



WESTMOORE VARSITY GIRLS
BASKETBALL PRESENTS



YOUTH

SUMMER BASKETBALL

Camp

Coached By: Coach K and The Lady Jags

June 19-22

5th-8th Grade Girls

Registration: \$80/ Player

9am-1pm

Sign up TODAY on
[MyPaymentPlus.com](https://www.mypaymentplus.com)

Location: Westmoore
High School Arena



WESTMOORE JAGUARS 2023 BOY'S BASKETBALL CAMP

DATE: May 30th-June 1st (Tuesday-Thursday)

TIME: 9am-Noon (3rd -8th graders) 2023-'24 SCHOOL YEAR

PLACE: WESTMOORE HIGH SCHOOL – 12613 SOUTH WESTERN
OKC, OK

The camp will focus on and include:

- FUNDAMENTALS (ball handling, shooting, passing)
- DECISION MAKING IN GAME-LIKE SITUATIONS
- SHOOTING COMPETITIONS
- FOOTWORK
- DAILY COMPETITIONS AND COMPETITIVE GAMES
- CAMPERS THAT PRE-REGISTER WILL BE GUARANTEED A CAMP SHIRT IN THEIR SIZE

CAMP WILL BE CONDUCTED BY THE WESTMOORE HS BOYS VARSITY COACHING STAFF AND THE 2023-24 JAGUARS VARSITY PLAYERS.

HOW TO ENROLL:

Mail a \$50 deposit or send the full payment of \$100 to reserve your camper's spot.

Detach the bottom portion and return cash or check (blue or black ink only) to:

JAGUAR BASKETBALL CAMP

C/O Todd Millwee

12613 S. Western

Oklahoma City, OK 73170

****Make Checks payable to: Moore Athletics**

-----Detach and return with payment-----

NAME _____ AGE _____ GRADE _____ (2023-24 School Year)

ADDRESS _____ CITY _____ ZIP _____

PARENT/GUARDIAN CELL _____ SHIRT SIZE: YS, YM, YL, S, M, L

Parent/ Guardian hereby agrees to accept all responsibility for medical or other expenses that might occur.

*****Parent/Guardian signature is required:** _____

****Email michaelmillwee@mooreschools.com with questions. Or text 580-284-4006**

STAFF USE ONLY

VISIT OUR WEBSITE WESTMOOREBASKETBALL.ORG FOR MORE

2023 Jaguar Softball Camp 1st-6th Grade

WHEN: May 24 & 25th

5:30 PM- 8:00PM

COST \$40 Single or \$70 2 campers same Family

**Payments: Moore Public Schools -
MyPaymentsPlus OR Cash OR
Venmo to Jaguar FP Booster-
Receipts given at camp.**

Bring:

Glove, Bat, Mask, Helmet, Tennis Shoes, Cleats, Water Bottle, Catcher's Gear.
Wear shorts or Softball Pants and t-shirt.

Location: Westmoore Softball Complex

**REGISTER USING QR CODE:
Must be registered and paid
by May 20th to guarantee a
shirt!**

Westmoore Summer Softball
Camp 2023: Entering 1st-6th
Grade





Jaguar Wrestling Offseason

Men and Women's Wrestling

Westmoore High School When: June 5 Thru August 4 @ Wrestling Weight room

Monday, Tuesday, and Thursday

⇒ **Time: 5:00 PM — 7:00 PM**

Registration Fee: \$50.00 check/CASH 9 weeks of Strength and Conditioning

⇒ **Check Written to Moore Athletics (Blue or Black Ink Only for Checks)**

⇒ **Turn money into Coach Evans or Coach Finn**



Use QR Code to pay
on mypayments plus

Building Strength, Speed, & Power



Contact Information

Dustin Finn
dustinn@mooreschool.com



Contact Information

Will Evans
willevans@mooreschool.com

2023 Westmoore Wrestling Camp

WHEN - June 6 – June 8 – 8:00am – 11:00am – Door 22 will open daily at 7:30am. (Lunch will be served 11:00 – 11:30 daily); lunch is included in your camp fees - Lunch example (Pizza, Fruit, Drink)

WHERE – Westmoore High School – 12613 S. Western Ave. Wrestling Room – Enter Door 22

WHO – Girls and Boys (1st – 8th Graders) 2023 -2024 School Year

COST - \$100/Camper or \$150/Family – Make Checks Payable to Moore Athletics – Early Registration ends Friday, May 19th, 2023. MPS Students are encouraged to make payment via MY PAYMENTS PLUS

Camp Goals

Our goal for this camp is to introduce our campers to the drills and techniques that have produced many State Champions, State Placers, State Qualifiers, College All Americans and High School All Americans.

Technique and Fundamentals

- Feet – **Stance, Motion, Level Change, Penetration Step, Power Step** (We will learn our 5 Numbers of stance and motion 1. Down Block, 2. Shot, 3. Sprawl, 4. Sprawl to Outside Leg Stand up, 5. Sprawl to Change Over.
- Feet – **Offensive Wrestling** - We will learn the Fundamentals of **Westmoore Wrestling's EIGHT (8) Takedown System** (High C, Sweep Single, Right-Hand Reach, Left Hand Reach, Inside Carry, Outside Carry, Double Leg and Go Behind)
- Feet – **Defensive Wrestling** – Focus on “back hand” – 1) sprawl or snap to “Samurai Drill” 2) Sprawl or Snap to “short arm”, Head and hands defense.
- Bottom Wrestling – **Offensive Bottoms Positions** - 1) Outside leg stand up, 2) Change over, 3) Short sit position, 4) Switch position, 5) Jag Roll; **Defensive Bottom Positions** – 1) Controlling hands, 2) Clearing hands, 3) Controlling Position (adjusting to spiral and chops). 4) Building base from stomach.
- Top Wrestling – Focus on top will be applying forward pressure and maintaining constant pressure to secure turns and tilts.
- Top Wrestling – 1) **Five Star Pin Drill**; 2) **Cross Wrist Series**; 3) **Baseball Series**, 4) **Chicken Wing Series**
- **Decision Making/Mat Awareness** – We will also have lessons and drills that will focus on the following: 1) Mat Boundaries and Edges; 2) Short time/Tough Time offense and Defense... etc.

Camp will be conducted by the Westmoore HS Wrestling Coaching Staff and present/former Jaguar Wrestlers. We will also have guest clinicians throughout the camp!

How to Enroll:

Mail a \$50 non-refundable deposit or send the full payment of \$100 (individual) or \$150 (Family) by Friday, May 19th 2023. MPS Students are encouraged to pay through MY PAYMENTS PLUS

Camp registration forms will be available the first day of camp; Tuesday, June 6, 2023.

Contact Coach Will Evans for questions: 918 549 8443

willefans@mooreschools.com

— WESTMOORE —

JAGUAR XC CAMP

JUNE 12TH-23RD

TUESDAY, WEDNESDAY, THURSDAY

8:00AM-10:00AM

Jaguar Cross Country Camp is open to athletes entering 7th through 12th grade. The program focuses on the fundamentals of running in an environment that promotes goal acquisition through teamwork and engaged preparation. In other words, we make cross country training fun and encourage athletes to push themselves to become better runners.

Training locations will be hosted at various locations in the Moore/South Okc area.

Registration Fees

\$45 (XC Shirt included)

Registration Fees Due (On or Before June 12th)

Payment methods

Pay for camp fee through My Payments Plus

GUEST SPEAKERS | COLLEGE COACHES | MILES
| ADVENTURE

CAMP STAFF

THE JAGUAR XC CAMP IS DIRECTED BY:

WHS CROSS COUNTRY & TRACK COACH - COACH CHARLIE REICHERT
& DAKOTA KAPPELLE

PLEASE CONTACT - CHARLESREICHERT@MOORESCHOOLS.COM OR 405-606-1576



2023 WESTMOORE HIGH SCHOOL BASEBALL CAMP



CAMP REGISTRATION

***JUNE 5-8 • 9:00 AM - 1:00 PM • Ages 6-14

SKILLS DEVELOPMENT - SESSION 1

-MORNING ALL SKILLS SESSION:
(FOCUS ALL ASPECTS OF THE GAME)
9AM-11:30AM MONDAY-THURSDAY = \$150

-AFTERNOON SPECIALTY SESSION:
(FOCUS ON SPECIFIC AREAS OF THE GAME-PITCHING, HITTING, INFIELD,
OUTFIELD, CATCHING)
12PM-1PM MONDAY-WEDNESDAY = \$50

-COST FOR BOTH SESSIONS WILL BE = \$175
(LUNCH IS INCLUDED)



***JUNE 12-15 • 9:00 AM - 1:00 PM • Ages 6-14

SKILLS DEVELOPMENT - SESSION 2

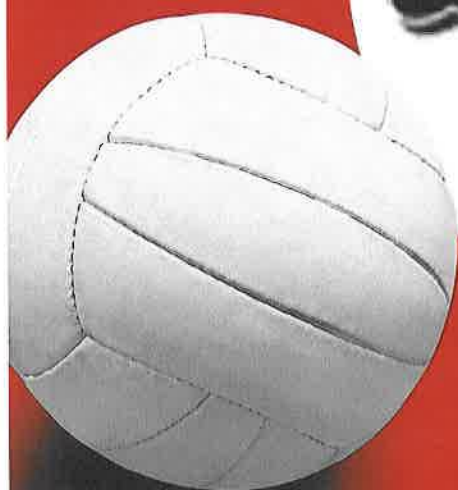
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INFIELD, OUTFIELD, CATCHING)
12PM-1PM MONDAY-WEDNESDAY = \$50

-COST FOR BOTH SESSIONS WILL BE = \$175
(LUNCH IS INCLUDED)



WESTMOORE VOLLEYBALL



SUMMER CAMPS

\$60

REGISTRATION FEE
SCAN TO REGISTER

📍 WESTMOORE HIGH SCHOOL
ARENA

🕒 9 AM - 12 PM
DOORS OPEN AT 8:30

📅 JUNE 12-13 GRADES 3-6
JUNE 15-16 GRADES 7-8



QUESTIONS? EMAIL COACH TAYLOR
TAYLOR@OKVOLLEYBALLACADEMY.COM

Scan me!