

2023 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 12th
Weight Room—Open to All Students—M/T/W/TH/F 8-10am Beginning June 12th
NO ATHLETIC ACTIVITIES OF ANY KIND ON CAMPUS July 24-30 - All facilities will be closed.

WOMEN'S BASKETBALL

Summer Basketball Program- All incoming 9th graders are invited to participate in our Summer Basketball Program- there are no tryouts, everyone who wants to play is welcome. Jesuit will field teams for some weekend tournaments, as well as mid-week games and workouts throughout the month of June. You will have a great time playing basketball and getting to know some of your new classmates at the same time! Contact Coach Lowery if you are interested in the summer league teams: jlowery@jesuitportland.org.

Women's Basketball Camp— June 12th- 16th, 4:00pm-6:30pm. Camp is encouraged and a great way to get to know Coach Lowery and his staff, as well as familiarize yourself with the expectations of the Jesuit High School Women's Basketball Program.

MEN'S BASKETBALL

Men's Basketball Camp – 9th Grade: June 26-30 2:30pm to 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 Monday through Saturdays at Jay street parking area in Beaverton near the Nike campus. Men & Women will start at 9:00am. Summer training runs will begin the week of June 26th Training run locations are subject to change. Before you attend your first training run please check with Coach Tom Rothenberger to confirm the run locations. These summer training 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.

Contact Head Coach Tom Rothenberger at trothenberger@jesuitportland.org with any questions.

Cross Country Camp - July 10-14 9:00am-11:00am - \$125 – camp is a great way to try cross country and learn great training habits.

WOMEN'S SOCCER

Women's Soccer Camp: August 7-11 11:00am-1:30pm \$125. All prospective players traditionally attend. 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. Incoming Freshman Player & Parent meeting: May 17th 7:00pm in the Gedrose Center (cafeteria). Practice with returning players and incoming freshmen: May 31st 6:00-8:00pm on the main field.

MEN'S SOCCER

Men's Soccer Camp: August 7-11, 8:00-10:30am; \$125

MEN'S LACROSSE All incoming freshmen are strongly encouraged to participate in Plyometric training and weight room opportunities that are available all summer.

WOMEN'S LACROSSE

We encourage anyone interested in trying out to take advantage of the plyometric and weight room opportunities that are available!

Women's Lacrosse camp - Grades 9th-12th - July 31 to August 4 3:30pm-5:30pm

FOOTBALL

PLYOMETRICS AND WEIGHT ROOM HOURS starting June 12th – 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. Often times players will be throwing and catching after lifting. Not mandatory, but if you can be here, it a great way to get ready for the fall.

FOOTBALL CAMP – July 31 to August 4 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 7th to the 10th – tentative time is 3 TO 6PM.

VOLLEYBALL

The Jesuit Volleyball Camp is July 31 to August 4 from 3:00pm-5:00pm. 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. The week after camp we will hold Conditioning and Open Gym with some instruction. All players including incoming freshmen are also welcome and encouraged to attend summer workouts, Tuesday & Thursdays beginning on June 20th from 6:30-8:00 p.m. We will meet on the track for some conditioning and open gym play.

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 20th-23rd from 9:30am-12:00pm.

SOFTBALL

Softball Camp is August 7-10 from 3:00-5:30pm - \$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.