

Westlake High School ATHLETICS



SUMMER CAMPS dates & other
important dates for summer & fall 2016!

****All Proceeds go toward Westlake High School Individual Team****

Attention ALL Thunder Fans:

Westlake High School has compiled the following information for your convenience to participate in the camps & other events offered this coming summer and fall. Westlake High School is great because of our COMMUNITY support! This year the City of Saratoga Springs has offered to help us. So Please refer to the City of Saratoga Springs Website for SOME of the camps registrations were noted on the flier. THANK YOU. We hope to see you this summer & fall!

Sincerely,

Michael O'Connor and Sharon Mardesich

Westlake Athletic Department

801-610-8815 #414

JUNE 2nd Westlake Athletic Night~

All potential Westlake High School Athletes & their Parents! This is the Annual evening for athletes and their parents to receive information on sportsmanship, registrations and physical examinations. Register for your 2016-17 teams. Team Break information available.

For coach's information (e-mail) please visit <http://thunderathletics.org/> This is our new website, so we are building and adding all summer long.



- ***Golf Tournament Aug. 31st***
- ***Paint Night Sept. 6th***
- ***Parade & Powder Puff Sept. 7th***
- ***Alumni BBQ Sept. 8th***
- ***Carnival & game Sept 9th***

**** * Watch our Calendar for costs and times, please join us for a fun week of events!***

******All Proceeds go toward Westlake High School Individual Team******



Recreation Office
 1307 N. Commerce Dr.
 Suite #200
 801.766.9793 ext. 211

Office Hours
 Mon.-Thur.
 8am—5pm



Saratoga Springs Recreation Westlake HS Summer Camps 2016

Westlake High School has teamed up with Saratoga Springs Recreation for their summer camps. These camps are the same camps Westlake coaches have been running in previous years, just with the added simplification of online registration.

All grades are determined by 2016-2017 school year.

Westlake High School Volleyball Camps

Our summer volleyball camps will be conducted by the newly hired Westlake High School Head Coach, Chris Rushing, and his staff. Coach Rushing arrives to Westlake High School after serving 23 years as a collegiate coach. After retiring from college coaching 5 years ago, he currently teaches the volleyball P.E. classes at UVU, and now he adds Westlake HS coaching to his resume. Please come out and register for your appropriate age camp and help build a volleyball dynasty in our community.

****ALL CAMPS WILL BE HELD AT WESTLAKE HIGH SCHOOL GYMS***

CAMP #1 (9th-12th grade):

*****GIRLS ONLY*****

June 13-16
 8:30am-11am AND 12pm-2pm
 \$130 per player

CAMP #2 (7th-8th grade):

*****GIRLS AND BOYS*****

June 20-23
 8:30am-11:30am
 \$90 per player

CAMP #3 (3rd-6th grade):

*****GIRLS AND BOYS*****

June 20-23
 12pm-2pm
 \$60 per player



QUESTIONS:

For any questions about the Westlake Volleyball Program or Camps, please contact coach Rushing at chrusrushing8@gmail.com.

Westlake High School Dance Company

Westlake Dance Company under the Direction of Chelsea Budge has partnered with Saratoga Springs Recreation to host a Summer Dance Camp. Take advantage of this fun and affordable opportunity to train with the best of the BEST!!!

JUNE: 7, 9, 14, 16, 21, 23, 28

Cost: \$50 for the camp

PARENT SHOWCASE JUNE 30

8:00 AM-9:00 AM- TEEN/ADULT ADVANCED CONDITIONING/TECHNIQUE

9:00 AM-9:45 AM- BEGINNING CONTEMPORARY/JAZZ TECHNIQUE (ages 5-9)

9:45 AM-10:30 AM- INTERMEDIATE CONTEMPORARY/JAZZ TECHNIQUE (ages 8 and up)

10:30 AM-11:15 AM- HIP HOP/BREAKDANCING-OPEN

11:15 AM-12:00 PM- CREATIVE DANCE (ages 2 1/2-4)

For more information please visit www.westlakehsdance.com

Register online at

Saratogaspringscity.com/recreation

**See more camps
 on flip side!**





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Westlake Boy's Basketball Camps



Westlake Girl's Basketball Camps



The Westlake High School basketball camp is run under the direction of head coach Nate Carling. The camp will be run at Westlake High School. Camp t-shirt included with all camps.

This is a four day FUN-filled camp that teaches the fundamentals of basketball to girls in grades 3 thru 8. Our staff is dedicated to teaching all players the fundamentals of the game and helping them further develop their current skills. We make the process of learning basketball fundamentals FUN!

Includes 4 days of instruction with Westlake Girls Basketball coaches and players, possible competition prizes, and a t-shirt. Camp will be at Westlake HS.

Day of camp registration will be charged a \$10 fee.

Grades 1-2	Start	End	Cost
June 6-9	8:00am	9:00am	\$30
Grades 3-4			
June 6-9	9:15am	10:30am	\$40
Grades 5-6			
June 6-9	10:45am	Noon	\$40
Grade 7			
June 6-9	12:15pm	2:00pm	\$55
Grade 8			
May 31-June 3	8:00am	10:00am	\$65
Grade 9			
May 31-June 3	10:00am	Noon	\$65
Grade 10			
May 31-June 3	Noon	2:00pm	\$65

Grades 3rd/4th	Start	End	Cost
June 27-June 30	8:45am	10:00am	\$45
Grades 5th/6th	Start	End	Cost
June 27-June 30	10:30am	Noon	\$45
Grades 7th/8th	Start	End	Cost
June 27-June 30	12:30pm	2:00pm	\$45

Register online at

Saratogaspringscity.com/recreation

See more camps
 on flip side!





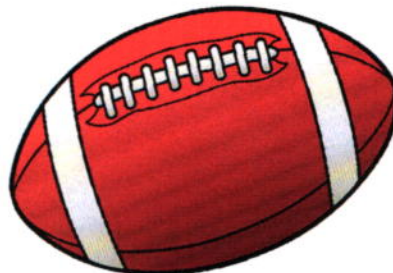
WESTLAKE HIGH SCHOOL FOOTBALL
Summer Youth Programs

Westlake High School Head Football Coach Louis Wong and his Coaching Staff will be running Summer Weights/Conditioning and Westlake Football Camp for Little Leagues

The cost for both is \$150/per athlete and Includes the following:

- **Summer Weights/Conditioning** - Twenty days of training during the summer in the high school weight room/gyms or on the field (\$75.00)
 - Dates: June 1,3,6,8,10,13,15,17,20,22,24,27,29, and July 1st and start up again on July 18, 20, 22, 25,27, and end on the 29th
 - Players 1st grade through 5th grade 9 a.m. - 10 a.m.
 - Players 6th grade through 8th grade 10:30 a.m. - 11:30 a.m.
 - Freshmen 6 a.m. - 8:30 a.m.
- **Westlake Football Camp for Little Leagues** - Three days of instruction at Westlake High School (\$75.00)
 - Dates: July 13, 14, and 15
 - Players 1st grade through 6th grade 9 a.m. - 10:30 a.m.
 - Players 7th grade through 9th grade 4 p.m. - 5:30 p.m.

Please register at myschoolfees.com. Choose Public Items and then Football. Please include your player's name and shirt size. You may also pay in the High School Finance Office. Walk up's will be welcome the first day of camp as cash only with a \$10 late fee.



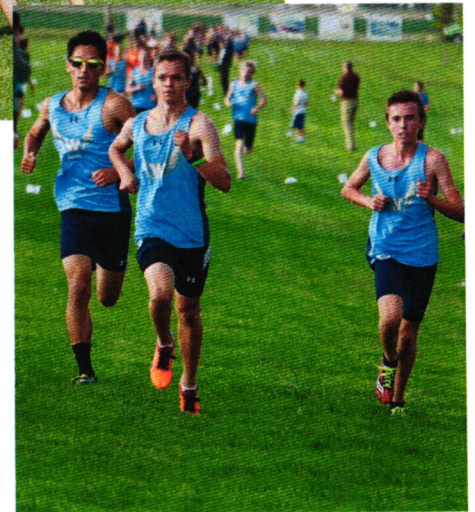


WESTLAKE CROSS COUNTRY

- Come participate with one of the most successful teams in the school.
- This is a great way to stay in shape and improve your overall athletic conditioning, all while making great friends!
- We go on fun trips like camp in Price, UT, and Disneyland at the end of the year!

Summer practices are Monday, Wednesday, and Friday mornings at 8:00am. We look forward to seeing you there!

9th - 12th grades





Westlake Tennis Camp 2016

May 31st- June 3rd
at the Westlake Tennis Courts

Come out and enjoy instruction from the Westlake tennis coaches and players. Open to players of all abilities.

Session One:

Grades K – 6, 8:00 – 10:00 AM

This session will feature the Quick Start tennis format. Play will be on smaller courts (36 ft.), with smaller (junior) racquets, and larger balls. This will enable all children to quickly learn the game and have fun.

Session Two:

Grades 7 – 12, 10:00 – 12:00 PM

This session will stress the modern game of tennis with emphasis on learning proper stroke mechanics, footwork, and strategy. Our simplified program will have beginners playing in no time at all, and more experienced players quickly moving up to the next level!

Both sessions will include games, drills, and match play.

Cost: \$50 per child. All proceeds benefit the Westlake Boys and Girls tennis teams.

Contact Info: For more information, contact Coach Carl Johnson at carl@saratogaspringstennis.com or call 801- 368-3927.

Required Equipment: All players will need an appropriately sized racquet, tennis shoes, and a water bottle (or something to drink). All other equipment will be provided.

Westlake
Tennis



WESTLAKE WRESTLING

Summer Camp

June 28-30

10-11:30 & 12:30-1:30

(lunch break)

Westlake HS Wrestling Room

All school ages

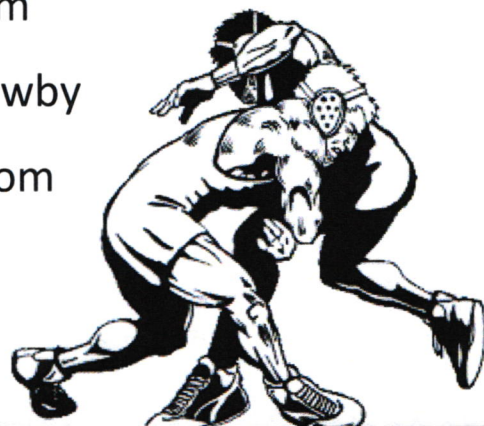
Lunch Provided Last Day

\$45

Pay @ myschoolfees.com

Questions Contact: Jeff Newby

jeffreynewby@hotmail.com



Mini CHEER Camp

When: Sept.27,28,29

From: 6-7:30pm



Where: Westlake High School Aux. Gym

What: Jumps, Kicks, Cheers and a half time routine to perform Friday, September 30th at the High School football game. They will also receive a T-shirt to perform in.

Cost: \$30 Per Child.

Ages 3-15. Pay online at myschoolfees.com click Public Payment go to Mini Cheer Camp.

Any Questions please E-mail : coachburgandy@gmail.com

REGISTRATION FORM

BASKETBALL/VOLLEYBALL/DANCE:

(Register at <http://www.saratogaspringscity.com/recreation>)

TWO EASY WAYS TO REGISTER!

1. GO TO MYSCHOOLFEES.COM>Sign In to Westlake H.S.>Public Payments>Select Camps
OR
2. COMPLETE THIS FORM FOR EACH PARTICIPANT AND BRING/MAIL TO WESTLAKE HIGH SCHOOL

Attn: Finance Office 99 North Thunder Blvd, Saratoga Springs, UT 84045
RETURN THIS FORM WITH PAYMENT!

Name: _____ Circle shirt size!
Shirt Size YS YM YL AS AM AL AXL A2XL

Address: _____

Phone: _____ Email: _____

School Attending: _____ Grade for 2015-16 (Next School Year): _____

Parents Name: _____

Insurance Information:

Insurance Carrier: _____

Policy #: _____ Group #: _____

I, the undersigned, submit that my CHILD/CHILDREN is physically fit and able to participate in strenuous activity and hereby expressly waive any claims against Westlake High School, its employees, agents, personnel or volunteers for any illness or injury that my child may sustain by participating in this Camp. I hereby authorize Camp personnel and directors to act on my behalf in using their best judgment in treating any medical situation that may arise. I understand that I am solely responsible for payment of any such medical expenses and must provide the Camp with proof of medical/accident insurance.

Parent Signature: _____ Date: _____ Print Name in Full: _____

Name of Physician: _____

Sponsored by _____ (If Applicable)

Circle All Participating Camps

Football Tennis Wrestling

Cheer(September 30th) Drill(September 2nd)

**THIS FORM MUST BE MAILED OR TURNED INTO FINANCE
OFFICE WITH PAYMENT!**

(Except Basketball, Volleyball & Dance)

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ALPINE SCHOOL DISTRICT

Student Personal Information Release—School/District/External Publications and Web

Dear Parents/Guardians,

From time to time, your child's name and/or photo might be considered for publication/display in a web page or publication, school/district created or other external publication (media outlet, etc.) Please take time to review the Information Release Form and select all appropriate options. If your preference changes during the year, you are responsible for contacting the school and completing a new form. If you have any other questions, please contact the school before signing.

Please initial in the box(es) below to indicate you agree to give permission.

SCHOOL DISTRICT WEB & PUBLICATION RELEASE: (For publication in school/district printed publications and web pages/websites)

The school and district have permission to display my child's photo with first and last name attached.

I understand that this information will be available to anyone on the Internet/ World Wide Web

Please note that this does not replace the District's Acceptable Use Policy or imply permission to use internet services

EXTERNAL MEDIA WEB & PUBLICATION RELEASE: (For publication by media outlets such as newspapers, radio, television, etc.)

External media outlets have permission to display my child's photo with first and last name attached.

External media outlets have permission to interview my child for newspaper or television.

By signing below, I verify that I understand the above release and that I have indicated my preferences. By leaving a box empty, I am indicating that I do not wish for permission to be granted. If my preferences change during the school year, I will contact the school.

Parent/Legal Guardian Signature

Date

Child's Name (please print)

Child's Grade

Schools should keep the completed form on file at the school.

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