

# **Westlake High School ATHLETICS**



## **SUMMER CAMPS 2014!**

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

## Attention ALL Thunder Fans:

Westlake High School has compiled the following booklet for your convenience to participate in the camps & other events offered this summer. Westlake High School is great because of our COMMUNITY support! THANK YOU. We hope to see you this summer!

Sincerely,

Michael O'Connor and Sharon Mardesich

*Westlake Athletic Department*

801-610-8815 #414

*All potential Westlake High School Athletes watch the calendar for the Athletic event night. Break out classes for team registration for try-outs/ physicals completed on campus/ recruiting seminar and NCAA qualification class. Go to <http://whs.alpineschools.org/athletics2/> After May 15<sup>th</sup> for more information.*

### WESTLAKE HIGH SCHOOL ATHLETICS PRESENTS

### 6<sup>th</sup> ANNUAL "LUX ET VIRTUS" SCHOLARSHIP GOLF TOURNAMENT



*Date: Thursday, August 7th*

*Time: 12:00 Lunch T-Time 1:00*

*The Ranches Golf Club*

4128 Club House Lane, Eagle Mountain, UT. 84005

#### Entry Fee and Information:

- Cost \$275.00 per foursome: includes golf, lunch, 2 snack tickets & tee pkg
- Tournament Format: 4 Player scramble
- Meet and Greet with Westlake Athletes
- Par 3 and Par 4 Challenge
- Fun, Fun, Fun
- All proceeds will benefit the Westlake Athletic Scholarship Fund.

#### Tournament Sponsors:

THE RANCHES UNIVERSAL ATHLETICS  
UNDER ARMOUR

#### For more information:

801-610-8815 ext. 415

[moconnor@alpinedistrict.org](mailto:moconnor@alpinedistrict.org)

#### Or Register at:

[myschoolfees.com](http://myschoolfees.com)>alpine>Westlake>  
public payment>golf tournament

## AUGUST EVENTS!

- \* August 7<sup>th</sup> ~ Golf Tournament ~ See Above Flier
- \* August 16<sup>th</sup>: Thunder Jam ~ Blue & White Game ~
- \* August 22<sup>rd</sup> ~ First Varsity Football game vs. Spanish Fork High 7pm

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# Westlake Thunder Baseball

## 2014 Summer Baseball Camps

Pitching/Catching 1 Day Camp	Advanced 2 Day Camp
<p><b>For:</b> Boys in grades 3-8 who want to increase their pitching and or catching skills.</p> <p><b>When:</b> June 17<sup>th</sup></p> <p><b>Time:</b> 9:00 am – 12:00 pm</p> <p><b>Where:</b> Westlake HS Baseball Field</p> <p><b>Cost:</b> \$30*</p> <p><b>What to expect:</b> Pitchers will learn the fundamentals of arm care, proper throwing mechanics, fielding from the pitcher position, holding base runners, pickoff moves and more...</p> <p>Catchers will be instructed on proper throwing mechanics, receiving (framing), blocking, throwing to bases, pop-ups, and more...</p> <p>Campers will receive a camp t-shirt.</p>	<p><b>For:</b> Boys in grades 3-8 who are currently, or who have played on a competition/travel team. Exceptions can be made for players who are interested in making the jump to a competitive team. Please contact Coach Byrd to see if this camp is right for your player. <a href="mailto:bbyrd@alpinedistrict.org">bbyrd@alpinedistrict.org</a></p> <p><b>When:</b> June 18<sup>th</sup> - 19<sup>th</sup></p> <p><b>Time:</b> 9:00 am – 12:00 pm Morning Instruction 1:00 pm – 3:00 pm Afternoon Scrimmaging</p> <p><b>Where:</b> Westlake HS Baseball Field</p> <p><b>Cost:</b> \$50*</p> <p><b>What to expect:</b> Campers will learn advanced techniques in all areas of the game. Morning sessions will be divided into position groups to help players receive instruction that will benefit them the most. In addition to defensive positions there will be hitting and base running groups as well. Afternoons will be devoted to controlled scrimmages where campers can put their newly acquired skills to the test!</p> <p>Campers will receive a camp t-shirt.</p>

### Camp Instructors

**Ben Byrd – Head Baseball Coach Westlake High School**

Coach Byrd graduated from West High School and was All State Baseball. He played baseball at Snow College 93-95, Arizona State 95-97, Milwaukee Brewers Organization, Ogden Raptors '97, and Beloit Snappers '98. Assistant Coach at Snow College '99. Head Coach for American Fork '01. Westlake Assistant Coach for '10 & '11 and Head Coach in '12 & 14.

**John Elswood**-Pitching Coach Westlake High School

**Steve Vincent**-Assistant Coach Westlake High School

**Kelly Willey**-Westlake Summer Baseball Coordinator and Coach

**As well as many current and former Westlake players**

Coaches of players attending the camps are welcome to come and watch

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# WESTLAKE HIGH BOYS BASKETBALL CA



## Grades 2-12

Grades 10-12 June 2-5, June 16-19 8-11am

- Thunder Basketball Offensive and Defensive Principles
- Intense, Competitive Drills
- Guard/Post Skill Development
- Strength, Conditioning and Plyometric Training
- \*One Week Only Cost = \$50

Grades 7-9 June 2-5 12-4pm \$60

- 4-out, 1-in Motion Offensive Principles
- Man-to-Man Defensive Principles
- Fun and Competitive Drills
- Fundamental Skill Development
- 5-on-5 games and tournament

Grades 5-6 June 16-19 2-4pm \$40

Grades 2-4 June 16-19 12-2pm \$40

- Fun, fast-paced skill development camp
- Strong emphasis on ball handling and shooting

### All Camps Include

- Camp T-Shirt
- Grade-level Free Throw, 3-point, Hot Shot, 1-on-1 and Skills Course Champion

### Coaching Staff

**Nate Carling**, New Westlake Head Coach, 2014 Region VII and 4A

Coch of the Year, former Head Coach Mountain View High School

**Nate Crandall**, former Head Coach at Kearns and Timpanogos High Schools

**Randall Barker**, 6 years coaching experience at Kingman High School, AZ

**Ron Carling**, former Head Coach at Alta High School, former Assistant Coach at Snow College and Southern Utah University

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# Westlake High School Girls Basketball Summer Camp

Sponsored by the Westlake Girls Basketball Coaches

This is a four day FUN-filled camp that teaches the fundamentals of basketball to girls in grades 3 thru 12. 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!

What to bring:

- A desire to be a better player
- Basketball clothes (shorts, shirt, and court shoes)
- Water bottle

**Monday, June 23 - Thursday, June 26**

**Grades 9 thru 12  
1:00PM — 3:00PM**

**Grades 6 thru 8  
10:00AM — 11:30AM**

**Grades 3 thru 5  
3:30PM — 5:00PM**

**Cost: \$45.00 and includes a t-shirt**

Please pay online at Myschoolfees on WHS website or go to [myschoolfees.com](http://myschoolfees.com). Choose state (UT) district (Alpine) school (Westlake), go to other payments, girls bball. Then you may select the camp for your age group. Pay at the school finance office. You may also pay on the first day of camp. Make checks payable to Westlake Girls Basketball



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# WESTLAKE STORM PREMIERE MINI DANCE CAMP

JUNE 12 & 13 2014 @ Westlake High School  
From 5:00p-6:30p

(Registration Thursday June 12th at 4:30p)



**AGES: K - 9th**

**Cost: \$35**

All Mini Storm Members Receive:

\*A T-Shirt! \*A Chance to Perform in the Saratoga Splash Parade! \*Learn Routines from the Storm Drill Team! \*Treats after practice!

**You can sign up in the front office at Westlake --or-- From your favorite Westlake Storm Dancer!**

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# WESTLAKE FOOTBALL

## YOUTH FOOTBALL CAMP

*Vista Heights Junior High*

Non-Contact

### 1<sup>st</sup> - 4<sup>th</sup> Grade

6:00-7:00pm

JULY 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>

\$40

### 5<sup>TH</sup>-8<sup>TH</sup> Grade

7:00-9:00pm

JULY 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>

\$75

The Westlake Football Youth Camp will provide instruction for football players wishing to improve their overall skill level. We will focus on the fundamentals of the game of football with high repetition drill work and teaching from highly qualified coaches. Camp sessions will focus on footwork, technique, speed, and overall football knowledge through one-on-one instruction, fundamental stations, position drills, competition and most important...FUN!

#### 1<sup>st</sup>-4<sup>th</sup> Grade Itinerary

Lesson of the Day  
Offensive Drills  
Defensive Drills  
Obstacle Course

#### 5<sup>th</sup>-8<sup>th</sup> Grade Itinerary

Lesson of the Day  
Offensive Drills  
Defensive Drills  
Punt, Pass, Kick Competition  
7-on-7 Competition

#### **Camp Fees Due: July 2**

Two Ways to Pay: [myschoolfees.com](http://myschoolfees.com)

WHS Financial Office on Tues/Wed during summer

[www.westlakefootball.org](http://www.westlakefootball.org)

Twitter @WestlakeFball

Facebook: Westlake High School Football

Email: [johnclements@alpinedistrict.org](mailto:johnclements@alpinedistrict.org)

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# 4<sup>th</sup>-8<sup>th</sup> Grade Individual Skills Camp

July 11<sup>th</sup>-14<sup>th</sup> 8am-10am



This camp will cover the basic of volleyball. We will teach passing, setting, serving, and hitting. Volleyball is a fun sport and that will be reflected in the coaching staff and the activities of this camp.

This camp will be coached by the Westlake coaching staff as well as some of the varsity players

Camp fee will be \$45.00. \$6 of the camp fee will go for a Westlake Volleyball t-shirt, the rest of the money will go to the volleyball program for supplies.

\*Registration must be turned into the office by May 31, 2012 to ensure your spot.

*Walk up registration the day of camp based on availability Register early because spaces are limited!*



# Volleyball

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



# Westlake Tennis Summer Camp 2014

**June 9 - 13  
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 7 – 12, 8:00 – 10:00 AM

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!

## **Session Two:**

Grades K – 6, 10:00 – 12:00 PM

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.

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](mailto:carl@saratogaspringstennis.com) or call 801-766-5084.

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



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**JUNE 19<sup>TH</sup> AND 20<sup>TH</sup>**

**WHS SOFTBALL FIELD**

**4:00 TO 6:00 PM GRADES 3<sup>RD</sup> -8<sup>TH</sup>**

**\$35.00**

**Come and learn the fundamentals of Softball Taught by the Westlake High School Softball Team and Coaches.**

**Pitching, Hitting and Position Specific Instruction For Two Fun Filled Afternoons.**

**Each Camp Participant will receive a Thunder Softball T-Shirt!**

**Camp Fees Due: June 12th Two Ways to Pay: [myschoolfees.com](http://myschoolfees.com)**

**WHS Financial Office on Tues/Wed during summer**

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

# Westlake High School Individual Skills Camp

**July 11<sup>th</sup> -14<sup>th</sup>  
10am-1pm & 2-5pm**



Come learn from current and former college players in a 4 day clinic, 10-1 and 2-5. Goals of the camp are for you to have fun, and learn the skills and tools to help you achieve your potential. Clinic includes all fundamentals, team systems, video analysis, 'Linear Jump Serving', mental aspects, and more.

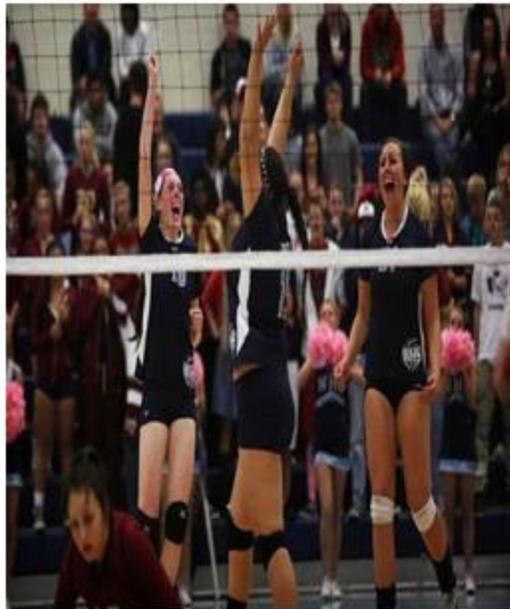


**Come learn the same keys and systems that have helped win numerous state championships, and are currently being used by our national teams !**

#### **About Coach Daniel**

- Former Pro Coach
- Played professionally on the AVP with Olympian Jake Gibb
- Most winning outdoor player in Utah
- 2 State Championships as head coach
- USA Champion Coach in 12's, 13's, 15's, 17's and 18's divisions
- Intent on having fun and helping you achieve your potential

Camp fee will be \$125. This fee will cover the clinicians fees as well as a shirt for each participant.



Registration

Name of Participant \_\_\_\_\_ Grade \_\_\_\_\_ Position \_\_\_\_\_ Highest Level \_\_\_\_\_  
 (V,JV,SO, Beginner) \_\_\_\_\_  
 Contact Number \_\_\_\_\_  
 Second Contact Number \_\_\_\_\_

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# REGISTRATION FORM

## 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!

Circle shirt size!

Name: \_\_\_\_\_ Shirt Size YS YM YL AS AM AL AXL A2XL

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

School Attending: \_\_\_\_\_ Grade for 2012-2013 (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

Baseball Boys Basketball Girls Basketball Volleyball Cheer Dance  
Football Soccer Tennis

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

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

Circle shirt size!

Name: \_\_\_\_\_ Shirt Size YS YM YL AS AM AL AXL A2XL

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

School Attending: \_\_\_\_\_ Grade for 2012-2013 (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

Baseball Boys Basketball Girls Basketball Volleyball Cheer Dance  
Football Soccer Tennis

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

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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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# 2014



# Schedule

## BLUE & WHITE GAME ~ AUGUST 16TH

		<u>SOPH/JV/VARSITY</u>
AUG. 22 <sup>nd</sup>	SPANISH FORK (ENDOWMENT GAME)	Varsity only 7:00
AUG. 29 <sup>TH</sup>	@ OGDEN	3:30 / 5:30 / 7:00
SEPT. 5 <sup>TH</sup>	@ CORNER CANYON	3:30 / 5:30 / 7:00
*SEPT. 12 <sup>TH</sup>	@ LEHI	3:30 / 3:30 / 7:00
*SEPT. 19 <sup>TH</sup>	@AMERICAN FORK	3:30 / 3:30 / 7:00
*SEPT. 26 <sup>TH</sup>	<b>HERRIMAN (Homecoming)</b> Blue out game	3:30 / 3:30 / 7:00
*OCT. 1 <sup>st</sup>	DAVIS (SOPH/JV ONLY)	3:30 / 3:30
*OCT. 10 <sup>TH</sup>	PLEASANT GROVE Pink OUT Game (Mini Drill Kids Camp)	3:30 / 3:30 / 7:00
*OCT. 15 <sup>TH</sup>	@ LONE PEAK	3:30 / 3:30 / 7:00
*OCT. 23 <sup>rd</sup>	RIVERTON *White Out Game (Mini Cheer Kids Camp) (Senior Night)	3:30 / 3:30 / 7:00

*Home games in bold.*

*Lower level teams play one day prior to Varsity*

*\*Region games*

*Thunder Blue=Light Blue, Blue out= Navy,*

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