



# 2018 High School Camps

## NCHS Summer Strength & Conditioning June 25 - July 27

**HS-01F: OL/DL Football Players Entering Grades 10 - 12**  
Time: Mon & Wed 6:30 am- 7:45am AND Fri 6:15am - 8:00am  
NCHS Fitness Center, Track or Dunning Field  
\$175 Pre-Registration / \$195 Beginning June 18

**HS-01A: Skilled Football Players Entering Grades 10 - 12**  
Time: Tues & Thurs 6:30am - 7:45am AND Fri 6:15am - 8:00am  
NCHS Fitness Center, Track or Dunning Field  
\$175 Pre-Registration / \$195 Beginning June 18

**HS-01G: All Football Players Entering Grade 9**  
Time: Mon 8:30am - 9:30am , Wed 7:30am-8:40am AND Fri 7:45am - 8:45am  
NCHS Fitness Center, Track or Dunning Field  
\$175 Pre-Registration / \$195 Beginning June 18

**HS-01B: All Female Athletes Entering Grades 9 - 12**  
Time: Mon, Tues & Thurs 9:20am - 10:30am  
NCHS Fitness Center, Track or Dunning Field  
\$175 Pre-Registration / \$195 Beginning June 18

**HS-01C: All Male Athletes Entering Grade 9**  
Time: Tues & Wed 8:20am - 9:30am AND Fri 8:35am - 9:45am  
NCHS Fitness Center, Track or Dunning Field  
\$175 Pre-Registration / \$195 Beginning June 18

**HS-01D: All Male Athletes Entering Grades 10 - 12**  
Time: Mon, Tues & Thurs 7:30am - 8:40am  
NCHS Fitness Center, Track or Dunning Field  
\$175 Pre-Registration / \$195 Beginning June 18

**HS-01E: All Collegiate Athletes (Male and Female)**  
Time: Mon, Tues, Wed & Thurs 10:20am - 11:20am  
NCHS Fitness Center, Track or Dunning Field  
\$175 Pre-Registration / \$195 Beginning June 18

**Director: Jason Miska, NCHS Strength & Conditioning Coach**

Register on-line at [www.ncrams.com](http://www.ncrams.com)

## HS-02 NCHS Football

NCHS Players Entering Grades 10 - 12  
July 23 - 26  
5:00pm - 8:00pm at NCHS Dunning Field  
\$165 Pre-registration / \$185 Beginning July 18  
Director: Lou Marinelli - NCHS Head Coach

## HS-03 NCHS Football - Grade 9

NCHS Players Entering Grade 9 Only  
Aug 13 - 15  
3:00pm - 5:30pm at NCHS Dunning Field  
\$165 Pre-registration / \$185 Beginning Aug 6  
Directors: NCHS Freshman Coaches

## HS-04 NCHS Field Hockey

NCHS Girls Entering Grades 9 - 12  
Aug 20 - 22  
3:00pm - 6:00pm at Water Tower Turf 1  
\$150 Pre-registration / \$170 Beginning Aug 13  
Director: Kelly Marks - NCHS Head Coach

## HS-05 NCHS Girls Soccer

NCHS Girls Entering Grades 9 - 12  
Aug 20 - 22  
5:00pm - 8:00pm at Saxe Middle School  
\$150 Pre-registration / \$170 Beginning Aug 13  
Director: Rich Hickson - NCHS Head Coach

## HS-06 NCHS Boys Soccer

NCHS Boys Entering Grades 9 - 12  
Aug 20 - 22  
5:00pm - 8:00pm at Saxe Middle School  
\$150 Pre-registration / \$170 Beginning Aug 13  
Director: Luke Green - NCHS Head Coach

## HS-07 NCHS Boys & Girls Soccer Conditioning

June 26 - Aug 3  
Tues, Thurs, & Fri 5:30 - 7:00pm  
5:30 - 7:00pm at NCHS Dunning Field  
\$150 Pre-registration/\$170 Beginning June 18  
Directors: Rich Hickson and Luke Green

## HS-08 NCHS Girls Swimming

NCHS Girls Entering Grades 9 - 12  
Aug 20 - 22  
8am-10am AND 4pm -5pm at Waveny Pool  
\$150 Pre-registration / \$170 Beginning Aug 13  
Director: David Fine- NCHS Head Coach

## HS-10 Boys and Girls Cross Country

NCHS Boys and Girls Entering Grades 9 - 12  
Aug 20 - 22  
5:00pm - 7:30pm  
Waveny (Field Adjacent to Waveny House)  
\$80 Pre-registration / \$100 Beginning Aug 13  
Director: Art Brown - NCHS Head Coach  
Bill Martin - NCHS Head Coach

## HS-13 NCHS Girls Volleyball

Girls Entering Grades 9 - 12  
Aug 20 - 22  
9:00am - 11:30am AND 2:00pm - 4:00pm  
NCHS Main Gym  
\$160 Pre-registration / \$180 Beginning Aug 13  
Director: Kevin Marino - NCHS Head Coach

## HS-14 NCHS Boys Speed Camp

Boys Entering Grades 9 - 12  
July 3 - 26  
Tues & Thurs 8:00am - 9:00am  
NCHS  
\$100 Pre-registration / \$120 Beginning June 26  
Director: Chris Silvestri  
Co-Ordinators: Jason Miska & Dante Correnty

## Important Information

- Go to [www.ncrams.com](http://www.ncrams.com) to register online. It's fast and easy!!
- We accept Visa, Mastercard, Discover, American Express and electronic checks.
- Late fees will automatically be assessed when registering within one week of the start of camp
- Please check [www.ncrams.com](http://www.ncrams.com) for any changes in site, time, or weather related cancellations.
- We will not pro-rate fees based on attendance.
- Requests for refunds must be made through the refund tab on the ncrams website before the first day of camp. There will be a \$20 fee

For Questions, or additional information please call  
203-594-4639 or e-mail:  
[nchsathletics@ncps-k12.org](mailto:nchsathletics@ncps-k12.org)