

Sports Camps

Sponsored by New Hope Parks & Recreation and Cooper High School

Must be entering an eligible grade in the fall of 2018

For sports marked with the * symbol, Resident rate applies to those who live in New Hope, Crystal, Golden Valley and Robbinsdale.

World Cup Sports Camp



Learn lesser-known sports from around the world, including cricket, team handball, rugby, pickleball, badminton, soccer. Led by John Richardson and his Revolutionary Sports staff.

Dates: Monday-Friday, June 25-29

Course 151600-A: Grades 4-8 9-10:30 a.m.

Course 151600-A: Grades 1-3 10:45 a.m.-12:15 p.m.

Location: Sandburg Middle School, 2400 Sandburg Lane

Fee: \$61 Residents*/\$68 Nonresidents

Girls' Basketball Camp

Work on drills to improve ball handling, shooting, rebounding, defense, and strategy. Led by Cooper girls' head coach Kiara Buford, her staff and players.

Dates: Monday-Friday, June 25-29

Course 150201-B1: Grades 3-5 10:45 a.m.-12:15 p.m.

Course 150201-B2: Grades 6-9 10:45 a.m.-12:15 p.m.

Location: New Hope Community Gyms, 8230 47th Ave N (north end of Cooper High)

Fee: \$61 Residents*/\$68 Nonresidents

Boys' Basketball Camp



Learn fundamentals of ball handling, shooting, rebounding, defense, and strategy. Led by Cooper boys' head coach Bo Powell.

Dates: Monday-Friday, June 25-29

Course 150201-A1: Grades 3-5 10:45 a.m.-12:15 p.m.

Course 150201-A2: Grades 6-9 10:45 a.m.-12:15 p.m.

Location: New Hope Community Gyms, 8230 47th Ave N (north end of Cooper High)

Fee: \$61 Residents*/\$68 Nonresidents

Track Camp

Boys and girls will develop speed, strength, flexibility and confidence. Specific skills will be taught for each event. Led by Armstrong head girls' track coach Derek Fisher.

Dates: Monday-Friday, August 6-10

Course 151200-A: Grades 3-5 10:45 a.m.-12:15 p.m.

Course 151200-B: Grades 6-9 10:45 a.m.-12:15 p.m.

Location: Cooper High School stadium, 8230 47th Ave N

Fee: \$61 Residents*/\$68 Nonresidents

Lacrosse Camp



This camp focuses on stick and ball handling, passing, catching and shooting. Each day will end with a game. Coordinated by Revolutionary Sports.

Dates: Monday-Friday, August 13-17

Course 150700-A: Grades K-4 9-10:30 a.m.

Course 150700-B: Grades 5-9 10:45 a.m.-12:15 p.m.

Location: Sandburg Middle School, 2400 Sandburg Lane

Fee: \$61 Residents*/\$68 Nonresidents

Ninja Warriors Adventure Camp



Spend the week navigating adventure courses and learning martial arts and tumbling as you train to become a Ninja Warrior. This camp is coordinated by Revolutionary Sports staff.

Dates: Monday-Friday, June 18-22

Course 151500-A: Grades 3-6 9-10:30 a.m.

Course 151500-B: Grades K-2 10:45 a.m.-12:15 p.m.

Dates: Monday-Friday, August 6-10

Course 151500-C: Grades 3-6 9-10:30 a.m.

Course 151500-D: Grades K-2 10:45 a.m.-12:15 p.m.

Location: Sandburg Middle School, 2400 Sandburg Lane

Fee: \$70 Residents*/\$77 Nonresidents

Girls' Volleyball Camp

Improve your serving, passing, hitting, digging, and blocking skills this summer. Run by the Cooper varsity coaching staff.

Dates: Monday-Friday, June 18-22

Course 151301-A1: Grades 3-5 10:45 a.m.-12:15 p.m.

Course 151301-A2: Grades 6-9 10:45 a.m.-12:15 p.m.

Location: New Hope Community Gyms, 8230 47th Ave N (north end of Cooper High)

Fee: \$61 Residents*/\$68 Nonresidents

Fencing Camp

Youth in grades 2-8 will learn the basics of fencing in this camp provided by Youth Enrichment League. Students will pair up to practice their skills in mock fencing competitions. All equipment is provided.

Dates: Monday-Friday, June 25-29

Course 150300-A: 9-10:30 a.m.

Course 150300-B: 10:45 a.m.-12:15 p.m.

Dates: Monday-Friday, August 6-10

Course 150300-C: 9-10:30 a.m.

Course 150300-D: 10:45 a.m.-12:15 p.m.

Location: Sandburg Middle School, 2400 Sandburg Lane

Fee: \$75 Residents*/\$82 Nonresidents

Soccer Camp



Boys and girls will focus on improving their dribbling, passing, shooting and basic tactics. Led by Cooper girls' head coach Nic Wetherall, his staff and players.

Dates: Monday-Friday, July 16-20

Course 150900-A: Grades K-3 10:45 a.m.-12:15 p.m.

Course 150900-B: Grades 4-6 9-10:30 a.m.

Location: Sandburg Middle School, 2400 Sandburg Lane

Fee: \$61 Residents*/\$68 Nonresidents

Gymnastics Camp

Kids in grades 1-6 will be introduced to the vault, balance beam, uneven parallel bars, and floor routines. Led by gymnastics coordinator Rhonda Bitzer. Program meets in Gym D.

150500-A1: Monday-Friday, June 18-22 9-10:30 a.m.

150500-A2: Monday-Friday, June 18-22 10:45 a.m.-12:15 p.m.

Location: Sandburg Middle School, 2400 Sandburg Lane

Fee: \$61 Residents*/\$68 Nonresidents

Strength Training and Conditioning



Participants in Grades 6-8 will learn all the important lifts, plyometrics and conditioning that will be needed as they grow as an athlete. Led by Cooper head coach Alicia Schuelke.

Tuesdays and Thursdays, June 12-July 26
Course: 151000-B 9-10 a.m.

Location: Cooper High School weight room, 8230 47th Ave N
Fee: \$36

Multi-Sports Camp

Youth in grades K-6 will learn about and play 25 different sports, including baseball, basketball, flag football, floor hockey, soccer, lacrosse, softball, volleyball and more! Kids will be transported to AirMaxx Trampoline Park and Ninja Gym on Thursday.

Dates: Monday-Friday, August 27-31
Location: Crystal Community Center, 4800 Douglas Drive
Course 151602-A: Half-day session, 8 a.m.-1 p.m.
Course 151602-B: Half-day session, 12-5 p.m.
Fee: \$155 Residents*/\$162 Nonresidents
Course 151602-C: Full-day session, 8 a.m.-5 p.m.
Fee: \$275 Residents*/\$282 Nonresidents

Golf Camp

Learn the aspects of golf, including driving, chipping and putting. On Friday, kids will be bused to the New Hope Golf Course to play a few holes. Clubs are provided or bring your own. Coordinated by Revolutionary Sports.

Dates: Monday-Friday, August 6-10
Course 151800-B: Grades 2-5 9-10:30 a.m.
Course 151800-A: Grades K-1 10:45 a.m.-12:15 p.m.
Location: Sandburg Middle School, 2400 Sandburg Lane
Fee: \$61 Residents*/\$68 Nonresidents

Tennis Camp

Older players will work on singles and doubles skills in a more competitive environment. Younger players will work on beginning and developing skills. The camp will be led by Cooper head tennis coach Janio Axelson.

Dates: Monday-Friday, July 16-20
Course 151100-A: Grades 3-5 10:45 a.m.-12:15 p.m.
Course 151100-B: Grades 6-9 10:45 a.m.-12:15 p.m.
Location: Cooper High School tennis courts, 8230 47th Ave N
Fee: \$61 Residents*/\$68 Nonresidents

Skateboard Camp



Youth in Grades 1-9 will learn skills and tricks including balance, stopping, turning, Ollie, nollie, heel flips and kick flips. Skateboard and helmet are required. Knee pads, elbow pads, and wrist guards recommended. Coordinated by Revolutionary Sports.

Course 150800-A: Monday-Friday, July 23-27
Time: 10:45 a.m.-12:15 p.m.
Location: New Hope Sk8 Pad, 4401 Xylon Ave N
Fee: \$61 Residents*/\$68 Nonresidents


Disc Golf Camp

Youth will learn the basics of disc golf, including scoring, throwing, gripping, and rules of the game. Camp will meet at SMS, but we will travel to local disc golf courses throughout the week. Bus transportation provided to the disc golf courses.

Dates: Monday-Friday, August 13-17
Course: 151400-B Grades 3-9 10:45 a.m.-12:15 p.m.
Location: Sandburg Middle School, 2400 Sandburg Lane
Fee: \$61 Residents*/\$68 Nonresidents

Register With:

New Hope Parks & Recreation
 4401 Xylon Avenue North
 New Hope, MN 55428

 www.facebook.com/newhoperecreation

Refunds, program credits and transfers are allowed up to one week prior to the start of the program. In the event of illness or injury, refunds will be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Sorry, exceptions for ages cannot be made. Payment by check authorizes the City to make a one-time electronic fund transfer from your account. *Phone registrations accepted with a major credit card.*

Questions? Call 763-531-5151



Online registration! Go to webtrac.nhrecexpress.com.

2018 Sports Camps - New Hope Parks and Recreation

Name _____ (h) _____ (w) _____
 Address _____ City _____ Zip _____
 Birthdate _____ Grade (fall 2018) _____ Sex (M or F) _____ Parent/Guardian _____
 Camp _____ Session/Course _____ Date(s) _____ Time _____
 Does participant have a special need? _____ Amount Enclosed \$ _____

I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.

Parent/Guardian Signature _____ Date _____
 Am Ex/Discover/MC/Visa # _____ Exp Date _____ Security Code _____