A young girl with her hands over her eyes, a soccer ball, and a golf ball on a green background with torn paper effects.

SPORTS AND RECREATION

AGE 3 - GRADE 12

PROGRAM NAME	CODE	AGES	DATES	TIME	COST	PAGE
BASEBALL	BASE	Boys, Ages 8 - 14	5/27 - 5/30	9:00 - 12:00	\$160	35
BOOMER BALL CAMP	BOOMER1	Grades 1 - 8	6/9 - 6/13	12:30 - 3:30	\$200	35
	BOOMER2	Grades 1 - 8	6/23 - 6/27	8:30 - 11:30	\$200	35
BOYS BASKETBALL	BBB1	Boys, Grades 1 - 4	6/2 - 6/6	9:00 - 2:00	\$240	35
	BBB2	Boys, Grades 5 - 8	6/2 - 6/6	9:00 - 2:00	\$240	35
	BBB3	Boys, Grades 1 - 4	7/14 - 7/17	9:00 - 2:00	\$200	35
	BBB4	Boys, Grades 5 - 8	7/14 - 7/17	9:00 - 2:00	\$200	35
	BBB5	Boys, Grades 1 - 4	8/4 - 8/8	9:00 - 2:00	\$240	35
	BBB6	Boys, Grades 5 - 8	8/4 - 8/8	9:00 - 2:00	\$240	35
BOYS LACROSSE	BLAX	Boys, Grades 1 - 6	6/16 - 6/19	9:00 - 12:00	\$225	36
CG VICTORY		Grades 3 - 8	Register at www.cgvictory.org			36
EAGLES FOOTBALL	FOOT1	Boys, Grades 1 - 4	7/28 - 7/30	6:00 - 7:30	\$150	36
	FOOT2	Boys, Grades 5 - 8	7/28 - 7/30	7:30 - 9:00	\$150	36
EAGLES 7-ON-7	7V71	Boys, Grades 1 - 4	5/27 - 5/30	2:00 - 4:00	\$200	36
	7V72	Boys, Grades 5 - 8	5/27 - 5/30	2:00 - 4:00	\$200	36
ON GUARD! FENCING FOR BEGINNERS	FENCING1	Ages 8 - 11	6/2 - 6/13	9:00 - 12:00	\$325	36
	FENCING2	Ages 12 - 14	6/2 - 6/13	1:00 - 4:00	\$325	36
	FENCING3	Ages 8 - 11	8/11 - 8/22	9:00 - 12:00	\$325	36
	FENCING4	Ages 12 - 14	8/11 - 8/22	1:00 - 4:00	\$325	36
GIRLS BASKETBALL	GBB	Girls, Grades 4 - 8	6/2 - 6/5	4:00 - 6:00	\$200	37
GIRLS' FIELD HOCKEY AND GIRLS' LACROSSE	FHGLAX	Girls, Grades 2 - 8	6/2 - 6/5	9:00 - 3:00	\$150	37
GIRLS SOFTBALL	SOFT	Girls, Grades 3 - 8	6/4 - 6/6	9:00 - 12:00	\$100	37
GIRLS VOLLEYBALL	GVB1	Girls, Grades 4 - 8	5/27 - 5/30	1:00 - 3:00	\$150	37
	GVB2	Girls, Grades 9 - 12	7/28 - 7/31	9:00 - 11:30	\$200	37
	GVB3	Girls, Grades 4 - 8	7/28 - 7/31	1:00 - 3:00	\$150	37
GOLF, GOLF, GOLF BY SPORTKINETICS!	GOLF1	Ages 6 - 12	7/7 - 7/11	1:00 - 3:00	\$130	37
	GOLF2	Ages 6 - 12	7/28 - 8/1	1:00 - 3:00	\$130	37
JUNIOR GIRLS CHEERLEADING	JRCHEER	Girls, Grades K - 4	5/28 - 5/30	12:30 - 3:00	\$125	37
KARATE AND SELF DEFENSE	KARATE	Ages 6 - 12	7/7 - 7/11	9:00 - 12:00	\$200	37
KIDOKINETICS: A FUN WAY TO FITNESS!	KINETICS1	Ages 3 - 6	6/16 - 6/20	9:00 - 12:00	\$175	37
	KINETICS2	Ages 3 - 6	6/23 - 6/27	9:00 - 12:00	\$175	37
	KINETICS3	Ages 3 - 6	7/7 - 7/11	9:00 - 12:00	\$175	37
	KINETICS4	Ages 3 - 6	7/14 - 7/18	9:00 - 12:00	\$175	37
	KINETICS5	Ages 3 - 6	7/21 - 7/25	9:00 - 12:00	\$175	37
	KINETICS6	Ages 3 - 6	8/4 - 8/8	9:00 - 12:00	\$175	37
	KINETICS7	Ages 3 - 6	8/11 - 8/15	9:00 - 12:00	\$175	37
ROOKIE RUGBY BY SPORTKINETICS	RUGBY1	Ages 6 - 12	7/14 - 7/18	2:00 - 4:00	\$130	38
	RUGBY2	Ages 6 - 12	8/4 - 8/8	2:00 - 4:00	\$130	38
RUN FOR FUN BY SPORTKINETICS	RUN1	Ages 6 - 12	6/2 - 6/6	8:00 - 8:45	\$65	38
	RUN2	Ages 6 - 12	6/9 - 6/13	8:00 - 8:45	\$65	38
	RUN3	Ages 6 - 12	6/16 - 6/20	8:00 - 8:45	\$65	38
	RUN4	Ages 6 - 12	6/23 - 6/27	8:00 - 8:45	\$65	38

PROGRAM NAME	CODE	AGES	DATES	TIME	COST	PAGE
SOCCER	SOC1	Ages 6 - 9	7/21 - 7/25	9:00 - 11:30	\$150	38
	SOC2	Ages 10 - 14	7/21 - 7/25	1:00 - 3:30	\$150	38
SOCCER FOR COMPETITIVE GIRLS	SOCCERCOMP1	Girls, Ages 10 - 17	5/27 - 5/30	9:00 - 12:00	\$195	38
	SOCCERCOMP2	Girls, Ages 10 - 17	6/16 - 6/20	9:00 - 12:00	\$195	38
SPEED CAMP	SPEED	Grades 6-12	6/2 - 7/31 M/W	4:00 - 6:00	\$100	38
TENNIS	TENNIS1	Ages 6 - 9	6/16 - 6/20	9:00 - 11:00	\$120/week or \$30/day	38
	TENNIS2	Ages 6 - 9	6/23 - 6/27	9:00 - 11:00	\$120/week or \$30/day	38
TRIATHLON TRAINING	TRIATHLON	Ages 6 - 14	6/2 - 6/6, 6/8	9:00 - 12:00	\$200	38
YOGA	YOGA1	Grades K - 4	6/2 - 6/6	9:00 - 11:30	\$145	38
	YOGA2	Grades K - 4	6/2 - 6/6	12:30 - 3:00	\$145	38

View camps by date at www.esdallas.org/summercamp

Please note: grades listed are for the 2014-15 school year.

BASEBALL BOYS, AGES 8 - 14

Join our varsity baseball staff for a week of skills and drills using our fantastic baseball facility. It's a great camp for players who want to improve their all-around skill level. Please bring a glove, cleats, and a bat if you have one. All pre-enrolled campers will receive a camp shirt.

Session: BASE May 27 - 30 9:00 - 12:00 \$160

BOOMER BALL CAMP COED, ENTERING GRADES 1 - 8

Join ESD's head football coach, Richard Williams, along with other energetic coaches for an exciting and fun-tastic camp! Students can try a dozen games and/ or sports including boomer ball, capture the flag, kickball, flag football, soccer, basketball, ultimate Frisbee, and many more. Emphasis will be on fun, overall confidence and well-being of the camper, character lessons, and team concepts. Popsicles will also be provided at the end of each session. No athletic experience is necessary. Campers should bring athletic shoes, a water bottle, and a light snack.

Session 1: BOOMER1 June 9 - 13 12:30 - 3:30 \$200

Session 2: BOOMER2 June 23 - 27 8:30 - 11:30 \$200

BOYS BASKETBALL BOYS, ENTERING GRADES 1 - 8

Join ESD's three-time SPC champion coach, Corey Henderson, and his strong staff, for their 11th annual camp. Prepare yourself for a fun-filled week of basketball. This camp is designed to give outstanding basketball instruction and will provide the basic fundamentals, excellent lectures, 1-on-1 and 5-on-5 games. This camp will also emphasize sportsmanship and character. BBB sessions 1,3, and 5 will cover the basics of basketball. BBB sessions 2, 4 and 6 will include more advanced concepts, advanced teaching and a faster pace. Campers need indoor basketball shoes. Campers should bring a lunch. All pre-enrolled campers will receive a camp shirt. Director: Corey Henderson - Former Texas A&M University Player - All SWC 1991-1992 - Former Pro Basketball

Player for the Australian League. Special Guest appearances by Phil Pressey ESD Alum '10, (NBA) Boston Celtic. Special prizes and autograph items to be given. If you have questions, call Corey at 214-358-4368 Ext. 2503.

Session 1: BBB1 Grades 1 - 4 June 2 - 6 9:00 - 2:00 \$240

Session 2: BBB2 Grades 5 - 8 June 2 - 6 9:00 - 2:00 \$240

Session 3: BBB3 Grades 1 - 4 July 14 - 17 9:00 - 2:00 \$200

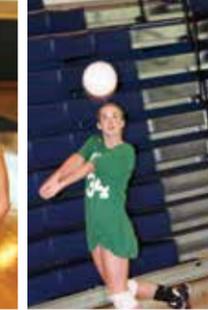
Session 4: BBB4 Grades 5 - 8 July 14 - 17 9:00 - 2:00 \$200

Session 5: BBB5 Grades 1 - 4 August 4 - 8 9:00 - 2:00 \$240

Session 6: BBB6 Grades 5 - 8 August 4 - 8 9:00 - 2:00 \$240

EXTENDED DAY

Offered in one-week increments from June 2 - August 8, for kids ages four to 10. Morning Extended Day is available from 8:00 - 9:00 a.m. for an additional \$35 per week. Afternoon Extended Day is available from 2:00 - 6:00 p.m. for an additional \$85 per week. If you plan on registering for Extended Day, please see Lower School Section (page 5) for specific session codes.



BOYS LACROSSE BOYS, ENTERING GRADES 1 - 6

Join ESD's head lacrosse coach Pat Kennedy and his excellent staff for a Futures Lacrosse camp! The boys will learn stick skills, dodging, shooting, and footwork. On top of that, there will be a heavy focus on box lacrosse using smaller goals. Each player will be able to learn all lacrosse positions. Students must bring a helmet and mouthpiece, shoulder pads, arm pads, gloves, stick, and athletic shoes. No cleats please as we may go indoors. All pre-enrolled campers will receive a camp shirt.

Session: BLAX June 16 - 19 9:00 - 12:00 \$225

CG VICTORY COED, ENTERING GRADES 3 - 8

CG Victory is more than just a sports camp; it is an experience. With CG Victory in Dallas, your child can now experience the same level of adventure and camaraderie as one of those expensive overnight camps without the price tag. The adventure begins on Monday when campers are divided into clans: Veritas and Calida. For the remainder of the week, campers compete in all sorts of fun, non-conventional games. CG Victory ends on Saturday with a series of challenges where campers may show off the skills they developed throughout the week and take part in the obstacle course. Activities will also include: rock climbing, dodge ball, ultimate Frisbee, tug of war, relay races, and much more!

CG Victory is a faith-based camp and we believe that what you do in life echoes for eternity! Visit cgvictory.org to learn more or call Maria Sikkema at (866) 594.8859.

Session: June 9 - 14 Register at www.cgvictory.org

EAGLES FOOTBALL BOYS, ENTERING GRADES 1 - 8

Join ESD's two-time SPC champion football coach, Richard Williams, along with other energetic coaches for an exciting football camp! This camp offers students in grades first through eight the ultimate preparation and introduction to the fun and rewarding game of football. This camp will provide the player with the attention to techniques and fundamentals including such things as proper tackling form (no contact), education of the sport, character building, positive reinforcement, and team camaraderie. Through a competitive football experience, this camp will be a highly structured program to help achieve the maximum development of each player's skills from the beginner to the most advanced. The sessions will include individual skill development, specialized position play, and team concepts. Popsicles will also be provided at the end of each session. Campers should bring cleats, a water bottle, and a light snack.

Session 1: FOOT1 Grades 1 - 4 July 28 - 30 6:00 - 7:30 \$150

Session 2: FOOT2 Grades 5 - 8 July 28 - 30 7:30 - 9:00 \$150

EAGLES 7-ON-7 BOYS, ENTERING GRADES 1 - 8

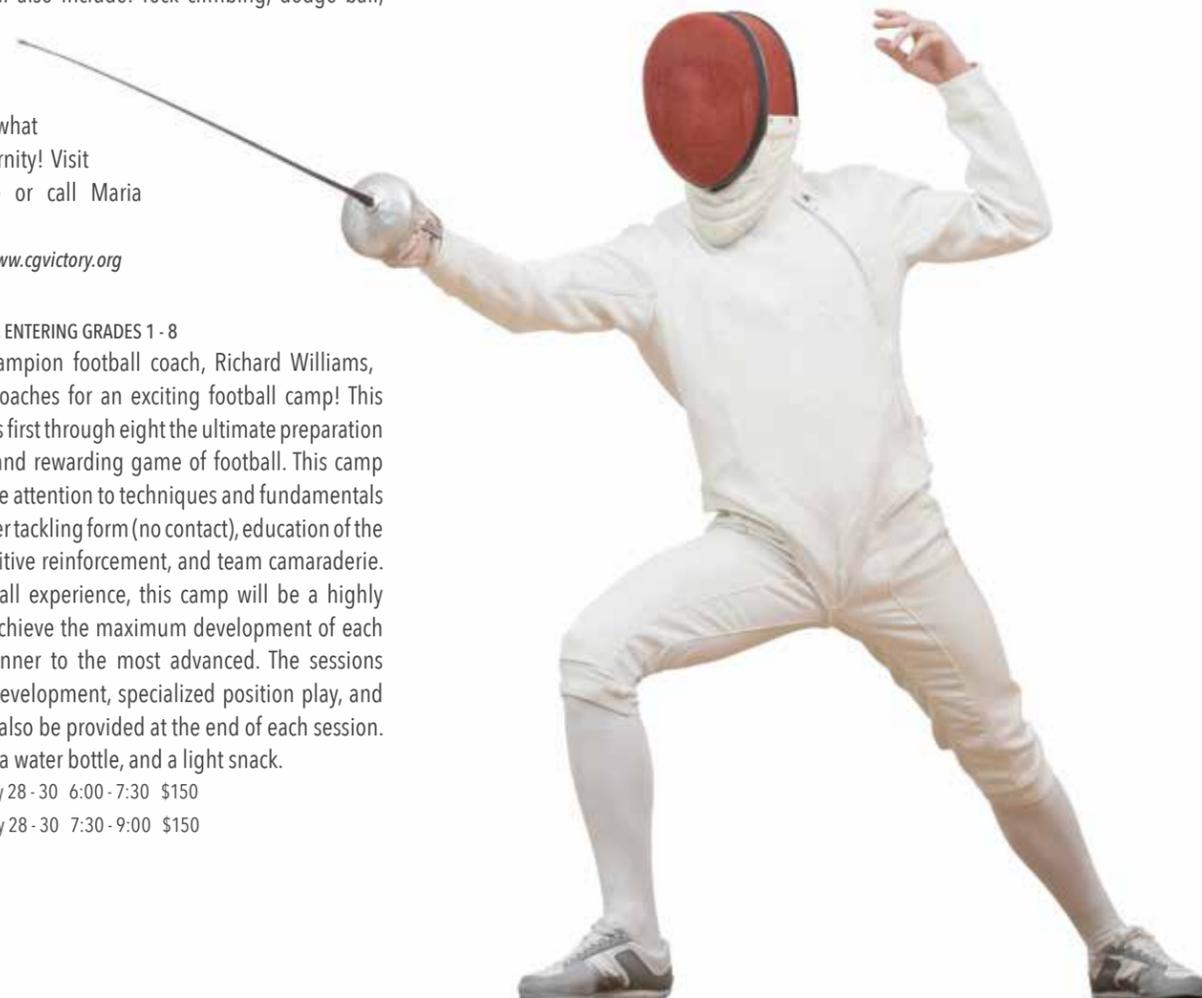
Join ESD's two-time SPC champion football coach, Richard Williams, along with other energetic coaches for an exciting camp of 7-on-7! This camp offers students in grades first through eight the ultimate preparation and introduction to the fun and rewarding game of 7-on-7. Through a competitive football experience, this camp will be a highly structured program to help achieve the maximum development of each player's skills from the beginner to the most advanced. The sessions will include individual skill development, specialized position play, and team concepts. Popsicles will also be provided at the end of each session. Campers should bring cleats, a water bottle, and a light snack.

Session 1: 7V71 Grades 1 - 4 May 27 - 30 2:00 - 4:00 \$200

Session 2: 7V72 Grades 5 - 8 May 27 - 30 2:00 - 4:00 \$200

ON GUARD! FENCING FOR BEGINNERS COED, AGES 8 - 14

Our beginner fencing day camps are a great two week-long introduction to the sport of fencing. They are intended for children who have little to no fencing experience, and are designed to teach fencing through activities, games, and exercises that develop coordination,



flexibility, and focus. Attendees will have lots of fun learning a great, new sport! All equipment is provided for beginner camps. Questions? Call Coach Michael Kim (469-855-1281).

Session 1: FENCING1 Ages 8 - 11 June 2 - 13 9:00 - 12:00 \$325

Session 2: FENCING2 Ages 12 - 14 June 2 - 13 1:00 - 4:00 \$325

Session 3: FENCING3 Ages 8 - 11 August 11 - 22 9:00 - 12:00 \$325

Session 4: FENCING4 Ages 12 - 14 August 11 - 22 1:00 - 4:00 \$325

GIRLS BASKETBALL GIRLS, ENTERING GRADES 4 - 8

Join ESD women's basketball coach, Colin Boddicker, and his staff, for their second basketball skills camp. This camp will focus on fundamental skills needed to become the best player you can. These skills include proper shooting form, dribbling, passing, defensive positioning, and rebounding. Come prepared to work hard and have a lot of fun! All pre-enrolled campers will receive a camp shirt.

Session: GBB June 2 - 5 4:00 - 6:00 \$200

GIRLS FIELD HOCKEY AND GIRLS LACROSSE

GIRLS, ENTERING GRADES 2 - 8

Join ESD head coaches Katie Grunst and Katy Smullen for a week of skills training in lacrosse and field hockey. Stick lovers unite! Campers need to bring shin guards, a mouthpiece, goggles, and a lunch (for an on-campus lunch-break). Sticks are optional and can be provided.

Session: FHGLAX June 2 - 5 9:00 - 3:00 \$150

GIRLS SOFTBALL GIRLS, ENTERING GRADES 3 - 8

Join ESD's varsity softball coach, Billy Redmon, for a three-day mini-camp. This camp will focus on the proper mechanics of throwing, hitting, catching, bunting, and sliding. There will be hitting in the cages, diving for line drives, and sliding through sprinklers. Meet at the softball field with a fielding glove, batting gloves, cleats, sunscreen, a water bottle, and a spare set of dry clothes.

Session: SOFT June 4 - 6 9:00 - 12:00 \$100

GIRLS VOLLEYBALL GIRLS ENTERING GRADES 4 - 12

Join ESD's varsity volleyball coach, Laura Gomez, and her highly trained staff, for four days of volleyball. GVB1/GVB3 will provide girls entering grades 4 - 8 with basic skill development including serving, passing, hitting, setting, and blocking. GVB2 is a great opportunity for girls entering grades 9 - 12 to prepare for the August 4 tryouts. Participants need indoor athletic shoes with non-marking soles, kneepads, and a water bottle. Volleyballs will be provided. All pre-enrolled campers will receive a camp shirt.

Session 1: GVB1 Grades 4 - 8 May 27 - 30 1:00 - 3:00 \$150

Session 2: GVB2 Grades 9 - 12 July 28 - 31 9:00 - 11:30 \$200

Session 3: GVB3 Grades 4 - 8 July 28 - 31 1:00 - 3:00 \$150

GOLF, GOLF, GOLF BY SPORTKINETICS! COED, AGES 6 - 12

This camp is a fun golf experience for young boys and girls that combines golf variations to develop different skills without the need of a golf course. This adventure will introduce traditional golf skills and etiquette, while also combining fun variations to the sport. Traditional golf skills will be combined with the introduction to disc golf using EDGE Disc Golf curriculum, discs, and goals. The disc golf skills of throwing technique and distance accuracy will be combined with some fine-tuning skills introduced through the game of Sholf, a fun game that combines shuffle board and golf to develop short game skills and techniques.

Session 1: GOLF1 July 7 - 11 1:00 - 3:00 \$130

Session 2: GOLF2 July 28 - August 1 1:00 - 3:00 \$130

JUNIOR GIRLS CHEERLEADING GIRLS, ENTERING GRADES K - 4

Join ESD's Nicole Jacobsen and Jamie Mitcham and come release your energy at a camp where jumping and yelling is encouraged! Our goal is to build the self-confidence in each girl as they learn basic cheerleading jumps, cheers, dances, stunts, and other fun activities! At the end of camp we will have a performance for families and friends to come and see all that we have learned. Cheers!

Session: JRCHEER May 28 - 30 12:30 - 3:00 \$125

KARATE AND SELF DEFENSE COED, AGES 6 - 12

Dr. Nick Chamberlain and his team of expert instructors will lead students through a fun-packed program of karate, martial arts, and self-defense. This exciting camp will safely introduce students to the martial arts, as well as polish and expand the skills of those with previous experience. Activities cover all the important areas of karate including kicking, striking and blocking drills, self-defense techniques with a partner, personal safety tips, wrestling and ground work, Brazilian jiu-jitsu, the history of martial arts, and the appropriate use of new skills and much more! If your son or daughter has wanted to try karate and the martial arts, then this is the perfect opportunity for him or her to train safely with high-ranking, experienced instructors. Tuition includes the uniform and belt. Certificates of completion will be awarded on the last day of camp.

Session: KARATE July 7 - 11 9:00 - 12:00 \$200

KIDOKINETICS: A FUN WAY TO FITNESS! COED, AGES 3 - 6

This camp offers a fun physical fitness and sports exercise program for girls and boys with new sports activities each day! This is a non-competitive and non-targeted program designed to build a life-long love of physical activity. Each week will include coach-led sports and activities and a final sports field day each Friday. Each day the children will participate in a quiet time that includes games, reading about nutrition and fitness, and sports-related art. Sports activities include football, basketball, soccer, badminton, field hockey, disc golf, volleyball, kickball, tennis and more! Kidokinetics programs follow all guidelines and standards established by

the National Association of Sports and Physical Education.

- Session 1: KINETICS1 June 16 - 20 9:00 - 12:00 \$175
- Session 2: KINETICS2 June 23 - 27 9:00 - 12:00 \$175
- Session 3: KINETICS3 July 7 - 11 9:00 - 12:00 \$175
- Session 4: KINETICS4 July 14 - 18 9:00 - 12:00 \$175
- Session 5: KINETICS5 July 21 - 25 9:00 - 12:00 \$175
- Session 6: KINETICS6 August 4 - 8 9:00 - 12:00 \$175
- Session 7: KINETICS7 August 11 - 15 9:00 - 12:00 \$175

ROOKIE RUGBY BY SPORTKINETICS COED, AGES 6 - 12

A safe, non-contact, easy to play skills and drills sport activity for girls and boys! The class will introduce young children to the sport of rugby with a fun and age appropriate curriculum developed by USA Rugby. Non-contact skills and drills, combined with flag play, develops a range of ball handling, running, and coordination skills.

- Session 1: RUGBY1 July 14 - 18 2:00 - 4:00 \$130
- Session 2: RUGBY2 August 4 - 8 2:00 - 4:00 \$130

RUN FOR FUN BY SPORTKINETICS COED, AGES 6 - 12

Start the day with fun running and group exercise with the "Running Start" curriculum developed by New York Road Runners (NYRR). NYRR has developed a series of comprehensive lesson plans to help young boys and girls make running fun while developing important movement skills. This program is available for children to get a healthy start to their camp day while taking advantage of the cooler morning temperatures.

- Session 1: RUN1 June 2 - 6 8:00 - 8:45 \$65
- Session 2: RUN2 June 9 - 13 8:00 - 8:45 \$65
- Session 3: RUN3 June 16 - 20 8:00 - 8:45 \$65
- Session 4: RUN4 June 23 - 27 8:00 - 8:45 \$65

SOCCER COED, AGES 6 - 14

Join head varsity coach Mark Gardner as he shares his 27th year of limitless enthusiasm on the soccer fields. The camp will provide individual challenges for every player. Daily drills and competitions will increase each camper's knowledge, awareness, and skills. Meet in the Hart Gymnasium rain or shine! Campers need indoor and outdoor shoes, shin guards, and a water bottle. All pre-enrolled campers will receive a camp shirt.

- Session 1: SOC1 Ages 6 - 9 July 21 - July 25 9:00 - 11:30 \$150
- Session 2: SOC2 Ages 10 - 14 July 21 - July 25 1:00 - 3:30 \$150

SOCCER FOR COMPETITIVE GIRLS

GIRLS, AGES 10 - 17

These camps are for competitive female soccer players, ages 10- 17, who are very interested in soccer and want to improve their skills and understanding of the sport. The camps are challenging and fun. Come each day prepared to have a blast while honing your soccer skills in a friendly, positive environment utilizing the perfect grass fields and excellent facilities at ESD. The camp is run by Mike Renshaw, ESD's varsity women's soccer coach, Steve Parsons ESD Middle School and JV women's coach, Sarah Ashley Firstenberg, ESD alum and North Carolina Tar Heel soccer player, and other ESD varsity women's soccer players.

- Session 1: SOCCERCOMP1 May 27 - 30 9:00 - 12:00 \$195
- Session 2: SOCCERCOMP2 June 16 - 20 9:00 - 12:00 \$195

SPEED CAMP COED, ENTERING GRADES 6 - 12

Join ESD coaches Jerry Reese and Jim Roney for intense speed, agility, and quickness drills that are appropriate for all athletes in grades 6 - 12. Athletes will train all summer and be ready for fall athletic commitments. The program provides an opportunity for athletes to become bigger, faster, and stronger.

- Session: SPEED June 2 - July 31 Mon. and Wed. 4:00 - 6:00 PM \$100

TENNIS CO-ED, AGES 6-9

Join Marci Addington, ESD's tennis coach, for a week of tennis fun at the Harrison Family Tennis Center. Beginner skills, drills, and fun will be emphasized. Campers should bring sunscreen, a racquet, and a smile.

- Session 1: TENNIS1 June 16 - 20 9:00 - 11:00 \$120/week or \$30/day
- Session 2: TENNIS2 June 23 - 27 9:00 - 11:00 \$120/week or \$30/day

TRIATHLON TRAINING COED, AGES 6 - 14

Participation in youth triathlons is increasing each year and just recently became an NCAA sport for women. Come join us for a week of instruction and fun on everything triathlon. Each day we will focus on a different aspect of triathlons, as well as nutrition and training. We will end the camp with participation in the Playtri Youth Triathlon on June 8. The cost of the race is included in the camp fee, and all participants will receive a camp T-shirt, a race T-shirt, race photo, and a finisher medal. No prior experience is necessary however, participants must be able to swim 25 yards unassisted, and have a bicycle and helmet for the camp and race. There will be an additional \$10 charge for a one day USAT membership that is required for packet pickup and to race. Students between the ages of 6 - 10 will swim 100 yards, bike three miles, and run a half-mile. Students between the ages of 11 - 14 will swim 200 yards, bike six miles, and run one mile. Questions? Call Laurie Ellison at (817) 938.7937.

- Session1: TRIATHLON June 2 - 6, 8 9:00 - 12:00 \$200

YOGA COED, ENTERING GRADES K - 4

Experience the joy of yoga with Cherry Fowler! This camp helps students find balance physically and emotionally, develop strength and flexibility, increase focus and concentration, build self-esteem and confidence, enhance creativity and imagination, relax, manage stress, and HAVE FUN! Students will learn yoga in a noncompetitive environment by engaging in poses, breathing techniques, games, and creative imaging. Each class ends using student-made eye pillows to relax the body and calm the mind to encourage a feeling of peace. Questions? Call or email Cherry Fowler at 214-616-6393 or cherryfowler11@att.net.

- Session 1: YOGA1 June 2 - June 6 9:00 - 11:30 \$145
- Session 2: YOGA2 June 2 - June 6 12:30 - 3:00 \$145