

Roncalli Jets Summer Camp Opportunities

Girls Basketball

Boys Basketball

Football

Soccer

Volleyball

Sportsmetrics with HFM

Due date for registration is two weeks before the camp begins. Late entries are not guaranteed a t-shirt.

Send registration and check to:
Roncalli High School
2000 Mirro Drive
Manitowoc, WI 54220



Summer Camps 2017

Fundamentals and Teamwork



Sportsmetrics

Sportsmetrics High School

Location: Roncalli High School
Session Details: Mondays, Tuesdays, Thursdays
10:00-11:30 am
Begins June 5- July 20 No classes July 4
Cost: \$99 each
Max Registrants: 30

Sportsmetrics Youth

Location: Roncalli High School
Session Details: Mondays, Tuesdays, Thursdays
11:30-1:00 Begins June 5- July 20 No classes
July 4
Cost: \$99 each
Max Registrants: 30

Don't Be Left on the Sidelines!

Prevent knee injuries AND enhance sports performance with... Sportsmetrics™, a research based jump program for all ages.

Reduce the risk of serious knee injuries

- Increase vertical jump height by up to 4 inches
- Improve hamstring and quadriceps strength
- Improve landing mechanics
- Reduce side to side movement at knee

Any questions please call
Bethany Glinski at 920-320-4565

Volleyball Camp

Dates: July 18, 19, 20

Grades 4-6 9:00-10:30 a.m.
Grades 7-9 11:00-1:00 p.m.

Cost: Cost of the Camp is \$35 for the three days and includes a t-shirt.

Camp Objectives: Our objective is to help girls get a better understanding of volleyball by helping campers improve their volleyball skills through a fun but challenging atmosphere. Along with the help of the high school girls volleyball team, we will also provide instruction of the basic fundamentals, team aspects, drills, games and skill competitions.

Camp Director: Dave Mueller
920-686-8148



