



CRUSADER FOOTBALL

John Bapst Memorial High School

Summer Workout Schedule

Workouts Begin June 10, 2019

Days: Monday, Tuesday, Thursday

Time: 7:30-10am

Location: Cameron Stadium

Summer Skills Schedule

Workouts Begin June 10, 2019

Days: To Be Announced

Time: 5:30-7pm

Location: Dorothea Dix

All workouts will consist of some combination of **weight training, conditioning, plyometric training, and skill development.**

All Skill Workouts will be a combination of skill development and offensive assignments.

Participants should bring **athletic clothing, sneakers and cleats, and an individual water bottle** to all workouts.

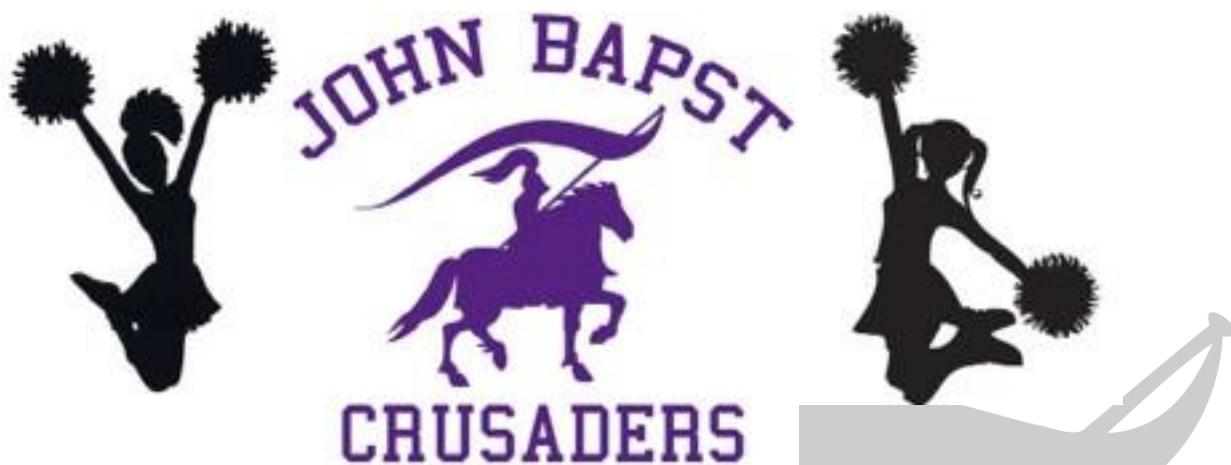
There will be other events going on throughout the summer.

They include, but are not limited to: Team and Individual Camps, Fundraisers and 7 on 7 Passing League.

(The schedules for these events will be provided as dates are confirmed.)

If there are any questions or concerns, or you will not be able to attend a workout, please contact Coach O'Connell at doconnell@johnbapst.org.

GO CRUSADERS!



2019 Cheerleading Camp

Anyone who is interested in cheering for John Bapst High School is welcome to come to our annual cheering camp!

When: July 8-10

Where: John Bapst High School Auditorium

Time: 8:30am-12:00pm

Cost: \$65.00

(Price includes: Camp T-Shirt, Camp Shorts, Camp Cheer Bow, Daily Snacks, and Water)

To Sign Up or For More

Information Contact: EvaDeans

Email: eva.deans2012@gmail.com

**Please Include: Cheerleaders Name,
Grade, T-Shirt Size and ANY food allergies**

Girls' Summer Basketball Schedule

There are several activities already scheduled this summer for the Girls' Basketball Program. We are excited to welcome returning players, and new faces alike, as we approach the summer. The current schedule is attached below.

June 21st - Team building activity at John Bapst—12pm

Orono Summer league - 10 games dates TBD (schedule still too be determined)

Hermon JV League - Dates TBD (Still TBD, all incoming freshman, and last year's JV players unless otherwise noted by Coach Woodside)

Hoopfest-- Camden Hills-July 12-14 (10 invited and will be informed by Coach Woodside, returning varsity holds first spots then invite from there)

Skill Session/Open Gym—Monday and Wednesday - Skill development gym time (Time and Location TBD.)

Other activities may be added as the summer progresses depending on interest and number of players involved in the summer program...stay tuned!

If there are any questions or concerns, or you will not be able to attend a workout, please contact Coach Chris Woodside at cwoodside33@gmail.com.

Boys' Summer Soccer Schedule

Workouts Begin June 17, 2019

Days: Mondays and Wednesdays

Time: 6-7:30pm

Location: Dorothea Dix Soccer Field, Mt. Hope Avenue,
Bangor

First Summer Game: Vs. Bangor at Union Street on Friday
06/28 at 8AM.

***COMPLETE SUMMER GAME SCHEDULE TO BE ANNOUNCED AS
WE WILL TRY TO PLAY 5 MORE GAMES AGAINST AREA TEAMS***

Specific questions about Boys' Summer Soccer should be directed to Coach
Yann Dupuy at ydupuy@johnbapst.org.



Girls' Summer Soccer Schedule

JUNE

PLEASE FILL OUT AND RETURN (VIA MAIL or EMAIL) THE INFORMATION SHEET (LAST PAGE) AS SOON AS POSSIBLE

No events currently scheduled.

JULY

7-18 July: Occasional Training Sessions (TBD)

Sometime around the first to second week of July, we will start off with training sessions – likely 3 or so per week

19-21 July: Maine Maritime Academy “College Experience Sport Camp”

(<https://www.marinersports.org/sports/wsoc/Camps/WSOC-Camps2019>). This is an excellent team building opportunity. The cost is low (<\$150) and includes three days of training, games and all lodging (dorms) and meals (dorm food). For those of you considering college, here's a great chance to pre-condition your stomachs to dorm food and your backs to dorm mattresses. If anyone is hesitant to sign on because of money, please contact me directly. Ideally, I would like to take the full team and I really do not want the fee to be an obstacle to anyone.

22 July to 4 August: Training, Friendly Games (TBD)

Continued training sessions and “friendlies” with local schools.

Steve Lammert, Head Coach Girls Soccer
82 Jillian Way
Glenburn, ME 04401-1242
Mobile: 207.944.8321
Email: salammert@icloud.com

Boys Summer Basketball Schedule

Interested Players,

Welcome to the Summer Boys' Basketball Program for June and July of 2019. As is always the case, basketball is like life. The time and effort you put into the game will dictate how much you improve. The summer is for that purpose. We want to use the summer to improve our skills, our bodies, our basketball IQ, and our team chemistry.

There is a change this year as there is no longer a Varsity Summer "League" in the area. We will play in the "JV" League at Hermon, and Varsity games will be scheduled as the summer goes along. (We will get the schedule out as soon as it is booked). The coaching staff will determine who plays in what game. Again, those schedules will be shared once they become available.

We will also have our own workouts. Those workouts will be Mondays, Tuesdays, and Thursdays throughout the summer. Those workouts will be from 2:30-4pm in the John Bapst gymnasium.

Returning players, or those interested in summer basketball that did not play last year, and any incoming players should email Head Coach Ed Jones at whap21@yahoo.com, with any questions, or concerns.

We are looking forward to a very beneficial summer. See you soon!

--Coach Jones and Staff

Summer Hockey Schedule

Hello Hockey Families,

WELCOME TO JOHN BAPST ICE HOCKEY!

Summer Hockey will be roughly \$150 per player (let me know of any assistance needs) payable to JB Hockey Boosters on the first day. Please look at the schedule and let me know if there are days you are unable to make it. We will open it up to other skaters if we are short on numbers to keep costs down and numbers up. The format will be skills for the first half and scrimmage for the second.

Please share this information with any incoming Freshmen Hockey players and let me know their contact information.

Summer On-Ice Training:

Thursdays 6:10-7:10pm (Sawyer Arena)

June 21, and July 12, 26 (Cost \$50 for all three or \$20 per session)

Summer Off-Ice Training (Sundays)

To Be Announced

More Training and Team Building events will be added as they are scheduled.

Thank You!

Coach Chris Tanis

ctanis1111@yahoo.com

Summer Golf Schedule

Prospective Players,

Hello—and welcome to John Bapst Golf. My name is Tom Winston, and I am the head coach in the program. During the summer, I will make myself available to any perspective JB golfer to either play, practice, or both. Please know it will have to be by appointment only. You can call me to schedule at 989-2173.

Everyone is encouraged to schedule time. Current members of the John Bapst Golf team are STRONGLY encouraged to attend a practice or play rounds throughout the summer.

Remaining summer plans for the golf team will be communicated as they are planned.

Please reach out to Coach Winston with any questions! Thank You!
GO CRUSADERS!

Tom Winston
minutemanad@aol.com



Summer Field Hockey Schedule

Parents and Players,

Welcome to John Bapst Field Hockey 2019-2020! I am excited to meet all the new players, and I am looking forward to seeing all the returning players again this summer! It will be an honor and privilege to work with all of you as head coach. First and foremost, please feel free to contact me anytime with any questions or concerns. I will always be available to you.

Please see the attached schedule for times and dates that I will hope to see all of you as often as possible. I know summer is a busy time for family and friends, but it is a short season and I hope to start conditioning and teaching skills as soon as possible so we have a successful season! I will expect that I have the minimum number of players for each summer league (see schedule), mainly because we pay to be a part of these leagues, but also because it is an important element to pre-season. I will also hope that each player attends at least one of the morning sessions each week before pre-season. These conditioning and team-building sessions are crucial for the success of our season.

IMPORTANT DATES

- *June 11, 5:00 Parent/Fundraising Meeting at JBHS auditorium
- *June 14-July 26, Fridays: UMO Summer League (7v7)
- *June 18-July 23, Tuesdays: Hampden Summer League (11v11)
- *June 24- August 5, Mondays and Thursdays: JBFH @ DOROTHEA DIX FIELD
- *August 5- August 18, Mondays & Thursdays: JBFH @ JBHS Gym
- *August 19: Parent Meeting at JBHS, Fall Sports Begin

Thanks to all of you in advance for all the time that you will put into this season. Thank you in advance to the girls for their hard work and dedication and thank you in advance to the parents for supporting us. I am excited to begin this journey with all of you!

Sincerely,
Edythe Dyer
617-794-4667

Jbfieldhockey@gmail.com

Summer Cross Country Schedule

Workouts Begin June 17, 2019

Days: Monday and Friday

Time: 6pm

Location: Bangor City Forest (100 Tripp Drive)

All Cross Country Runners are encouraged to join an app called BAND. This will be the major source of communication of information, workout regimens and routines and other valuable topics during the summer. Please download the app and register through the invite link below.

<https://bit.ly/bapstxc>

Any perspective runner with questions should contact Coach Parsons at tyler.parsons92@gmail.com.

Thank you!

Summer Tennis Schedule

Hello,

The John Bapst Girls' and Boys' Tennis Programs will have host summer clinics this year.

They will take place every other Saturday at a time to be announced at the Armstrong Tennis Center on the Mecaw Road in Hampden. Players should stay tuned to the facebook page "John Bapst Tennis 2019" for dates and times.

All interested players, regardless of age, gender, experience, or division (singles or doubles) are invited to attend. Those that are truly interested in improving their game should secure some outdoor court time as they can and practice as much as possible.

All returning players, and especially those potentially new to the program (ninth graders and others) should check out the John Bapst Tennis Facebook page. Please make a request to "friend" the page and Coach Hoyt will add you. This is the tennis' program's major source of communication.

Those that have questions should reach out to Coach Hoyt at jay7lhoyt@yahoo.com.

Summer Alpine Ski Schedule

Hello Alpine Skiers!

Alpine Skiing is a winter varsity sport. Program-specific dryland training officially starts in late November; we try to be on snow in December.

Alpine Skiing does not have summer programming. It is in athletes' best interests to build leg strength and cardiovascular endurance with activities such as biking and hiking.

Participation in fall sports is strongly encouraged to promote overall fitness and conditioning heading into the winter sport season. Alpine Skiing may coordinate some fall hikes for strengthening and team building purposes.

Please email me if you would like to be on the Bapst Alpine email distribution list.

Thank you!

Coach Christina Breen cvalarbreen@hotmail.com - (207) 441-8887

Bapst Alpine's Facebook Page can be found here:

<https://www.facebook.com/groups/311290792577954/>

Summer Lacrosse Schedule

Hello,

The John Bapst Summer Lacrosse program is still a work in progress.

At a minimum the Lacrosse team will get together to work out on Tuesdays and Thursdays at Dorothea Dix field on Mt. Hope Avenue in Bangor.

We will begin workouts on June 21. We will meet each Tuesday and Thursday until July 25.

We will attempt to add some scrimmages, both home and away throughout the summer, along with any pertinent lacrosse camps in the area.

Anyone with any questions should contact Coach McLaren at drewpmac@gmail.com.



Summer Swim Schedule

Hello,

To best prepare I would highly suggest joining a local swim team if you can. Both the Hurricanes and the Barracudas are good teams. I coach for the Hurricanes and we have started our summer season already. If you want to come by and try it, you get a week free to see if you like it. If you cannot join a team but can still swim, I would suggest that you try and swim around 2000 yards a day.

Also, here is a list of activities I would suggest over the summer:

Running/jogging/walking: Please try and run on softer surfaces and limit running to no more than 5 miles a day. A good way to switch things up is sprinting from telephone pole to pole and lightly jog for the next 5 and so on.

Dry land exercises: Example exercises listed below. Feel free to create your own workouts and up intensity as you see fit.

Yoga/stretching: Make sure you stretch properly. DO NOT OVERDO IT.

Jump rope: 5 min on/ 1 min off for 30 minutes will get you your cardio for the day.

Hula Hoop: Same as above and is a great abdominal workout.

Dryland Activities: Pushups, Dips, Candlesticks, Russian Twists, Planks, V-ups, Leg lifts/Scissor Kicks, Mountain Climbers, Squats, Lunges, Bicycles, Crunches.

Please feel free to email me with and questions about this or to tell me your progress. I look forward to next season. Thanks!

Coach Reeve

creeveswimmer@gmail.com.

**John Bapst High School
Girls Soccer Contact Information Form
Fall 2019 Season**

NAME _____ **GRADE (in Fall '19)** _____

ADDRESS _____

EMAIL _____

MOBILE # _____

**PRIMARY EMERGENCY
CONTACT PHONE & RELATIONSHIP** _____

**SPECIAL MEDICAL
INFORMATION/CONDITIONS** _____

FAMILY CONTACT INFO (Check preferred mode(s) **):

Mother

Name: _____
Cell #: _____ ☐
Home # _____ ☐
Work # _____ ☐
eMail: _____ ☐

Father

Name: _____
Cell #: _____ ☐
Home ph. _____ ☐
Work ph. _____ ☐
eMail: _____ ☐

**PLEASE RETURN TO COACH
O'CONNELL OR MAIL/EMAIL TO
ME AS SOON AS POSSIBLE**

**** All student/family information
will be used only for team contact and
notifications**

Girls Soccer Head Coach:
Steve Lammert
82 Jillian Way
Glenburn, ME 04401
207.944.9321
salammert@icloud.com