

Brophy 2023 Summer Athletic Classes:

All athletic classes are non-credit and will be designed so that students may take academic credit courses concurrently if they desire. Information about registering for these classes will be provided the week of February 13th here and via email.

If you have any questions about Brophy's high school, non-credit summer athletic classes, please email Athletic Director Josh Garcia at jgarcia@brophyprep.org.

Varsity Football: May 30 - June 30, 2023 \$225

Any student interested in varsity football is strongly encouraged to enroll in this course. The tuition will cover the cost of the class as well as entry fees for summer passing leagues.

Practice: Monday - Friday 6:00am-7:30am - BSC

Weight Training: M/W/F 1:15pm - 2:30pm

Junior Varsity Football: May 30 - June 30, 2023 \$225

Any student who is interested in junior varsity football is strongly encouraged to enroll in this course. The tuition will cover the cost of the class as well as entry fees for summer passing leagues. Gear will be purchased separately in the Team Shop for those who don't already have it.

Practice: Monday - Friday 6:00am-7:30am - BSC

Weight Training: M/W/F 1:15pm - 2:30pm

Freshman Football May 30 - June 23, 2023 \$225

Over one-third of the freshmen class traditionally plays freshman football. Any freshman student who is interested in freshman football is encouraged to sign up for this class.

Practice: M/W/F - 5:50 am - 7:25am - BSC

Weight Training: M/Tu/W/Th/Fri - 2:30pm - 3:45pm

JV & Varsity Basketball May 30 - June 30, 2023 \$225

This course is specifically for student-athletes who are interested in participating in JV or Varsity basketball next year, and it includes weight training three times per week prior to practice (schedule below). Players are required to wear a Brophy Basketball practice jersey, and those can be purchased in the Varsity Shop. Some players will be selected to participate in tournaments on the weekends though participation and playing time are not guaranteed.

- Practice: Monday-Thursday from 2:45-4:30pm
- Weight Training: Monday, Tuesday, and Thursday from 1:45pm-2:45pm

Freshman Basketball May 30 - June 23, 2023 \$225

Any incoming freshman student-athlete who is interested in freshman basketball is encouraged to sign up for this class. This course will include three components:

- Monday-Thursday: 1:15pm-2:45pm in the gym (meet in the courts in The Dutch)
- Monday-Thursday: 2:45pm*-3:45pm weightlifting or conditioning in the basement of The Dutch

- *Frosh multi-sport athletes (Football/Basketball) will transition to lifting at 2:45pm which is when the Frosh Football lift will transition from warm-up to lifting activities.
- Tuesday Night Intrasquad Scrimmages - From 6-8pm in Robson/the Dutch on Tuesday, June 6th, 13th, and 20th; all freshman basketball participants will be placed on teams for intrasquad scrimmages.

In addition, some players will be selected to participate in tournaments on the weekends (beginning the weekend of June 9th-11th) though participation and playing time are not guaranteed.

Previous JV/Varsity Experience Baseball **May 30 - June 30, 2023** **\$100**

This course is specifically for student-athletes who have previous experience playing for Brophy's JV or Varsity baseball teams.

Incoming Sophomore Baseball **May 30 - June 30, 2023** **\$225**

This course is open to any incoming sophomore interested in trying out for the baseball program in the 2023-24 school year.

Monday/Wednesday: Practice 4:30-6:15pm

Tuesday/Thursday/Friday: Weight Training 6:15am - 7:30am

Incoming Freshman Baseball **May 30 - June 23, 2023** **\$225**

This course is open to any incoming freshman interested in trying out for the baseball program in the 2023-24 school year.

Tuesday/Thursday: Practice, 6:15am - 7:30am

Wednesday: Weight Training 6:15am - 7:30am

Tuesday games - away; Thursday games @ Opus Field - Brophy

High School Wrestling **June 5- June 16, 2023** **\$100**

All athletes are encouraged to participate, including incoming freshmen and all returning wrestlers. No experience needed. Any questions specific to wrestling can be emailed to Wayne Catan at wcatan@brophyprep.org

Monday - Friday 1:15pm to 2:30pm

Soccer Weight Training **May 30 - June 30, 2023** **\$175**

Any student who is interested in trying out for soccer is encouraged to enroll in this course. Weight training, speed and conditioning will take place in this class.

Monday/Wednesday/Friday: 6:15am - 7:30am