

Waterloo West High School
Summer Programs
2019

Weight Room

- **Advanced Lifting- Boys** Beginning Monday June 17th Monday thru Friday 9:00-11:00am @ West High School
- **Advanced Lifting- Girls** Beginning Monday June 17th Monday thru Friday 11:00am-12:30pm @ West High School
- **Sophomore Boys/Beginners (8th & 9th graders) Lifting Boys/Girls** Beginning Monday June 17th Monday thru Friday 12:30-2:00pm @ West High School

Baseball

- In season

Basketball- Boys

- **Weight Lifting-** Beginning Tuesday June 11th Tuesday thru Thursday 9:00-10:30am
- **Open Gym-** Beginning Tuesday June 11th Tuesday thru Thursday 10:30am-12:30pm
- **UNI Team Camp-** June 8, 9, 14, 15, 16
- **June Jamboree-** June 22, 23
- **Martin Bros- Atlanta-** July 11 thru 14
- **Martin Bros- Michigan-** July 19 thru 21

Tennis- Girls

- **Cardio at the Track-** Beginning Monday June 17th Monday thru Thursday 7:00-8:00am @ West High School
- **Drills at the court-** Beginning Monday June 17th Monday thru Thursday 8:00-9:00am @ West High School
- **Match/Play Challenges at the Court-** Beginning Friday June 21st Every Friday 7:00-9:00am @ West High School
- **Strength Training-** Beginning Monday June 17th Monday thru Friday 11am-12:30pm @ West High School

Bowling

- **Lesson Session 1-** June 17, 18, 19 Available times: 11:00am, 1:30pm, 4:00pm, 6:00pm
- **Lesson Session 2-** July 1, 2, 3 Available times: 11:00am, 1:30pm, 4:00pm, 6:00pm
- **Lesson Session 3-** July 17, 18, 19 Available times: 11:00am, 1:30pm, 4:00pm, 6:00pm
- **Varsity/Potential Varsity Team Practice-** July 31st 5:30pm

Girls Cross Country

- **Group Runs-** Sundays 5:00pm (Locations Vary), Monday 8:00am @ West High School, Wednesday 8:00am @ East High School
- **Lifting-** Tuesdays & Thursdays 7:00-9:00am @ East High School

Girls Swimming

- **Open Swim-** Beginning Monday June 10th Mondays, Tuesdays, Thursdays thru July 25th 3:00-4:30pm @ Central Middle School
- **Lifting-** Beginning Tuesday June 11th Tuesdays & Thursdays thru July 25th 6:20-7:00am @ West High School

Boys Swimming

- **Lifting-** Beginning Monday June 10th three times a week 6:15am @ West High
- **Swimming-** In the pool following lifting at 7:00am
- Boys will also have an opportunity to swim in the afternoon at Central with Jeff

Boys Cross Country

- **Team Run-** Beginning June 9th Sundays 5:00pm (Various Location), Mondays 8:00am @ West, Wednesday 8:00am @ East
- **Preseason Camp-** August 5-9 5:00pm @ TBD

Wrestling

- **Lifting-** June and July summer lifting in the morning with coach Thoma
- **Isi Loras College Camp (Dubuque)-** June 10-13
- **Iron Elite Intensive Camp (Grinnell)-** June 16-20
- **Dan Gable Museum Camp (Waterloo)-** June 17-19
- **ISI Earlham College Camp (Richmond, IN)-** June 26-29
- **ISI IWU Camp (Bloomington, IL)-** July 9-12
- **ISI Grinnell College Camp (Grinnell)-** July 17-20
- **Waterloo West Wrestling Camp (Waterloo)-** July 21-23 6:00-8:00pm

Girls Basketball

- **Team Practice-** June 1st 10:00am @ West
- **West Team Tournament-** June 2nd 1:30-5:30pm @ West
- **Team Practice-** June 8th 10:00pm @ West
- **Cotter Summer Tournament-** June 9th @ Winona
- **Training Camp-** June 12-14 Training camp (9-10:30am) & Scrimmage (6:30pm) on Thu. 6/13
- **Team Camp-** June 14th 2:00-5:00pm @ Linn-Mar
- **West High Post Camp-** June 15th 9:00-11:45am @ West

Girls Basketball (Continued)

- **West Middle School Basketball Camp-** June 17-21 @ West
- **Scrimmages-** June 18 & 20 6:30pm @ West
- **Scrimmage-** June 23rd 6:00-8:00pm @ Denver
- **Training Camp-** June 24-28 (9:00-10:30am) & Scrimmages (Tues. & Thurs. @ 6:30pm)
- **Scrimmage-** June 24th 1:30-3:30 @ Mason City
- **Open June 29-30**
- **Training Camp-** July 1-3 (9:00-10:30am) & Scrimmages (Tues. & Thurs. @ 6:30pm)
- **Training Camp-** July 5 9:00-10:30am
- **Open July 7-8**
- **Training Camp-** July 8-12 (9:00-10:30am) & Scrimmages (Tues. & Thurs. @ 6:30pm)
- **State Wars Tournament-** July 13-14 @ Dubuque
- **Wartburg Team Camp-** Jul 15-16 @ Waverly
- **Training Camp-** July 17 9-10:30am
- **Team Camp-** July 18-19 @ Linn-Mar
- **Open July 20-21**
- **Training Camp-** July 22-26 (9:00-10:30am) & Scrimmages (Tues. & Thurs. @ 6:30pm)
- **Grandview Team Camp-** July 27 @ Des Moines
- **Training Camp, Team Scrimmage, and Team Party** July 29-Aug 2
- **Open Gyms-** August

Football

- **Summer Lifting-** Mon-Fri
- **UNI Football Camp-** May 27th
- **First TIP-** June 1st (12am-2am) @ Memorial Stadium
- **T.I.P-** June 5th, 9th, 16th, July 10th (6:00-8:00pm)
- **7 on 7 Practices-** June 2nd, 13-14 (Soph/Varsity) @ 6:00-8:00pm
- **Leadership Training-** June 12th/19th & July 10th/17th
- **Wahawk Lineman Challenge-** June 26th (Grades 9-12) @ 5:00-7:00pm
- **Wahawk 7 on 7-** June 30th (Varsity) @ Memorial Stadium 5:00-8:00pm
- **Wahawk Lineman Camp(\$10)-** June 1st/2nd/8th/9th/11th (Grade 9-12) @ 6:00-8:00pm
- **Loras College 7 on 7-** July 13th (Varsity Only)
- **Team Camp Practice-** July 15th-17th (Varsity/JV)
- **South Dakota Team Camp-** July 18th-20th (Varsity/JV)
- **Wahawk Football Combine-** July 23rd-25th (Grades 9-12) @ Memorial 6:00-8:00pm
- **Wartburg Lineman Camp (\$20)-** July 26th (Grades 9-12) @ 10:00am-3:00pm
- **“Play 14” High School Camp (\$40)-** August 5th-8th (Grades 9-12)
- **First Official Day of Football-** August 12th (Grades 9-12)
- **Jr. Wahawk Football Camp (\$35)-** August 12th-14th (Grades 3-8)
- **Gator Bowl Scrimmage-** August 17th @ Memorial Stadium

Dance

- **Practice-** Tuesdays & Thursdays @ 7:30-10:00am
- **UDA Dance Team Camp-** July 11th-14th @ Cedar Rapids

Girls Golf

- **Practice-** June 14th, 21st, 24th, July 19th, 26th @ Irv Warren 9:00-10:00am

Cheer

- **Practice-** June 22nd, 29th, July 13th, 20th @ Weight Room/Back Entrance 8am-12pm
- **Camp-** July 22nd @ 10:30am-6:30pm & July 23rd/24th @ 8:00am-4:30pm in Commons
- **Football Cheer Practice-** August 5th @ Main Entrance
- **Warmup Orders Due-** August 5th @ 4:00-6:00pm to Cheer Coach
- **Athletic Booster Club Golf Outing-** August 8th
- **Fall Kick Off-** 6:00pm-9:00pm @ Memorial Stadium