



Athletes:

The following information shows our summer camp offerings. Camp registration forms (*that include additional detail*) will be available in the athletic and main offices. If specific information for your sport is not included in the official summer camp registration form, please contact the coach via email.

Baseball

Grades: 1-5	Dates: June 9 for 5 weeks	Times: 11:00 am – 2:00 pm
Location: BNHS	Tuesdays & Thursdays	Cost: \$110.00
Grades: 6-9	Dates: June 8 for 5 weeks	Times: 11:00 am – 2:00 pm
Location: BNHS	Mon – Wed – Fri	Cost: \$150.00
Coach: Jim Paddock	jpaddock2@district100.com	Deadline to register: 6/5/09

Boys Basketball

Grades: 1-4	Dates: June 22-26	Cost: \$50.00	Times: 2:30 – 4:30 pm
Grades: 5-8	Dates: June 22-26	Cost: \$50.00	Times: 12:00 – 2:00 pm
Grades: 9-12	Dates: June 22-26	Cost: \$50.00	Times: 9:30 – 11:30 am
Open Gyms:	Mon / Wed	9:30 – 11:00 am	Tues / Thurs 8:00 – 10:00 am
Location: BNHS Gym	Deadline to register: 6/22/09		
Coach: Darrin Sisk	dsisk@district100.com		

Girls Basketball

Grades: 8-12	Dates: June 15 – 18	Times: 8:00 – 11:00 am
Location: BNHS Gym	Cost: \$45.00	Deadline to register: 6/8/09
Open Gym: Grades 9-12	June 23 – July 16	Tu / Wed / Th 7:00 – 9:00 am
Coach: Mike Bradford	mbradford@district100.com	

Boys Bowling

Summer program not offered Coach: Michele Tschumper mtschumper@district100.com

Girls Bowling

Summer program not offered Coach: Don Dittbenner ditty64@comcast.net

Coed Cheerleading

Grades: 1-6	Young Thunder Jr. Cheer Camp	(Cheer at BNHS vs. Hononegah game 8/28)
Camp Dates: Aug. 25 th – 28 th	5:30 - 7:30 pm	BNHS gym
Cost: \$35 (includes t-shirt)		
Coach: Tammy Rentschler	tbellmi@aol.com	

Boys Cross Country

June 9 – July 30	Tu / Th / Sun	6:30pm	Meet at Prairie Fields
Coach: Troy Yunk	tyunk@district100.com		



BELVIDERE NORTH HIGH SCHOOL

Girls Girls Cross Country

June 9 – July 30 Tu / Th / Sun 6:30pm Meet at Prairie Fields
Coach: Mike LaScola mlascola@district100.com

Boys Golf

Coach: Donald Smith desmith384@comcast.net

Girls Golf

Coach: Ron Anderson randerson@district100.com

Football

Grades: 9-12 Summer Program: June 8 – July 31 Mon / Wed / Fri 7:00 am – 10:00 am
Cost: Fr/Soph - \$150.00 Varsity - \$200.00 (½ due 5/15/09, balance due 7/1/09)
Deadline to Register: 5/15/09

June 6 Equipment Issue & Lift-a-Thon (Sr 8:00, Jr 8:30, So 9:00, Fr 9:30)
June 13 (Varsity Only) 7 on 7 @ Northwestern University
June 17 (All) Big Man Competition @ Harlem
June 19 (Varsity Only) 7 on 7 @ Prospect HS
June 20 (Fr/Soph) 7 on 7 @ Rockford College
July 2 (Varsity Only) 7 on 7 @ Prospect HS
July 9 (Varsity Only) @ NIU, DeKalb
July 22 (Varsity Only) 7 on 7 @ Burlington Central
August 12 – 19 (All) Double Sessions
August 21 (All) Navy / Scarlet Tailgate – Preseason Scrimmage Game
Coach: Curt Tobin crtobin@hotmail.com

Lacrosse

Camp offered through Belvidere Family YMCA 815-547-5307
Visit belviderelacrosse.com for general information
Coach: Bob White lax@belviderelacrosse.com

Boys and Girls Soccer Camp

Grades: 4-8 Dates: July 27 –31 Times: 9:00 – 12:00 noon
Grades: 9-12 Dates: July 27–31 Times: 2:00 – 5:00 pm
Location: BNHS Cost: \$50.00 Deadline to register: 7/20/09
Coach: Sean Norton snorton@district100.com or Kristine Frank kfrank@district100.com

Swim & Dive

Heat Waves Program – Contact Belvidere Park District
Rockford Marlins – Information and registration at www.rockfordmarlins.com



Girls Softball Clinic

Grades: 3-5	Dates: June 9-11	Times: 9:00 – 11:00 am
Location: BNHS	Cost: \$40.00	Deadline to register: 5/29/09
Grades: 6-8	Dates: July 20-23	Times: 9:00 – 11:00 am
Location: BNHS	Cost: \$50.00	Deadline to register: 7/10/09
Grades: 9-12	Dates: June 22-25	Times: 9:00 – 11:00 am
Location: BNHS	Cost: \$50.00	Deadline to register: 6/12/09
Coach: Oliva Lebensorger olebensorger@district100.com		

Boys and Girls Tennis

Grades: 9-12	Dates: June 15-19	Times: 3:00 – 5:00 pm
Location: BNHS Tennis Courts	Cost: \$80.00	Deadline to register: 6/5/09
Coaches: Alan Shumaker voiceofthunder@gmail.com or Ken Hillman		

Boys & Girls Track & Field

Ages: 8-18	Dates: May 18 – July 10 (M / Tu / Th)	Time: 4:45 - 6:30 pm
Location: BNHS Milt Brown Stadium		\$40.00
Grades: 7-12	Dates: June 8 – July 31 (M / W / F)	Pole vaulting (outside) Free
(Camp for grades 3-8 offered through Belvidere Family YMCA 815-547-5307)		
Coach: Troy Yunk tyunk@district100.com		Heather Swinter hswinter@district100.com

Volleyball

Grades: 10-12	Dates: July 13 -16	Time: 8:00 – 11:00 am	Cost: \$75.00
Grades: 9	Dates: July 13 -16	Time: 12:00 – 2:00 pm	Cost: \$65.00
Location: BNHS		Deadline to register: 6/15/09	
Coach: Bria Holzinger bria_holzinger@yahoo.com			

Wrestling

Summer camp not offered Coach: Gary Thacker gthacker@district100.com

Athletic Physicals Offered at BNHS

Open to all Middle School and High School Athletes

May 21st, 2009 from 6:00 – 8:30 pm

Cost: \$25.00 Location: Athletic Wing – BNHS

Thank you to Rockford Orthopedic Associates for offering this service.