

2019 SUMMER TRAINING OPPORTUNITIES

The following list is subject to change. Please check the Athletics page on jesuitportland.org for changes and additions!

Plyometrics—Open to all students: M/W/F 7:00-8:00am starting June 10th
Weight Room—Open to All Students—M/T/W/TH/F 8-10am; M/W/TH 5:30-7pm Beginning June 10th
NO ATHLETIC ACTIVITIES OF ANY KIND ON CAMPUS July 28-August 3 - All facilities will be closed.

WOMEN'S BASKETBALL

Summer Teams- The Women's Basketball Program has teams that will compete throughout June, practice begins May 28th, this opportunity is available to all incoming Freshmen who are interested. To participate, contact Martha Cope in the Athletic Office at mcope@jesuitportland.org by mid-May.

Women's Basketball Camp— June 17th-22nd 12:30pm-3:00pm, \$125. Camp is encouraged and a great way to get to know Coach Jason Lowery and his staff, as well as familiarize yourself with the expectations of the Jesuit High School Women's Basketball Program. You will have a great time working hard while playing basketball and getting to know some of your new classmates at the same time!

MEN'S BASKETBALL

Men's Basketball Camp – June 24-28 12:30-3:00pm \$125. This is a great opportunity to get to know Coach Potter and the Jesuit coaching staff, as well as the drills and expectations of the Jesuit basketball program. You will have a great time working hard, while playing basketball, and getting to know some of your new classmates at the same time. There is no summer league team for incoming freshmen. All freshmen are encouraged to participate in Plyometric training and weight room opportunities that are available all summer.

MEN'S AND WOMEN'S CROSS COUNTRY

MEN'S AND WOMEN'S CROSS COUNTRY SUMMER TRAINING RUNS Incoming freshmen are welcome and encouraged to join summer training runs on Tuesdays (9 am at Beaverton Nature Park) and Thursdays (8 am strength training, 9 am run @ Jesuit) and Saturday mornings at 9:00 am. Summer training runs will begin the week of June 17th. Check with Coach Tom Rothenberger for Saturday run locations (trothenberger@jesuitportland.org) (The runs are not required but freshmen are welcome and encouraged to attend). More information will be sent this summer to all freshmen who express interest.

Cross Country Camp is June 8-12 9am-11:30am- \$125. Incoming Freshmen are encouraged to attend. Contact Head Coach Tom Rothenberger at trothenberger@jesuitportland.org with any questions.

WOMEN'S SOCCER

Soccer Information Meeting for incoming Freshman Parents & Students: Wednesday, May 15th 7:00-8:00pm in the Student Center.

Welcome Practice! Wednesday May 29th 6:00-8:00pm Open to all incoming and returning players.

Women's Soccer Camp: August 12-16, 11:00am-1:30pm \$125. All prospective players traditionally attend (although not mandatory). Camp is designed to assist players in preparation for tryouts and to introduce the technical and tactical priorities that will be stressed during the High School season

MEN'S SOCCER

Soccer Information Meeting for Freshman Parents: Monday, May 13th at 6:00pm in the Gedrose Student Center.

Men's Soccer Camp: August 12-16, 8:00-10:30am; \$125

MEN'S LACROSSE

Our coaches strongly recommend participation in all Jesuit provided plyometric and weight room training opportunities.

Men's Lacrosse Camp: July 8-11 from 9am-12pm.

WOMEN'S LACROSSE

There are no lacrosse-specific summer events for incoming freshmen, but we encourage anyone interested in trying out to take advantage of the plyometric and weight room opportunities that are available!

FOOTBALL

WEIGHT ROOM ORIENTATION – **Monday, June 3rd** at 5:00pm. We will have a meeting with all the incoming Freshman Football Players & parents that are able to be there. We will have a number of coaches there to meet with you and start helping you with a lifting program. It should last about an hour.

PLYOMETRICS AND WEIGHT ROOM HOURS starting June 10th – Monday/Wednesday/Friday from 7am to 8am is PLYO's – Weight Room is open from 8am to 10am with coaches helping you with strength training. Not mandatory, just good way to get ready for the fall.

FOOTBALL CAMP – AUGUST 5th to the 9th from 9:00am-12:00pm; \$125 – You are encouraged to attend if you are in town. You will get to meet your classmates and meet your coaches – And get ready for the year. Registration is on the Jesuit website.

CONDITIONING WEEK – AUGUST 12th to the 15th – tentative time is 3 TO 6PM.

VOLLEYBALL

The Jesuit Volleyball Camp is AUGUST 5th-AUGUST 9th from 12:30-3:00p.m.; \$125. Camp is a great way to meet other freshmen and get to know the coaches and prepare for the upcoming season. You are encouraged to attend, but it is not mandatory. Incoming freshmen are also welcome and encouraged to attend a training session for summer workouts on Wednesday, May 15th from 5:00-7:00pm on the track. Please come dressed down and ready to participate in conditioning and weight training exercises There are also training sessions on Tuesday and Thursday evenings all summer from 6:00-7:30pm. starting on June 18th (no training on Thursday July 4th)—these sessions will be conditioning and open gym volleyball with instructional components included.

BASEBALL

There are no summer teams for incoming freshmen. We encourage anyone interested in trying out to take advantage of the plyometric and weight room opportunities that are available! There is a summer camp run by our coaching staff for grades 5-9. June 17 – 21st from 9am-11:30am.

SOFTBALL

Softball Camp is June 17-20 from 12:30-3:00pm - \$125. There is no summer league. We encourage you to take advantage of the plyometric and weight room opportunities that are open to you all summer and participate fully in your summer leagues.