



125 S. Elliott Rd, Newberg
Sports Department (503) 537-2909

April 8, 2011

2011 Summer Slam Sports Performance Camp

The Camp will focus on all aspects of Sport Performance. Special Emphasis will be placed on: Flexibility/Soft Tissue Work, Muscle Activation, Sport Dynamic Warm Up, Agility, Acceleration, Power, Strength, and Conditioning

When: Camp Date: June 27 - 29, 2011

Where: Newberg High School Weight Room

Time: 10:00 - 11:30

Who: 6th through 12th Graders

Cost: \$59

Activity # 32047.401

See Summer Activity Calendar Below:



2011 CPRD Summer Sport Camps, Lessons & Meetings Schedule



DATE	TIME	ACTIVITY	WHO	LOCATION
6/20 & 6/22	4:30-5:45	Youth Tennis Lessons	Ages 7-17	Jaquith Park Tennis Courts
6/20 & 6/22	6:30-8:00	Adult Tennis Lessons	Ages 12-	Jaquith Park Tennis Courts
6/20 – 6/23	10:00-12:00	Pee Wee Sport Camp	Ages 5-9	Jaquith Park Tennis Courts
6/20 – 6/23	9:00-12:00 pm	Girls Junior Tiger Hoop Camp	Grades 2-8	Chehalem Valley gym
6/20 – 6/22	9:00-11:30	Tiger Baseball Camp	Grades 1-8	NHS BB field
6/20 – 6/23	1:00-4:00	Boys Basketball Camp	Grades 2-12	GFU Wheeler Complex
6/21	6:00-7:00	Coed Softball Meeting	Adult	District Sports Office
6/21	7:00-8:00	Summer League Basketball Meeting	Adult	District Sports Office
6/27-6/29	10:00-11:30	Summer Slam Youth Sport Performance Camp	Grades 6-12	NHS Weight room
6/27,29,7/1	1:00-2:00	Kids Fit Camp	Ages 5-13	Crater ball fields
7/5 – 7/8	10:00-11:45	T-Ball Camp	Ages 4-7	Jaquith Ball Field #1
7/11– 7/14	9:00-1:00	Tennis Camp	Ages 7-17	Jaquith Park Tennis Courts
7/11 – 7/15	3:30-5:30	Middle School Rookie Rugby Camp	Grades 6-8	Renne Field
7/11 – 7/14	9:30-Noon	Soccer Camp	Grades K-8	NHS Soccer Field
7/18 – 7/21	10:00-12:00	Pee Wee Sport Camp	Ages 5-9	Jaquith Park Tennis Courts
7/13 - 7/16	9:30-1:30 pm	Lacrosse Camp	Grades 5-12	CVMS Football field
7/18 & 7/20	4:30-5:45	Tennis Lessons	Ages 7-17	Jaquith Park Tennis Courts
7/25 – 7/28	10:00-11:45	T-Ball Camp	Ages 4-7	Jaquith Ball Field #1
7/25,27,29	1:00-2:00	Kids Fit Camp	Ages 5-13	Crater ball fields
7/25,27,29	10:00-12:00	Pre-Season Football Conditioning Clinic	Ages 10-14	NHS Football field
7/31	7:30 am	Old Fashioned Festival 5 K Run	All ages	Memorial Park
8/1 –8/4	9:00-11:00	Jr. Tiger Football Camp	Grades 3-8	Crater Sports Complex
8/1	5:00-6:00 pm	7th & 8th grade FOOTBALL GEAR hand out	Grade 7-8	District Sports Office
8/2	5:00-6:00 pm	5th & 6th grade FOOTBALL GEAR hand out	Grade 5-6	District Sports Office
8/3	5:00-6:00 pm	3rd & 4th grade FOOTBALL GEAR hand out	Grade 3-4	District Sports Office
8/8 – 8/11	9:00-1:00	Tennis Camp	Ages 7-17	Jaquith Park Tennis Courts
8/8 & 8/10	4:30-5:45	Tennis Lessons	Ages 7-17	Jaquith Park Tennis Courts
8/15	6:00-7:30	K – Extreme Soccer Coach Meeting	Coaches	District Sports Office
8/20 – 8/21	9:00 am	Adult and Youth Tennis Tournament		

ADDITIONAL ACTIVITIES WILL BE ADDED AS THEY BECOME CONFIRMED.

For more information or questions please visit CPRD WEB SITE www.cprdnewberg.org or contact Mike at 503-537-2909, mgarrity@cpdnewberg.org