of team play, Pistons Academy Camps offer amenities that no other camps can match: Pistons Mascot Hooper, live updates on our website and social media, appearances from Pistons players – both past and present (based on availability), the Flight Crew and so much more! ***Registration for this camp must be through the Pistons. Please do not return registration form to Royal Oak Schools for this camp.** Visit pistonsacademy.com to register on-line or call [248-377-8653](tel:248-377-8653). **Locations: Royal Oak Middle School Gym and second location to be determined.**

Date	Time	Ages	Cost
June 24—June 27	9:00 a.m.—3:00 p.m.	8—14	\$240

Track & Field/Cross Country Youth Camp

Campers will be exposed to the combined technical development and fundamental techniques with safety and a major focus on FUN! Using special equipment, our exercises, running games and drills will prepare the camper for a future in Cross-Country, Track and Field events and distance running. This camp will inspire a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Camp Coordinator: Dela Jackson and Don Jackson, Royal Oak High School Cross Country and Track Coaches. **Location: Royal Oak High School Track**

Date	Time	Ages	Cost
June 24—June 27	9:30—11:00 a.m.	7—13	\$75

Softball

This camp will focus on individual and group instruction with drills designed to improve fundamental softball skills and help each player gain confidence in abilities and knowledge of the game. Offensive drills (hitting, bunting, base running, pitch selection), defensive skills (infield, outfield, footwork), and softball situations will be taught. All campers will be grouped based upon age and skill level. Camp Coordinator: Erica Hayworth, Royal Oak High School Varsity Softball Coach. **Location: Royal Oak High School Softball Field**

Date	Time	Ages	Cost
June 24—June 26	9:00 a.m.—11:30 a.m.	8—14	\$60

Boys & Girls Tennis

This camp will focus on group instruction and drills that are designed to introduce and improve tennis skills in a supportive and fun environment. Campers will learn forehand, backhands, serves, volleys, and court movement. There will be team games and double matches with fun awards and prizes. Campers should wear tennis shoes, shorts and t-shirts and should bring their own racquet. Caps and visors are also suggested. Campers will have two 15 minute breaks and should bring a snack; water will be provided for bottle refills. Camp Coordinator: Kevin Friesen, Royal Oak High School Varsity Tennis Coach and Royal Oak Elementary Physical Education Teacher. **Location: Royal Oak High School Tennis Courts**

Date	Time	Ages	Cost
July 8—11 (rain date July 12)	8:30 a.m.—11:30 a.m.	8—14	\$85

Cheerleading Camp

Come learn and have fun with the Royal Oak High School Varsity Cheer team and Coach Tolonen! This camp is for those who want to perfect their cheer technique or try cheerleading for the first time. There will be group and individual instruction covering the fundamentals of cheerleading. Included techniques: proper motions/placement, jumps, basic/intermediate tumbling, stunting safety and basic/intermediate stunt sequence. We will also teach favorite Raven Sideline chants & cover sideline etiquette. Each camper should wear shorts, shirt and gym shoes and bring a water bottle. Camp Coordinator: Jessica Tolonen, Royal Oak High School's Varsity Sideline and Competitive Cheer Coach. **Location: Royal Oak Middle School Gym.**

Date	Time	Ages	Cost
July 9—12	5:00—6:00	6—13	\$36

Volleyball

Start your volleyball career off in the right direction! This camp will focus on the basic fundamental skills of volleyball including: passing, setting, hitting and serving as well as strategy to improve one's overall game. Your child will have a positive experience at our camp, regardless of skill level. Camp Coordinator: Kaitlyn Miller & Ciara Schultz, Royal Oak High School Volleyball Coaches. **Location: Royal Oak Middle School Gym**

Date	Time	Ages	Cost
July 15—18	2:00—4:00 p.m.	9—11	\$60
July 15—18	4:30—6:30 p.m.	12—14	\$72

Girls Lacrosse Camp

This camp will focus on individual and group instruction with drills that are designed to grown confidence in young players, with the help of the Royal Oak High School Varsity Girls Lacrosse Team. Each player will learn the basics of attack, midfield, defense and draws. Campers should be sure to each breakfast the morning of so they are ready to have fun! Each camper should bring cleats, gym shoes, goggles, mouth guard, water bottle and a stick if they have played before. If you do not have a stick, there will be enough available to borrow. Camp Coordinator: Elizabeth Steinkampf, Royal Oak High School Varsity Assistant Lacrosse Coach. **Location: Royal Oak High School Practice Field.**

Date	Time	Ages	Cost
July 15—18	9:00—11:00	7—14	\$60

Boys Basketball Fundamental Camp

“The Royal Oak Boys Basketball camp is designed to teach the fundamental aspects of basketball while also enhancing your child's love for the game. Royal Oak basketball Coach and Detroit Pistons Camps Director, Aaron Smith, along with his staff, will implement fun and unique drills that will surely challenge campers of all ages and skill level. Camp activities will include a heavy emphasis on fundamental skill work, 5 on 5 games, fun competitions and much more! All campers will be grouped according to age and skill level. Camp Coordinator: Aaron Smith, Royal Oak High Boys Varsity Basketball Coach. **Location: Royal Oak Middle School Gym**

Date	Time	Ages	Cost
July 23—26	9:00—Noon	7—14	\$100

Baseball Camp

Participants will be instructed in all areas of the game of baseball. Fundamentals will be emphasized through the use of station work and a variety of baseball drills. Players are placed based upon ability and age appropriateness. Areas of development include but are not limited to: individual skills of infield, outfield, pitching, catching, hitting, bunting, and base running. Team skills include: cut-offs/relays, bunt defense, double plays, team offense and team defense. Camp Coordinator: Greg Porter, Royal Oak High School Varsity Baseball Coach. **Location: Royal Oak High School Baseball Field**

Date	Time	Ages	Cost
July 15—17—Advanced Camp	9:45 a.m. —12:45 p.m.	7—12	\$58
July 15—19	9:45 a.m.-12:45	7—12	\$95
July 29—August 2	9:45 a.m. —12:30 p.m.	7—12	\$95

Tee Ball Camp

A fun and exciting introduction to baseball and the use of a batting tee!! Throwing, ground ball and fly ball techniques will be introduced as well as base running and hitting off a tee. Class is limited to 16 players per session. All players will receive daily prizes! Camp Coordinator: Greg Porter, Royal Oak High School Varsity Baseball Coach. **Location: Royal Oak High School Baseball Field**

Date	Time	Ages	Cost
June 24—28 (2 sessions)	9:00—9:40 or 10:00—10:40 a.m.	4—6	\$30
July 15—July 19	9:00—9:40 a.m.	4—6	\$30
July 29—August 2	9:00—9:40 a.m.	4—6	\$30

Dance Camp

Join the Royal Oak High School Varsity Dance Team for a fun one-day dance clinic. Dancers ages 5-13 are welcome to attend to learn pom, hip hop and jazz dance combinations, as well as dance technique. Dancers will apply those skills at a family and friends performance that same day beginning at 3:00! No previous dance experience is necessary. Dancers must bring a bag lunch, a water bottle and a small snack for break times. Dancers should wear something that allows movement (no jeans please), sneakers or dance shoes. Participants will receive a camp shirt to wear during the performance. Camp Coordinators: Jennifer Hull and Jessica LoDuca, ROHS Dance Coaches. **Location: Royal Oak Middle School Gym**

Date	Time	Ages	Cost
August 7	9:00 a.m.—3:30 p.m.	5—13	\$40

General Camp Information & Registration Form (this form must be completed and sent in regardless of payment method)

Camp Ratio: Approximately 1:10 (some have lower ratios)

Medical Information: If your son/daughter has a medical history that may affect their participation in the camp program, please make a note on the registration form (allergies, etc)

Equipment Required: For some of the camps, equipment may be required by the participant. Please see description under each camp for requirements.

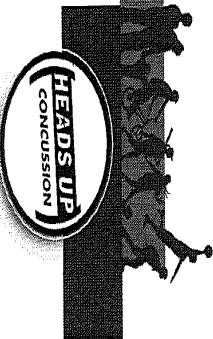
Camp Registration Policy: Each camp will discuss their weather procedure the first day.
Camp Registration: Registration will continue up to two days prior to camp or until full. To register complete the registration form below and mail it with your check, money order or online payment to: 1500 Lexington Blvd., Royal Oak, MI 48073 Attention: Athletic Department. NO PHONE REGISTRATIONS WILL BE ACCEPTED. Limited enrollments for some camps.

Camp Includes: In addition to quality instruction, each camper receives an official Royal Oak Sports Camp tee-shirt and a participation certificate. **Refunds and Transfers:** Any refund requested prior to a camp beginning will be assessed a \$5 administrative fee. Contact the Athletic Department at (248)435-8500 ext. 1148 to request a refund or transfer. **NO REFUNDS OR TRANSFERS after a camp begins.**

Payment: May be made by check payable to "Royal Oak Schools" or by credit card via "Payschools". For credit card payments please go to the district website www.royalokschools.org, click on payschools and follow the summer sports camp menu.

Additional Information: Contact the Athletic Department at (248)435-8500 ext. 1148.

PARENT & ATHLETE CONCUSSION INFORMATION SHEET



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion can cause the brain to move rapidly back and forth, causing the brain and brain to move quickly back and forth. Swelling or bruising of the brain can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or be noticed with days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow or fall to the head or body, she should be kept out of play until a health care professional evaluates her. A health care professional experienced in evaluating for concussion.

DO YOU KNOW?

- Head concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion are at an increased risk for another concussion.
- Young children and teens are more likely to be injured than adults.



“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Dizziness or lightheadedness
- Double or blurry vision
- Sensitivity to light
- Ringing in ears
- Feeling sluggish, hazy, foggy, or groggy
- Confusion or memory problems
- Concentration or memory problems
- Just not “feeling right” or “feeling down”

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loss of consciousness (even briefly)
- Changes in behavior or personality
- Can't recall events prior to the hit or fall

CONCUSSION DANGER SIGNS

Formal testing of independent blood clotting function on the brain in a person with a concussion and around the brain against the skull. An athlete should receive immediate medical attention if he or she exhibits any of the following danger signs:

- One pupil larger than the other
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Staggered gait or loss of balance
- Slurred speech
- Convulsions or seizure
- Becomes increasingly confused, restless, or agitated
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play the severity of the injury yourself. Keep the athlete out of play the day experienced in evaluating for concussion, says she is symptom free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Rest includes no sports, no school, no work, and no playing video games. They can use the computer, and playing video games, may cause a concussion to worsen. After a concussion, returning to sports and school is not recommended by a health care professional. Write most athletes with a concussion recover within 7-10 days, but some athletes may take longer than 30 days, or even weeks. A more serious concussion can last for months or longer.
3. Remember, concussions affect people differently. Write most athletes with a concussion recover within 7-10 days, but some athletes may take longer than 30 days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, she is much more likely to have a second concussion. Multiple concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain damage or permanent changes to their brain. They can even be fatal.

STUDENT/ATHLETE NAME PRINTED _____
 STUDENT/ATHLETE NAME SIGNED _____
 DATE _____

PARENT OR GUARDIAN NAME PRINTED _____
 PARENT OR GUARDIAN NAME SIGNED _____
 DATE _____

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Camper's Name _____ Address _____
 City _____ Zip _____ Age _____ Male or Female _____
 Home Phone _____ Cell Phone _____
 Camp _____ Camp Date/Time _____
 Camp _____ Camp Date/Time _____
 Camper's T-Shirt Size (Adult S, M, L, XL or Youth S, M, L, XL) _____
 Additional Medical Information _____
 Amount Paid \$ _____ Form of Payment Check # _____ Online Credit _____

Please request camp by name listed in brochure. Fees are payable upon registration. Make checks payable to "Royal Oak Schools". A written confirmation will be sent to you if you enclose a self-addressed stamped envelope.

I hereby voluntarily and hold harmless Royal Oak Schools from all liability for all types of damage or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching, traveling to or from this activity.

Parent/Guardian Signature _____

