

VARSIITY COACH SUMMER SPORTS CAMPS

All camps are located at Wildcat Sport & Fitness and are being offered by our District Varsity Coaches.
All camp will register at Mayfield Heights



Mayfield Wildcat Football Camp

Who: Boys grade 7 – 12 (in Fall 2021)

Grades 10 – 12:

6/1 - 6/3 (T/Th) 7:00 am - 12:00 pm

6/29 - 7/1 (T/Th) 7:00 am - 12:00 pm

7/12- 7/14 (M/W) 7:00 am - 12:00 pm

Cost: \$165.00 for all three sessions



Grades 7- 9:

July 19 – 22 (M, W, Th) 8:00 – 11:00 A.M

Cost: \$65.00

Details: Join Mayfield Varsity Football Coaching staff for their annual football camp. The camp will provide instruction in the Wildcat potent spread offense that set many school records in its first year of implementation, the Wildcat's swarming defense, and impact special teams. **All players are encouraged to attend. Location of camp is TBD.**

Mayfield Speed, Power and Agility Camp

Who: Grades 6 -12 boys and girls (in Fall 2021)

When: 6/7 - 6/21 (M/W/Th) 9:00 A.M. – 10:30 A.M.

Cost: \$150.00 or \$60.00 per week

Details: Speed, power and agility have become important facets in enhancing an athlete's performance. This intense three-week camp is designed to increase all components of athletic ability including foot speed and quickness, strength/power, vertical jump. Camp is run by Mike & Larry Pinto.

Mayfield Summer Volleyball Camp

Who: 4th – 8th grade girls (in Fall 2021)

When: 6/28 – 7/1 9:00 – 10:30 A.M.

Cost: \$65-School District, \$75-Non School District

Details: Mayfield Varsity Coach Rosella Glodkowski and assistants will teach beginner- advance volleyball skill levels. Focus will be on footwork, arm swing, movement, and communication. Wear athletic clothes, tennis shoes and bring a water bottle.



Stroke Clinic for the Novice Competitive Swimmer

When: June 28 – July 1 12:00 – 1:30 PM

(Limited to 18 participants each session)

Cost \$75.00

Where: Wildcat Sport & Fitness Pool

Details: The Stroke Clinic will be taught by the Mayfield Varsity Head Coach, Rick Balcam. This competitive stroke clinic is designed to improve stroke efficiency, starts and turns. Swimmers will focus on one stroke a day with in-water drills and video analysis. Swimmer will explore how their body is to move through the water in the most efficient way. **Please arrive 15 minutes before start time.**

Stroke Clinic for the Experienced Competitive Swimmer

Who: Competitive swimmers with 3+ yrs. on swim team

When: July 12 – July 15 12:00 – 1:30 PM

(Limited to 18 participants each session)

Cost \$75.00

Where: Wildcat Sport & Fitness Pool

Details: This stroke clinic is designed for individuals who have a passion for swimming with a purpose. Advanced stroke drills will be implemented into each session. The stroke clinic will be taught by Rick Balcam, Mayfield High School's Head Varsity Swim Coach. This competitive stroke clinic is designed to improve stroke efficiency, starts, and turns on a higher level of competitive swimming. Swimmers will start each day with a video analysis of the stroke to be studied. **Please arrive 15 minutes before start time.**



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Mail the form below with either credit card information or with a check payable to *City of Mayfield Heights* and mail to Mayfield Heights Recreation, 6154 Mayfield Road, Mayfield Heights, OH 44124. For more information call Mayfield Heights Recreation at 442-2627.

Camps take place at Wildcat Sport & Fitness (unless otherwise noted) at Mayfield High School 6116 Wilson Mills, OH 44143

Summer Varsity Sports Camps 2021 – please print

Name _____

Grade _____ Male _____ Female _____ D.O.B. ____/____/____

Address _____ City _____ Zip _____

Home Phone _____ Cell _____

Parent/Legal Guardian's Name(s) _____

E-mail _____

Please list camp(s) signing up for: 1. _____ 2. _____
3. _____ 4. _____

Total Fees Due: \$ _____

Credit Card # _____ Exp. ____/____ *CVC: _____ *(last 3 on back of card, AMEX 4 on front)

AGREEMENT TO INDEMNIFY, AND NOT SUE, AND RELEASE OF ALL CLAIMS

As a participant in a program, activity or membership offered by:(1)the Village of Gates Mills;(2)the Highland Heights Recreation Department; (3) the Mayfield City School District Board of Education; (4) the City of Mayfield Heights Parks and Recreation Department; and/or (4) the Mayfield Village Parks and Recreation Department(hereinafter collectively referred to as the "Wildcat Sport and Fitness" WSF) to be held within or about the WSF, Releasor (or the participant for whom Releasor will sign if the participant is under 18 years of age) recognizes and acknowledges that Releasor may be exposed to a variety of risks, and Releasor agrees to assume all such risks including, but not limited to, physical injuries, death, loss of services or consortium, loss or damage to property, or any other loss or injury which Releasor may sustain as a result of participating in any and all activities connected or associated with Releasor's use of the WSF or participation in any programs associated with the WSF.

Releasor acknowledges that Releasor has no physical limitations or disabilities of any kind which may restrict or limit Releasor, in any way, from participating in any activity to be held within or about the WSF. Releasor acknowledges that any special accommodation Releasor may need in order to participate in activities within the WSF will be brought to the attention of the WSF, in writing, at least one week prior to Releasor's participation in any activity conducted within or about the WSF. In consideration of the WSF accepting Releasor's registration and participation, and with the intent to be legally bound, Releasor for himself, his heirs, next of kin and assigns, hereby: (1) releases the WSF and any of its officers, officials, agents, employees, volunteers, independent contractors and other representatives from any and all claims, liabilities, demands, actions or causes of action in any way resulting from my participation in this and any other programs of the WSF; (2) waives and relinquishes any claim Releasor had, has or may have as a result of Releasor participating in any programs or activities offered by the WSF; and (3) covenants not to sue and agrees to hold harmless and defend the WSF and any of its officers, officials, agents, employees, volunteers, independent contractors and other representatives, from any and all claims, liabilities, demands, actions or causes of action in any way resulting from Releasor's participation use of, in any manner, the WSF.

USE OF PHOTOGRAPHS: Releasor hereby grants and provides the WSF the right to use Releasor's image or photograph (or the photograph or image of the participant for whom Releasor is signing) with or without Releasor's name, individually and in conjunction with others for any purpose including, but not limited to, private or public presentations, advertising, publicity and promotion. Releasor warrants that Releasor has the right to authorize the foregoing and does agree to hold the WSF harmless from any and all liability of whatever nature which may arise out of result of such uses.

Signature: _____ Date: _____

