



## Tri-Cities Prep Summer Camps

Camps:	Ages:	Dates:
Jaguar Youth Volleyball Camp	Entering 5 <sup>th</sup> – 8 <sup>th</sup> grade	June 19 <sup>th</sup> – 21 <sup>st</sup>
Jaguar Youth X-Country Camp	Entering 5 <sup>th</sup> – 8 <sup>th</sup> grade	July 17 <sup>th</sup> – 19 <sup>th</sup>
Jaguar Youth Football Camp	Entering 3 <sup>rd</sup> – 8 <sup>th</sup> grade	July 24 <sup>th</sup> -26 <sup>th</sup>

### Camp Descriptions:

**Jaguar Youth Volleyball Camp:** Players will develop fundamental skills including passing, setting, hitting, and serving. Coaching staff will teach the basic skills through various techniques that will simulate the movements and skills necessary to play the game. The Camp will be led by Coach John Lengphounpraseut, known in this community as Coach John L. He has 30 years of Volleyball coaching experience from college and high school. He has coached some of the Tri-Cities best over the years. Along with Coach John L will be his longtime assistants Sal Dumo and Kris Seffens.

**5<sup>th</sup> – 8<sup>th</sup> grade: 4:00 – 6:00 pm**

**Jaguar Youth X-Country Camp:** TCP Summer Cross Country Running Camp "isn't just about the running". Come experience the day in the shoes of a high school cross country participant. Learn what the sport is, the workouts designed to achieve your best results, as well as the fun activities implemented to build team chemistry. Cross country is a sport where it may be individually "ran" but the focus is on the entire team. Camp will consist of: running/training focus activities, fun "team-building" activities, as well as coach and athlete talks on various topics to learn about what all goes into "pursuing excellence" as a cross country runner and individual.

**5<sup>th</sup> – 8<sup>th</sup> grade: 9:00 am – 11:00 am**

**Jaguar Youth Football Camp:** This is a non-contact skills and drills camp led by the Tri-Cities Prep coaching staff, players and alumni. All skill levels are welcome, from beginner to advance. All campers should wear shorts or sweats and a t-shirt. Some form of traction shoes are advised (football cleats, rubber cleat baseball shoes or soccer shoes are fine). No metal spikes allowed. Water will be provided but you are welcome to bring your own.

**3<sup>rd</sup> – 8<sup>th</sup> grade: 6:00 pm – 7:30 pm**

Camp Cost: \$40.00 per camp. \$25.00 for any additional sibling participating in **same** sport camp. Deadline to ensure a t-shirt for **volleyball** campers requested size: **June 1**. All others: **June 24<sup>th</sup>**.

Pasco, WA

# REGISTRATION FORM

Participant's name: \_\_\_\_\_  
First Last

Additional Sibling: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

School (fall of 2018): \_\_\_\_\_ Grade (2018-2019): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

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

Parent(s) Name: \_\_\_\_\_

Other Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Parent Consent & Liability

I agree to be solely responsible for any medical expenses incurred by my child in this activity. In consideration of the fee charged for this program, I agree to hold Tri-Cities Prep High School, the Summer Sports Camp Program, and any employee or volunteer involved harmless from, and indemnify them for any damage or loss arising as a result of my child's participation in this activity.

Parent or Guardian Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Cost: Each Camp is \$40.00. Each additional sibling in **same** camp is \$25.00. Make checks, money order or cashier's checks payable to Tri-Cities Prep.

Sport Camp (Circle): Volleyball X-Country Boy's Football Camp

T-Shirt size (circle one) Youth: L Adult: S M L XL XXL

Deadline for requested size: Volleyball – **June 2<sup>nd</sup>**. X-Country/Football – **June 24<sup>th</sup>**.

**Tri-Cities Prep**

**9612 St. Thomas Dr.**

**Pasco, WA**

**546-2465**

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



## Tri-Cities Prep Boys & Girls Basketball Camp

**Camp:** Jaguar Youth Girls & Boys Basketball Skills & Drills Camp  
**Ages:** Entering 4<sup>th</sup> – 8<sup>th</sup> grade  
**Dates:** July 9<sup>th</sup> – July 12<sup>th</sup>  
Sessions divided based on grade level:  
4<sup>th</sup> – 6<sup>th</sup> 8:00 am – 11:30 am  
7<sup>th</sup> – 8<sup>th</sup> 12:00 pm – 4:00 pm

**Combine Ages Camp** Entering 4<sup>th</sup> – 8<sup>th</sup> grade July 30<sup>th</sup>- Aug. 2<sup>nd</sup>  
4<sup>th</sup> – 8<sup>th</sup> 8:00 am – 12:00 pm

### Camp Description:

**The Jaguar Youth Skills and Drills Basketball Camp will be led by Tri-Cities Prep Head Boys Basketball Coach, Mike Conner and Tri-Cities Prep Girls Head Coach, Joe Mackay.** Assistant Coaches Will Wang and Quinn Martin, along with Assistant Girls Coach Danielle Perales, will also be offering their expertise. Jaguar Varsity players will be in attendance and working with participants. A wealth of coaching experience will teach shooting, ball handling, passing, and defensive fundamentals.

Participants will spend half of each session per day running up and down the court, learning skills & drills and having a blast learning and playing the game of basketball.

Basketball (Gym) shoes are required. Please dress appropriately in shorts and a t-shirt or tank top, and a water bottle. All participants will receive a camp t-shirt and a souvenir basketball (July 9<sup>th</sup> – July 12<sup>th</sup> camp only) with attendance.

Camp Cost: \$75.00 per camp. \$35.00 for any additional sibling participating in **same** sport camp. Deadline to ensure a t-shirt for campers requested size: **June 22<sup>nd</sup>**.

# REGISTRATION FORM

Participant's name: \_\_\_\_\_  
First Last

Additional Sibling: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

School (fall of 2018): \_\_\_\_\_ Grade (2018-2019): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_

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

Parent(s) Name: \_\_\_\_\_

Other Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Parent Consent & Liability

I agree to be solely responsible for any medical expenses incurred by my child in this activity. In consideration of the fee charged for this program, I agree to hold Tri-Cities Prep High School, the Summer Sports Camp Program, and any employee or volunteer involved harmless from, and indemnify them for any damage or loss arising as a result of my child's participation in this activity.

Parent or Guardian Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Cost: Camp is \$75.00. Each additional sibling in **same** camp is \$35.00. Make checks, money order or cashier's checks payable to Tri-Cities Prep.

T-Shirt size (circle one) Youth: L Adult: S M L XL XXL  
 Deadline for requested size: **June 22<sup>nd</sup>**.

Circle one or both: July 9<sup>th</sup> – July 12<sup>th</sup> camp      July 30<sup>th</sup> – Aug. 2<sup>nd</sup> camp