



USD 473 - Chapman

DEPARTMENT OF ATHLETICS

www.usd473.net / www.nckleague.org

Strength & Conditioning

June 5th – July 28th

Open: Monday-Wednesday-Thursday (Tuesday is optional/make-up – HS Only)

Hours: Session 1

6:30-7:45 am (HS)

Session 2

9:00-10:30am (HS/MS)

Session 3

8:00 pm (HS)

Incoming Grades 9-12th Lift @ CHS Weight Room

Incoming Grades 7-8th Lift @ CMS Weight Room

Skill Development Sessions

Hours 8:00 – 9:00 am

High School Athletes

Monday – HS Football and HS Girls Basketball

Tuesday – HS Volleyball and HS Football

Wednesday – HS Boys Football and HS Volleyball and HS Wrestling

Thursday – HS Girls Basketball and HS Boys Basketball

Middle School Athletes

Monday – Middle School Football – MS Practice Field

Wednesday – MS Volleyball – MS Wrestling

Thursday – Middle School Girls and Boys Basketball

Camp Opportunities

James Bell's BBB Camp - Week of May 30 – June 2

Youth Boys Basketball (Incoming Grades 3-6) 9:00 - 11:00 am @ District Gym

Boys Basketball Camp (Incoming Grades 7-12) 1:00 – 4:00 pm @ District Gym

Brett Koster's Golf Camp – Week of June 5-8

Golf Camp (Incoming Grades K-12) 10:00 – 12:00 am @ Indian Hills Course

Nick Evans' GBB Camp – Week of June 5-8

MS Girls Basketball Camp (Incoming Grades 7-8) 9:00 – 11:00 am @ CMS Gym

HS Girls Basketball Camp (Incoming Grades 9-12) 1:00 - 3:00 pm @ District Gym

July 10-13 Youth Girls Basketball (Incoming Grades 3-6) @ 9:00 – 10:30 am @ CES

Kurt Webster's FB Camp - Week of June 12 - June 15

MS FB Camp (Incoming Grades 7-8) 8:00 – 9:45 am @ MS Practice FB Field

HS FB Camp (Incoming Grades 9-12) 11:15 - 1:00 pm @ HS Practice FB Field

Christal Ade's Tennis Camp - Week of June 14-16

HS Tennis Camp (Incoming Grade 9-12) 9:30 - 11:00 am @ District Tennis Courts

Grades 3-8th Tennis - 10:30am - 12:00 pm @ District Tennis Courts

Erin Bell's VB Camp - Week of June 26 – June 29

MS Volleyball Camp (Incoming Grades 3-7) 9:00 – 12:00 pm @ District Gym

HS Volleyball Camp (Incoming Grades 8-12) 1:00 - 4:00 pm @ District Gym

Jeff Sheets' WR Camp - Week of July 10 – July 13

WR Camp (Incoming Grades 9-12)– 8:00 – 10:00 am @ Wrestling Room

(Youth K-6) 6:30 - 8:00 pm @ Wrestling Room

Irish Athletics