

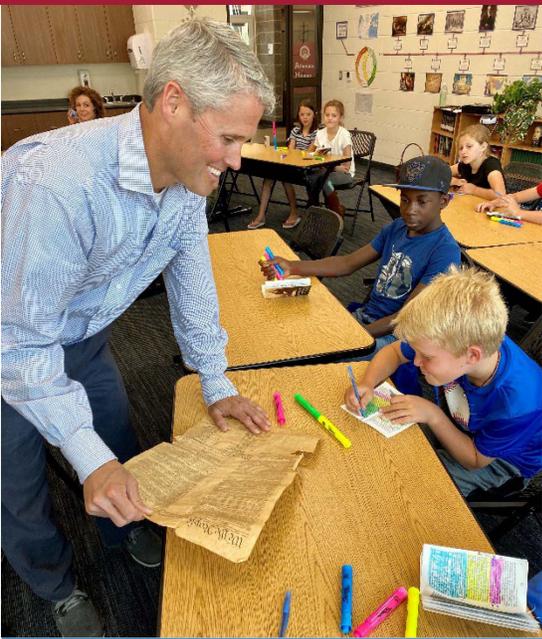


# American Heritage School Summer Programs

Summer 2021 Overview  
Grades K through 12

REGISTER TODAY! Limited Space Available  
<http://www.american-heritage.org/summer-programs>

**AMERICAN HERITAGE**  
SCHOOL  
AMERICAN FORK, UTAH  
EST. 1970



# 2021 Summer Programs Overview

It's summer time at American Heritage School! And, more than ever, it's time to get out and have some fun learning and participating in AHS summer camps!

Summer can be a wonderful time to refresh the spirit, connect with nature, and spend quality time as a family. Summer is also a great time to try new things or cultivate a hobby—and it's the perfect time for students to get a leg up on the skills that matter most to them.

This summer, due to the COVID-19 situation and due to the variability of the circumstances within which different summer program courses are offered, American Heritage School will err on the side of an abundance of caution as we apply appropriate social distancing measures to our summer programs offerings up to and including wearing face masks, limiting class sizes, distancing within classrooms/areas of participation and possibly cancelling courses (and reimbursing participation fees) as conditions and circumstances change and we adapt to new standards and guidelines.

We will continue to place your safety as a high priority. Adaptations and accommodations particular to each camp will be emailed by the instructor to camp participants at least one week prior to the beginning of each camp so that participants are aware of the conditions of the camp. If at any point a participant would like to withdraw from the camp they will be fully reimbursed for the cost of the camp by emailing the director of summer programs, Shauna Maughan, at [smaughan@ahsmail.com](mailto:smaughan@ahsmail.com).

Taught by experienced AHS instructors and coaches, these summer camps will give students new opportunities to engage in rigorous learning experiences—to study one subject in depth—and to experience new ways of learning.

While many of the camps are designed to meet the curriculum needs of American Heritage Students, all are open to the community at large. We welcome students who are willing to demonstrate self-government and adhere to the American Heritage School Honor Code, visit <https://www.american-heritage.org/honor-code> for grades 1–6 & <http://american-heritage.org/honor-code-7-12> for grades 7–12. Uniforms are not required.

Summer camps are just one of many ways American Heritage School helps families educate the hearts and minds of their children. We're excited to be a part of your summer!

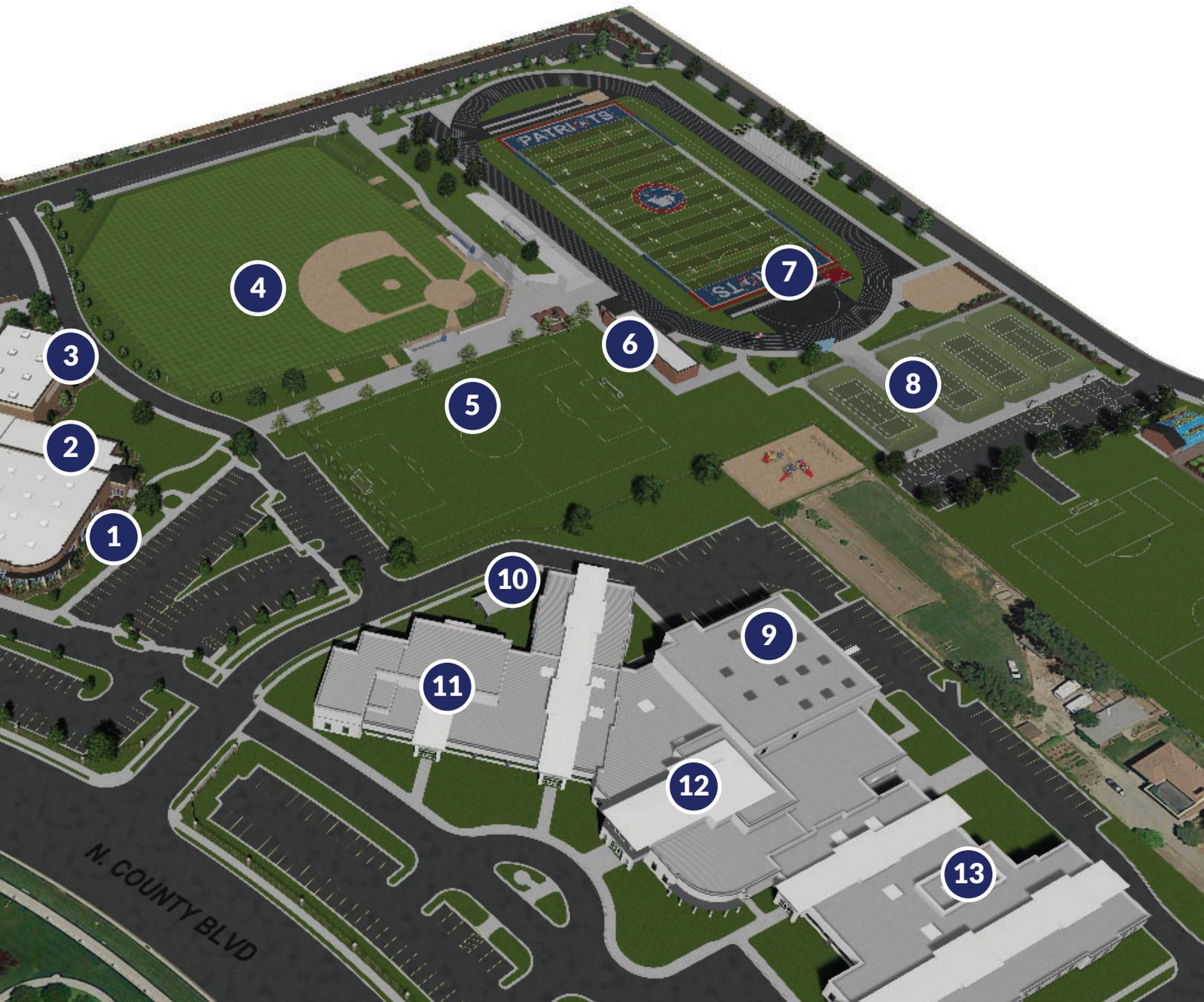
**For complete program details or to register your student, visit:**

<https://www.american-heritage.org/summer-programs>



# Summer Programs Locations

1. Patriot Arena
2. Ballroom
3. Practice Gym
4. Baseball Field
5. Grass Field
6. Restrooms / Concessions
7. Patriot Stadium
8. Tennis Courts
9. Recreation Hall
10. Pavillion
11. North Auditorium
12. Main Entrance
13. Celebration Room



# Inaugural AHS YOUTH **SUMMER RETREAT**

AUGUST 9–11

Don't miss the inaugural, residential, three-day youth retreat for all AHS on-campus and AHS Online middle and high school students!!

## Here's a taste of our plans!

(Email Holly Saltmarsh @ [hsaltmarsh@ahsonline.org](mailto:hsaltmarsh@ahsonline.org) with questions)



POWERFUL MORNING KEYNOTES  
INSPIRING MINI-CLASSES  
FUN TEAM GAMES & ACTIVITIES  
STEWART FALLS HIKE/SWIM  
WATER DAY AT DEER CREEK  
ARGENTINE BBQ  
SERVICE PROJECT  
DANCE & VARIETY SHOW  
FAITH-FILLED FIRESIDES  
GROUP TESTIMONY & SHARE  
NIGHT GAMES  
HOST FAMILY SLEEPOVERS

\*Plans still subject to change



# Register Soon!

[YouthRetreat.AHSONline.org](http://YouthRetreat.AHSONline.org)

ALL THINGS

Light



## AHS RETREAT FOR YOUNG WOMEN

*Inspire. Connect. Serve.*

Cut through the darkness of the world! Come and spend a high-energy, thought provoking, spiritually refreshing, physically empowering, and emotionally renewing week filled with *All things! Light!*

### Highlight's:

- Outdoor adventure
- Guest speakers
- Health & nutrition
- Power of positive WORDS
- Combating negative thoughts
- Strengthening relationships with God, self and community
- Safely navigating media/technology
- Healthy body image
- Service opportunity
- And more...



# *Beethoven's 250<sup>th</sup> (+1)*



*June 7<sup>th</sup>-12<sup>th</sup>*



*Lyceummusicfestival.com*

**Inaugural**  
**AHS YOUTH SUMMER RETREAT**  
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 (Email Holly Saltmarsh @hsaltmarsh@ahsonline.org with questions)



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 NIGHT GAMES  
 HOST FAMILY SLEEPOVERS

Plans still subject to change

**Register Soon!** YouthRetreat.AHSONline.org

**Full Pass**

**Date:** Aug 9 - 11  
**Time:** 8am - 10pm  
**Cost:** \$285

**2-Day Pass**

**Date:** TBD  
**Time:** 8am - 10pm  
**Cost:** \$220

**1-Day Pass**

**Date:** TBD  
**Time:** 8am - 10pm  
**Cost:** \$110

**Description:**

Get ready for the summer event of the year! This retreat will be a one-of-a-kind experience—a three-day retreat, jam-packed with amazing keynote speakers, team-building activities and classes, outdoor movie with food trucks, trip to Deer Creek, Stewart Falls hike and Argentine BBQ, variety show, dance, and more! Students from out of state will slumber party with other youth at local AHS host family's homes. All meals, snacks, retreat t-shirt, reservations, etc. are included.

For more information visit:

[YouthRetreat.AHSONline.org](http://YouthRetreat.AHSONline.org)



**All Things Light: A Retreat for Girls Ages 12+**

**Session 1**

**Date:** June 7 -10 (M-TH)  
**Time:** 1:00pm - 4:00pm  
**Cost:** \$150

**Session 2**

**Date:** June 14 -17 (M-TH)  
**Time:** 9:00am - 12:00pm  
**Cost:** \$150

**Session 3**

**Date:** June 21 -24 (M-TH)  
**Time:** 1:00pm - 4:00pm  
**Cost:** \$150

**Session 4**

**Date:** June 28 -Jul 1 (M-TH)  
**Time:** 9:00am - 12:00pm  
**Cost:** \$150

**Description:**

By choosing this course, you will be taught principles and invaluable strategies of health---in body, mind, and spirit. You will engage in proven exercises to help change negative thought patterns and be taught critical action plans to combat the Adversary. By harnessing the power of words, you will discover a deeper understanding of your divine gifts as a Daughter of God called to be in His Latter-day Battalion. Together we will strengthen, sharpen, and learn how our minds, spirits, and bodies work together. This will be accomplished through high-energy discussions, physical exercise, outdoor adventures, creative activities, inspiring guest speakers, music, service opportunities, and more. You will end the week feeling empowered, inspired, and better equipped to rise, shine, and illuminate 'All Things LIGHT'.



**Instructor:** Andrea Mondredi  
**Email:** [amonfredi@ahsmail.com](mailto:amonfredi@ahsmail.com)



**Instructor:** Heidi Crossley  
**Email:** [hcrossley@ahsmail.com](mailto:hcrossley@ahsmail.com)



## Acting and Musical Theatre

### Grades 5-8

**Date:** May 31 - Jun 4 (M-F)  
**Showcase:** Friday at 11:00am  
**Time:** 9:00am - 11:30am  
**Cost:** \$120

\*\*Students should try to prepare 1 ½ to 2 minutes of an inspiring Broadway or other similar selection. Please bring an accompaniment track on a flash drive or CD. A Karaoke version on YouTube is also acceptable.



### Description:

- Students will learn acting, singing and staging fundamentals in an exciting small group setting of no more than 15 students.
- Students will receive individual and group coaching on how to interpret, stage and perform a song excerpt of their choosing.
- An audition headshot will be included.
- Ensemble selection TBD depending on the makeup of the class

**Instructors:** Dr. Ryan Anderson and Isaac Anderson  
**Email:** [randerson@ahsmail.com](mailto:randerson@ahsmail.com)

Dr. Anderson studied vocal performance at BYU and performed leads in main stage opera and musical theater productions. He is a veteran of the Tuacahn Stage where he performed for five seasons in leading Roles in Les Miserables, My Fair Lady, Annie, Little Mermaid and Crazy for You. He has performed roles in the Nauvoo and British Pageants as well as playing Peter and Zacharias in Savior of the World and loves using the arts to testify as well as entertain. Isaac has been active in musical and theatrical programs including lead rolls in the Nauvoo Pageant, and recently a featured actor in the Nationally televised Easter Program, "The Tabernacle Choir at Temple Square: He is Risen".



## Group Vocal Class

### Grades 7-12

**Date:** Wednesdays, June 2 - July 21 (No Class on July 14<sup>th</sup>)  
**Time:** 11:30am – 12:30pm  
**Recital:** July 21 at 11:30am  
**Cost:** \$75

A commitment to attend at least six sessions is required. Maximum class size is 10 with a possible 2<sup>nd</sup> session available.



### Description:

Group Voice Class: Summer Session is for students who would like to improve their singing and performance abilities. Students will understand the physiology of singing, practice healthy tone production, and learn how to be successful in performance and audition settings. Students will learn concepts in class, practice and apply them at home, and then perform regularly in front of the class. For the final session on July 21st, parents and friends are invited to a recital where each student will perform a solo.



**Instructor:** Rob Swenson  
**Email:** [rswenson@ahsmail.com](mailto:rswenson@ahsmail.com)

Rob Swenson holds a master's degree in music education and has had over 15 years of experience working with adolescent voices. In 2007, he founded the Heritage Youth Chorus. Under his direction, this faith-centered choral program for children and youth has grown to include over 200 members who perform throughout the United States. Rob currently directs the middle and high school choirs for American Heritage School.

## Recording Artist Camp

### Grades 7-12

**Date:** July 12-15 (M-TH)

**Time:** 10:30am – 12:30pm

**Cost:** \$200

Please bring your personal laptop computer to the camp each day. If you do not have access to a personal laptop, we will arrange for you to borrow one from the school.



#### Description:

This camp will guide aspiring artists and influencers as they get their start in the recording industry. Students will learn about vocal delivery and styling for the recording studio. Students will study song writing and performance styles. Students will explore various ways to use social media platforms to promote the recording artists' work. The highlight of the camp will be recording a group song in a professional recording studio.



**Instructor:** Yahosh Bonner

**Email:** [ybonner@ahsmail.com](mailto:ybonner@ahsmail.com)

Yahosh comes from an accomplished musical heritage and he has been surrounded by music since childhood. His love of music is deeply rooted in his love for the gospel. He states, "I look forward to sharing the gift of music that God has given me to bring the spirit into every performance." You can catch him on the next episode of BYUtv's Family Rules.

## Ballroom Training

### Grades 5-8

**Date:** Jun 21 -23 (M-W)

**Time:** 11:00am – 12:30pm

**Cost:** \$60

#### Description:

Learn the fundamentals of American and International Ballroom dance. Get a head start before the new school year. Whether you dance at the school or on studio teams, this class will be perfect for you!

### Grades 9-12

**Date:** Jun 21 -23 (M-W)

**Time:** 9:00am – 10:45am

**Cost:** \$60

#### Description:

Come and learn American and International Ballroom Dance. These steps and figures are new and super fun. Don't miss out, these are not taught during the regular school year!

### Adults

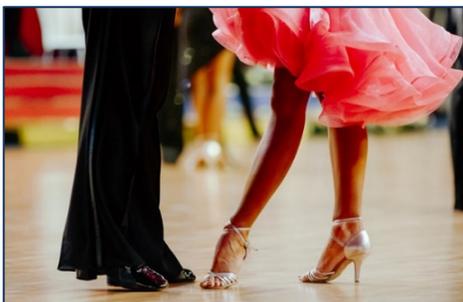
**Date:** Thursdays, June 10 - 24

**Time:** 6:30pm – 8:00pm

**Cost:** \$60 (Individual) \$90 (Couples)

#### Description:

Whether you have never danced before, or it's been a long time and you want to earn "Brownie Points", this Ballroom Dance Camp is for You!



**Instructor:** Barbara McOmber

**Email:** [bmcomber@ahsmail.com](mailto:bmcomber@ahsmail.com)

Barbara is a Brigham Young University graduate with a Bachelor of Science in Home and Family Living Studies. While attending BYU, she was on the Ballroom Tour team, where she was able to spread her love of dance and the gospel while touring the South Pacific. Barbara has been teaching ballroom dance to all ages for the past 2 decades!



## Sewing Camp: Needle Little Help

### Ages 10+ - Session 1

**Date:** June 14-17 (M-TH)  
**Time:** 10:30am-12:30pm  
**Cost:** \$100 + materials

### Ages 10+ - Session 2

**Date:** June 21-24 (M-TH)  
**Time:** 1:00pm -3:00pm  
**Cost:** \$100 + materials

#### Description:

This is a great beginning sewing class designed to allow students to progressively learn and refine their sewing skills. Students will complete two projects during the week. The first is a pillowcase, the perfect beginners project. After completing the pillowcase, students will then make their own drawstring bag. This bag is sturdy and includes a lining and inside pocket. All sewing enthusiasts are invited to attend this course, which will give learners the tools they need to start and continue sewing on a machine.

**Instructors:** Kimberly Gibbs and Amanda Pew

**Email:** [apew@ahsmail.com](mailto:apew@ahsmail.com)

**Email:** [kgibbs@ahsmail.com](mailto:kgibbs@ahsmail.com)

We want you to love your projects so, prior to camp, you will be given a list of fabric types and quantities you will need to select and bring with you for the first day of class.

Other supplies and tools will be provided. You are welcome to bring your own sewing machine and any other tools you have that you would like to use, but it is not required.



## Sewing Camp: Needle Little More Help

### Ages 12+ - Session 1

**Date:** July 12 – 15 (M-TH)  
**Time:** 10:30am-12:30pm  
**Cost:** \$110 + materials

### Ages 12+ - Session 2

**Date:** July 26 – July 29 (M-TH)  
**Time:** 10:30am – 12:30pm  
**Cost:** \$110 + materials

Note: ages 12+ or successfully completed the Needle Little Help Sewing Class. Previous sewing experience highly recommended.



#### Description:

Are you looking to expand your sewing skills? This camp is a great place to start with two fun projects. We will start by learning the basics of clothing construction as we sew a pair of athletic shorts you will love wearing. You will learn pattern layout, fabric pinning and cutting, hemming, and making an elastic casing for a waistband. Our second project will be a super fun, small duffel bag. While we sew this bag, you will learn two different zipper applications, pocket making, and creating a finished look by sewing a lining for the bag. We want you to love your projects so, prior to camp, you will be given a list of fabric types and quantities you will need to select and bring with you for the first day of class. Other supplies and tools will be provided. You are welcome to bring your own sewing machine and any other tools you have that you would like to use, but it is not required.

## Hey Alexa! Alexa Skills Development

### Grades 10-12

**Date:** Jun 21 -25 (M-F)

**Time:** 9:00am – 11:00am

**Cost:** \$50

**Instructor:** Austin Hill

**Email:** [ahill@ahsmail.com](mailto:ahill@ahsmail.com)

### Description:

Voice interaction is becoming more and more common in today's world. With Siri, Google Assistant, and the more common of them is Alexa. In this course, we will be learning how Alexa works, and how to build your very own Alexa skill! For the first 2 days we will be learning JavaScript and Node.js which is the base for building Alexa skills. You will receive an introduction to the basics of Alexa, Alexa skill development, skill behavior and proper voice interactions. Students can either bring their own laptops, or we will have laptops available for use in developing these skills. We will be using the Alexa Developer console for most skill testing, but we will have multiple Alexa devices available in the room for use and testing. This will allow for better experiences for the students to see how in one moment they are writing code, and the next they are interacting with Alexa in just the way they told her to. Voice interfaces are an incredible technology, and students will learn the ins and outs and as they finish the week, you will have built your very own Alexa skill.



## Living in History

### Grades 4-6

**Date:** June 7 - 10 (M-TH)

**Time:** 10:30am – 12:30pm

**Cost:** \$100

**Instructor:** Julie Arnold  
**Email:** [jarnold@ahsmail.com](mailto:jarnold@ahsmail.com)

### Description:

Journey back in time and experience life in colonial and pioneer times through storytelling, demonstrations, and hands-on experiences. Children will learn old-time skills, old-fashioned games, and make craft projects to take home.



## The Amazing Summer Read



### Grades K-6

**Date:** June 15 - July 27 (Every Other Tues)

**Time:** 11:30pm -12:30pm

**Cost:** Free

**Instructor:** Melanie McConkie

**Email:** [mmcconkie@ahsmail.com](mailto:mmcconkie@ahsmail.com)



### Description:

The summer of 2021 will be a reading adventure through genres. Each meeting will involve activities and stories from a new genre. Book lists will be provided for recommended reading. Students will be given a reading passport to record the books they have read in each genre. Registration before June 1st ensures your child will receive a reading passport.



**Grades 4-8**

**Date:** June 21 - 23 (M-W)  
**Time:** 9:00am - 11:00am  
**Cost:** \$75

**Instructor:** Jeff Hymas  
**Email:** [jhymas@ahsmail.com](mailto:jhymas@ahsmail.com)

**Description:**

Learn the principles of the Constitution like you never have before with games, memorizations, group activities, mnemonic devices and, most importantly, the actual text of the Constitution. Thousands of youth have participated in this course online but you get to experience it in person in a fun and hands-on way.

The Constitution Made Easy – Evening Course

**Adults & Young Adults 16+**

**Date:** June 29 – July 1 (T-TH)  
**Time:** 6:30pm – 8:30pm  
**Cost:** \$100 (Couple)  
 \$75 (Individual)

**Instructor:** Jeff Hymas  
**Email:** [jhymas@ahsmail.com](mailto:jhymas@ahsmail.com)



**Description:**

You love and revere the Constitution as inspired by God, but do you really know what is in it? If you are like many Americans, the answer is no. That isn't anything to be ashamed about but let's change that fact together! This class will not only introduce you to the Constitution as a whole and the principles upon which it is built but it will provide a deep-dive look into the five clauses that everyone should know in order to make sense of policies, candidates, and issues into which you wish you had more constitutional insight. Designed for admirers, beginners, and intermediate students of the Constitution. Bring your questions – the more, the better!

The Start Up Academy

**Grades 7-12**

**Date:** June 2 - 4 (W-F)  
**Time:** 10:00am - 12:00pm  
**Cost:** \$100

**Instructor:** Travis Lish  
**Email:** [travis.lish@gmail.com](mailto:travis.lish@gmail.com)  
**Web:** [thestartupacademyprogram.org](http://thestartupacademyprogram.org)



**Description:**

Description: Fun and engaging experiences that help teens discover their potential, increase their confidence, and create a future. Participants compete in fast-paced entrepreneurial challenges, win prizes, and feel the spark of business. Sign up today!



*"We believe that you are capable of creating something that can bring value to the world. Our goal is to help teens find purpose and passion in their lives through entrepreneurship. Since 2017, we have been working with teens to bring their business ideas to life. From greeting cards, to bow ties, to unique travel bags, our teens continue to walk the creator's path."*



## Grades 7-12

**Dates:** Mon – Thur; June 7 – July 29

**Times:** 9:30am - 12:30am (1-hour blocks)

**Cost:** \$75 for (5) 1-hours sessions

**Instructor:** Camille Heiner

**Email:** [cheiner@ahsmaail.com](mailto:cheiner@ahsmaail.com)

## The Summer Math Program is For:

1. Students who need some strengthening in some areas in order to be more successful in future math classes – these students typically only need **5 – 10 sessions** throughout the summer. I recommend spreading these sessions out over the summer instead of taking them all in one week.
2. Students who need to recover credit for a class – these students need **at least 10 sessions** in order to recover class credit. They are welcome to sign up for more than that if needed. When recovering class credit (because they scored less than 70% on one or more term grades), students will not be able to change their original grade. They will receive a PASS on their transcript which shows that they received the credit for that class.
3. Incoming/new students – these students usually need between **5 – 10 sessions** to become familiar with the Saxon math program and to beat the learning curve that all new students face when starting a new math curriculum. This program is also for any students who felt that they scored or were placed low when doing their intake assessment when they were admitted to the school. After summer school, they can retest to see if they can get into a higher class for the fall.

## Description:

American Heritage teachers are committed to helping each student succeed. Many of our dedicated educators offer private tutoring which is scheduled at the convenience of the teacher and the student. Please visit the private tutoring links through Veracross for more information. <https://american-heritage.org/tutoring-private-lessons/>



[Our People](#) [Our Programs](#) [On Campus Admissions](#) [Events](#) [About Us](#) [Veracross](#) [AHS Online](#) [Search](#)



General Tutoring

Math Dept. Tutoring

Science Tutoring

Private Lessons

## Co-Ed Pickleball

### Grades 7-12

**Date:** June 14 - 17 (M-TH)

**Time:** 8:30am - 10:00am

**Cost:** \$75

**Instructor:** Jeff Hymas

**Email:** [jhymas@ahsmail.com](mailto:jhymas@ahsmail.com)



#### Description:

Come and see why pickleball is one of the fastest growing sports in the country. Pickleball is similar to tennis but is played on a smaller scale. It is extremely easy to learn and is very popular because it can be played competitively by all levels of athletes within a very short time. It is a great life-time sport. We will cover rules, skills, strategies, and most of all we will practice fundamentals and play dozens of games, contests and tournaments to develop and refine our abilities in the sport. Rackets and balls are provided.

## Co-Ed Tennis



#### Description:

In this camp, our AHS Varsity Coaches will tailor skill development to beginner, intermediate, and advanced tennis players. We'll review the rules of tennis, learn how to keep score, teach proper swing mechanics, enjoy many group-based activities, and give focused time to each athlete as we analyze their overall abilities. At the end of the camp, we will put that knowledge to use with a friendly and fun Saturday morning tournament! Remember to bring your water bottles and rackets. Please note that this is an evening T – TH camp.

### Grades 5-9

**Date:** June 8 - 10 (T-TH)

**Time:** 6:00pm - 8:00pm

**Cost:** \$100

#### Tournament

**Date:** June 12 (Sat)

**Time:** 8:30am - 10:30am

**Cost:** Free / Optional

**Instructor:** John Parsons

**Email:** [jparsons@ahsmail.com](mailto:jparsons@ahsmail.com)

## Co-Ed Ultimate Frisbee

#### Description:

Come learn and play one of the fastest-growing sports in the world! All skill levels are welcome and encouraged to play this fun and exciting sport. All campers will develop their skills in Ultimate, make new friendships, develop confidence and leadership, and gain a greater understanding of the Spirit of the Game. This camp will be comprised of skill-building, mini-games, and scrimmages. All participants will receive an Ultimate disc. Come see why once you play Ultimate, you will want to play for the rest of your life!



### Grades 5-8

**Date:** June 21 - 23 (M-W)

**Time:** 9:00am - 10:30am

**Cost:** \$75

**Instructor:** Tricia Andersen

**Email:** [tricia.andersen@gmail.com](mailto:tricia.andersen@gmail.com)



## Co-Ed Baseball

### Grades 5-6

**Date:** June 21 - 24 (M-TH)  
**Time:** 4:00pm - 6:00pm  
**Cost:** \$120

### Grades 7-8

**Date:** June 28 – July 1  
**Time:** 4:00pm - 6:00pm  
**Cost:** \$140

### Grades 9-12

**Date:** June 14 - 17 (M-TH)  
**Time:** 4:00pm - 6:00pm  
**Cost:** \$140



### Description:

This camp will allow players (boys and girls) the opportunity to learn and improve their skills and knowledge. Campers will receive individual instruction in batting and pitching, as well as group lessons in fielding, game awareness, and strategy. We will also introduce players to the 'AHS Way', the culture and philosophy in which our baseball program conducts itself on and off the field. Thursday may also include a scrimmage based on the number of players.

**Instructor:** Blake Jansen  
**Instructor:** Kyle McGee  
**Email:** [bjansen@ahsmail.com](mailto:bjansen@ahsmail.com)



## Co-Ed Volleyball

### Description:

The high school varsity coaches will guide players as they learn basic techniques, improve their individual skills, and increase their understanding of the game of volleyball. These camps are designed to teach players of all skill levels, from 3rd to 12th grades in a fun team environment. AHS varsity players will help younger campers learn the importance of character development, sportsmanship and team unity. Go Patriots!!!

**Instructors:** AHS Varsity & Utah Surge Sports Coaches  
**Email:** [nwood@ahsmail.com](mailto:nwood@ahsmail.com)  
**Email:** [ltillman@ahsmail.com](mailto:ltillman@ahsmail.com)



### Grades 3-5

**2-Day Camp**  
**Date:** June 7 - 8 (M-T)  
**Time:** 1:00pm - 3:00pm  
**Cost:** \$80

### Grades 6-8

**2-Day Camp**  
**Date:** June 9 - 10 (W-TH)  
**Time:** 1:00pm - 3:00pm  
**Cost:** \$80

### Grades 9-12

**Session 1**  
**Date:** June 7 - 10 (M-TH)  
**Time:** 9:00am - 11:00am  
**Cost:** \$175

### Grades 9-12

**Session 2**  
**Date:** June 7 - 10 (M-TH)  
**Time:** 11:00am - 1:00pm  
**Cost:** \$175

## Sport Specific Personal Training: Volleyball

### Grades 9-12

**Date:** June 7 - 10 (M-TH)  
**Time:** 8:00am - 8:50am  
**Cost:** \$ 60 (4 sessions)

Additional sessions are available for purchase and will be scheduled directly with Coach Smith

### Description:

Let personal trainer, Brian Smith, help you elevate your game, increase your potential, and achieve your goals. With a personalized consultation and 4 morning workout sessions, Coach Smith will use his extensive knowledge of nutrition, functional movement screening, and athletic strength and condition training, to help you progress along the path of understanding how the mind, body, and spirit affect your individual growth and performance.



**Coach Brian Smith**  
[bsmith@ahsmail.com](mailto:bsmith@ahsmail.com)



## Co-Ed Soccer Grades K-6

### Description:

Did you miss it last year!? We had a LOT of fun in our inaugural year of the Patriot Soccer Skills Camp at AHS. We work on various skills based on level, play lots of small-field games, and have great competitions. Above all, we have a lot of fun! Players will come away with some new tricks up their sleeve, but also an increased love of soccer. No youth sport's camp is complete without FOOD! Every day ends with Otter Pops and a soccer challenge. On the final day of camp, each group will compete in the Patriot Cup, while the others cheer, eat pizza and play other small games. See some highlights from last year's camp, [here!](#)

### Grades K-6

**Date:** June 14 - 17 (M-TH)

**Time:** 8:30am – 11:30am

**Cost:** \$120



**Instructor:** Peter Knecht  
**Email:** [pknecht@ahsmail.com](mailto:pknecht@ahsmail.com)  
**Video:** <https://bit.ly/3rE3tpl>

## Girls Soccer Grades 7-12

### Grades 7-12

**Date:** June 8 - 10 (T-TH)

**Time:** 8:00am – 10:30am

**Cost:** \$110

**Instructor:** Aimee Holmes  
**Email:** [4aimeerae@gmail.com](mailto:4aimeerae@gmail.com)



### Description:

Athletes will receive individual and group instruction designed to develop their skills and knowledge to help better prepare them for their upcoming soccer seasons. This 3-day camp is directed by Aimee Holmes, who is a former UVU Women's Soccer player and Track and Field scholarship recipient. She has extensive experience in coaching youth soccer and is currently the head coach for the AHS Girls Varsity team.



## Boys Soccer Grades 7-12

### Description:

Want to take your game to the next level? Coach Blake has high expectations for his players and his teams, no matter what. He incorporates technical training with situational training, and physical speed, agility, strength and conditioning. Coach Blake played 8 years for the Fiji National Soccer U17, U20 and Olympic Men's Teams. He was recruited by BYU Hawaii where he also received his degree in Exercise & Sport Science. He continues to coach individual athletes and teams at the highest levels helping each player to become the best they can be.

### Grades 7-12

**Date:** June 21 - 24 (M-TH)

**Time:** 8:30am – 10:30am

**Cost:** \$150

**Instructor:** Stephen Blake  
**Email:** [sblake@ahsmail.com](mailto:sblake@ahsmail.com)

## Sport Specific Personal Training: Soccer

### Grades 9-12

**Date:** June 21 – 24 (M-TH)

**Time:** 7:30am - 8:20am

**Cost:** \$ 60 (4 sessions)

Additional sessions are available for purchase and will be scheduled directly with Coach Smith

### Description:

Let personal trainer, Brian Smith, help you elevate your game, increase your potential, and achieve your goals. With a personalized consultation and 4 morning workout sessions, Coach Smith will use his extensive knowledge of nutrition, functional movement screening, and athletic strength and condition training, to help you progress along the path of understanding how the mind, body, and spirit affect your individual growth and performance.



**Coach Brian Smith**  
**Email:** [bsmith@ahsmail.com](mailto:bsmith@ahsmail.com)

## Basketball Camps

### Description:

A camp to introduce the amazing game we love and to teach the **FUN**-damentals of basketball - dribbling, passing, shooting, and much more. There will also be fun individual and team challenges to measure performance and growth.

### Grades 1-4

**Session 1:** June 14-17 (M-TH)

**Session 2:** July 26-29 (M-TH)

**Time:** 11:00am - 1:00pm

**Cost:** \$120 / each session

### Description:

For middle school players of all levels – beginner or experienced. We will teach, solidify, and improve the fundamentals of basketball. We will focus on skill development, introduce game systems and have opportunities to compete as individuals and teams while preparing for the upcoming season.

### Grades 5-8

**Session 1:** June 14-17 (M-TH)

**Session 2:** July 26-29 (M-TH)

**Time:** 11:00am - 1:00pm

**Cost:** \$120 / each session

**Instructor:** Paora Winitana

**Email:** [pwinitana@ahsmail.com](mailto:pwinitana@ahsmail.com)



Coach Paora Winitana was born and raised in New Zealand, where graduated from the Church College of New Zealand, served a mission in Australia and played professionally for 20 years including two World Championship tournaments (2002/2006) and the 2004 Olympic Games. He is grateful and excited to be able to use all these experiences and knowledge to help others become the best versions of themselves, and to come closer to the Savior through sports and coaching.

### Girls Grades 9-12

**Session 1:** June 14-17 (M-TH)

**Session 2:** July 26-29 (M-TH)

**Time:** 1:30pm - 4:30pm

**Cost:** \$150 / each session

### Boys Grades 9-12

**Session 1:** June 14-17 (M-TH)

**Session 2:** July 26-29 (M-TH)

**Time:** 8:00am - 11:00am

**Cost:** \$150 / each session



## Basketball Individual / Small Group Training

### Private Lessons

### Small Group Coaching

**Dates:** To Be Scheduled w/ Coach W.

**Times:** 8:00, 9:00, 10:00, 11:00am

**Cost:** \$100 / (4) 1-hour sessions

\$180 / (8) 1-hour sessions

### Description:

A unique opportunity for all High School Basketball players to be supported in their goals and aspirations. Under the leadership of our Director of Basketball Operations - Coach Paora Winitana, our small group and individual training will include personalized evaluations and measurements, specialized skill workouts, goal setting, strength training and conditioning. The purpose is to better prepare athletes for success in their high school year by identifying strengths and areas of focus to improve on. Group sizes will be limited to no more than 6 athletes.

## Sport Specific Personal Training: Basketball

### Description:

Let personal trainer, Brian Smith, help you elevate your game, increase your potential, and achieve your goals. With a personalized consultation and 4 morning workout sessions, Coach Smith will use his extensive knowledge of nutrition, functional movement screening, and athletic strength and condition training, to help you progress along the path of understanding how the mind, body, and spirit affect your individual growth and performance.

### Grades 9-12

**Session 1:** June 14-17 (M-TH)

**Session 2:** July 26-29 (M-TH)

**Time:** Boys: 7:00am - 7:50am

**Time:** Girls: 8:00am - 8:50am

**Cost:** \$ 60 (4 workouts)

(AHS Weight room)



Please note: Due to the nature of summer programs and the unpredictability of enrollment, some classes with low enrollment of students may need to be cancelled. This decision will be left to the instructor of the course and will be made as soon as possible. In the event that a course is cancelled, full refunds will be issued to participants. Thank you!

**FOR DETAILED PROGRAM INFORMATION & REGISTRATION VISIT:**  
**<http://american-heritage.org/summer-programs>**

