

# FVHS SUMMER BASEBALL CAMP



**INCOMING 9TH GRADERS**

**JOIN US FOR TWO WEEKS OF  
SKILL DEVELOPMENT, TRAINING, AND COMPETITION!**



**WEEK 1**

**MAY 26-29**



**WEEK 2**

**JUNE 2-5**



**TIME**

**4:00 PM -  
6:30 PM**



**COST**

**\$150 EACH WEEK  
OR  
\$275 FOR BOTH WEEKS**



**LOCATION: VARSITY BASEBALL FIELD**



**REGISTRATION INCLUDES:  
T-SHIRT AND HAT**



FOR MORE INFORMATION, EMAIL  
**COACH GONZALEZ**  
[ggonzalez@hbuhd.edu](mailto:ggonzalez@hbuhd.edu)



# FVHS GIRLS FLAG FOOTBALL CAMP



JOIN US FOR 2024 SUMMER CAMP

**EARLY BIRD PRICING**

Open to all FVHS students

Grades 9-12

Register by May 31st



**JULY 8-25**

Mon | Tue | Wed | Thu

8:30-10:30am | \$125\*\*

FVHS Football Field

\*\*Price increases to \$150 June 1st

**REGISTER NOW!**



QUESTIONS - [JMORADO@HBUHSD.EDU](mailto:JMORADO@HBUHSD.EDU)

# BARON BASKETBALL CAMP

\$275

TSHIRT(ALL) &  
JERSEY(FRESHMEN  
ONLY) INCLUDED

**REGISTER HERE!!**



NO CAMP ON WEEKENDS !

JUNE 29 – JULY 17

7-9 AM

## ALL INCOMING/CURRENT PLAYERS

Registration link: [Baron Basketball Summer Camp](#)

**More Information:**

Email Coach Holmes @ [bmholmes@hbuhd.edu](mailto:bmholmes@hbuhd.edu)

# Field Hockey Summer Camp

**Pre-Camp (New Players):**  
June 29 - July 2, 4 pm – 6 pm  
\*Free

**Camp (All Players):**  
July 6th - 10th 4 pm - 6 pm  
July 13th - 17th 4 am - 6 am  
July 17th, Beach Party

\*New Players \$50  
\*\*Returning \$115

**Location: FVHS  
Track/Turf Field**

## What is Field Hockey

The best way to describe field hockey is soccer with a stick and a baseball-sized hard plastic ball. Since most people haven't played or even heard of field hockey before high school, everyone starts at the beginning. It's a great opportunity to play a high school sport, make new friends, and have tons of fun. Freshman can begin high school with a foot in the door before the first day of school. Come and give it a try.

The team is waiting for you.



@girlsfieldhockeyfvhs



Scan QR Code for Registration



[bit.ly/FVHSFHSC2026](https://bit.ly/FVHSFHSC2026)



**Coach:** [mesquer@hbusd.edu](mailto:mesquer@hbusd.edu)



**Boosters:** [fieldhockeyfvhs@gmail.com](mailto:fieldhockeyfvhs@gmail.com)

FOUNTAIN VALLEY BARON FOOTBALL

# SUMMER CAMP

9<sup>TH</sup> - 12<sup>TH</sup> GRADERS



**JUNE 29  
TO  
JULY 23**



**LOCATION:** FV WEIGHTROOM & FIELD

**TIME:** 7:30A-10:30A

**COST:** \$400

(CHECK MADE OUT TO FVHS  
PUT FOOTBALL & PLAYER  
NAME IN MEMO)

**MORE INFO CONTACT:**

**MITCH OLSON**

**MOLSON@HBUHSD.EDU**





**TRACK & FIELD**

**SUMMER CAMP**

FOUNTAIN VALLEY BARONS



Who: HS Boys & Girls

Dates: June 30th – Aug 14<sup>th</sup>

Days: Tuesday-Wednesday-Friday

Time: 2:00pm – 4:30pm

Location: FVHS Track

Cost: \$150

No pre-registration required, just attend the first day of camp. All athletes will need a current physical exam on the FVHS online form, and create a Home Campus account. This information can be found on [www.fvhs.com](http://www.fvhs.com) under the athletics tab.

Camp members will learn principles of biomechanics, participate in high level anaerobic conditioning, and will be guided through plyometric exercises. The skills and techniques necessary to be successful in track and field will also be emphasized. Come and experience focused practices that will challenge and bring out the best in you! Athletes who hope to run track and field at Fountain Valley HS are strongly encouraged to attend.

Sport: Track and Field

Location: FVHS Track

Equipment: Athletic clothing, running shoes

What to bring: Water, granola bar, or a small snack

Email: [bbivens@hbuhd.edu](mailto:bbivens@hbuhd.edu) Contact Phone: (714) 356-4386





# SUMMER CAMP

**JUNE 29-JULY 24**

**9:00AM-11:00AM**

**MON-FRI**

**OPTIONAL SATURDAY  
BEACH WORKOUTS**

**ALL CURRENT  
AND INCOMING  
FVHS  
STUDENTS**

**\$250**

**PER PLAYER**

**INCLUDES:  
UNIFORM TOP  
UNIFORM SHORTS  
TWO T-SHIRTS**

**FOR MORE INFORMATION, EMAIL COACH CAMRYN AT:  
[CHAMAGUCHI@HBUHSD.EDU](mailto:CHAMAGUCHI@HBUHSD.EDU)**



# 2026 SOFTBALL SUMMER CAMP

**AUGUST 12-14**  
**1-4 P.M.**

**FVHS VARSITY SOFTBALL FIELD**

**\$150**



Skill Development



Game Strategy



Team-Building

- Registration Deadline: August 1, 2026
- Emergency form, liability waiver, and current physical required
- Open to incoming 9<sup>th</sup> - 12<sup>th</sup> students
- Contact Coach Saul for more info



[saulfernandez@hbuhd.edu](mailto:saulfernandez@hbuhd.edu)



714.900.0403





## Cross Country 2026



# FVHS Boys and Girls XC Summer Camp

June 29<sup>th</sup> – August 7<sup>th</sup>

### When and Where

- **Mondays and Wednesdays** at **5pm** at Central Park (We meet in the parking lot next to Kathy's May's Cafe)
- **Fridays** at **8am** at Fountain Valley High School track
- **Saturdays** – **7:30am** at Quail Hill Community Park (35 Shady Canyon Dr. Irvine) or possible other locations

### Cost

\$150 – bring to the first day of camp  
(check made out to FVHS or cash)



No need to sign up. Just show up to the first day of practice ready to run. Make sure to get a sports physical before the first day.



Bring water, a snack, and dress in athletic clothes and wear good running shoes.

**If you have any questions please contact:**

Steve Knowles (boys coach)  
scknowles@icloud.com  
714-745-7314

Stacy Ferris (girls coach)  
sferris33@gmail.com  
714-615-8493

# BARONS SWIMMING SUMMER CAMP

**JULY 6TH - JULY 31ST**

**- M/T/W/F**  
**- 1:00 - 2:30 PM**  
**- FVHS Aquatic Center**  
**- Incoming freshman & up**



 No Experience Needed – Just Bring a Suit!

 Launch into High School Swimming!

 Build Skills. Gain Confidence. Make Waves.

 Everyone's Welcome – No Cuts!

 No Pressure. All Potential.

 Train with USA Swimming & CIF Coaches

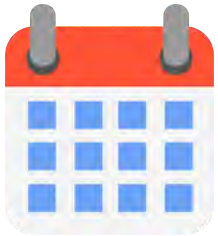
**\$250 FOR FVHS STUDENTS**

**\$300 FOR NEW SWIMMERS**

**CONTACT: COACH ALLY AKASUMA@HBUHSD.EDU**

*Join us at the 2026*  
***FVHS Boys Volleyball***  
***Summer Camp***

**INCOMING FRESHMEN/ NEW PLAYERS/ RETURNERS**



***8/3-8/6- 11:00am-12:30pm***

***8/10-8/13-11:00am-12:30pm***

***Boys Off Season Tryouts: 08/13 11:00am-12:30pm***

**PARTICIPANTS MUST COMPLETE THE FOLLOWING IN ORDER TO ATTEND:**

- CREATE A PROFILE ON HOMECAMPUS.COM**
- HAVE A CURRENT PHYSICAL**
- COMPLETE IMPACT/ CUNCUSSION TEST**

**INFO FOUND AT FVATHLETICS.COM**

**CONTACT: [RCHELLENHAM@HBUHSD.EDU](mailto:RCHELLENHAM@HBUHSD.EDU)**

**IF YOU HAVE ANY QUESTIONS**

**CAMP FEE: \$250 per camper**

**Bring on the 1<sup>st</sup> day of Camp**



*Join us at the 2026*

# *FVHS Girls Volleyball Summer Camp*

INCOMING FRESHMEN/ NEW PLAYERS/ RETURNERS



**7/20, 7/21, 7/22, 7/23 - 11:00am - 12:30pm**

**7/27, 7/28, 7/29, 7/30 - 8:00am - 9:30am**

**Tryouts: 7/31: 8:00am - 9:30am**

PARTICIPANTS MUST COMPLETE THE FOLLOWING IN ORDER  
TO ATTEND:

- CREATE A PROFILE ON [HOMECAMPUS.COM](https://homecampus.com)
  - HAVE A CURRENT PHYSICAL
  - COMPLETE IMPACT/ CUNCUSSION TEST
- INFO FOUND AT [FVATHLETICS.COM](https://fvathletics.com)

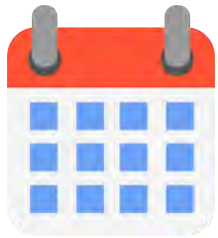
CONTACT: [RCHELLENHAM@HBUHSD.EDU](mailto:RCHELLENHAM@HBUHSD.EDU)  
IF YOU HAVE ANY QUESTIONS

CAMP FEE: \$250 per camper  
Bring on the 1<sup>st</sup> day of Camp



*Join us at the 2026*

# ***FVHS Girls Volleyball Varsity Summer Camp***



***7/20- 7/23 -12:30-2:00pm***

***7/27- 7/30- 9:30am-11:00am***

***Includes Practices and Summer League.***

***No practices on days of Summer League***

**PARTICIPANTS MUST COMPLETE THE FOLLOWING IN ORDER  
TO ATTEND:**

- CREATE A PROFILE ON [HOMECAMPUS.COM](https://homecampus.com)**
- HAVE A CURRENT PHYSICAL**
- COMPLETE IMPACT/ CUNCUSSION TEST**

**INFO FOUND AT [FVATHLETICS.COM](https://fvathletics.com)**

**CONTACT: [RCHEL TENHAM@HBUHSD.EDU](mailto:rceltenham@hbuhsd.edu)  
IF YOU HAVE ANY QUESTIONS**

**CAMP FEE: \$250 per camper  
Bring on the 1<sup>st</sup> day of Camp**





## **EVHS SUMMER SURF CAMPS**

**Camp 1.** *Intermediate and above (can paddle into waves on their own, navigate a crowded lineup and surf down the line in most conditions)*

8x Monday/Wednesday/Friday - 6:30-8:30 am

Location: We will use two locations - Tower 9/Magnolia St (State Beach) and 9th St North of HB Pier "Apartments" (City Beach) - contact Coach Battig to be apprised of the schedule.

Dates: 6/29, 7/1, 7/3, 7/6, 7/8, 7/10, 7/13, 7/15 w/ make-up dates 7/17, 7/28, 7/30

What to expect: Filming and feedback, Turning drills and practice, On the beach coaching, Practice heats and games to improve competition IQ.

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**Camp 2.** *Very beginner - low intermediate (very little or no experience, comfortable only in a few conditions, primarily riding whitewater, must be water safe)*

Dates are 8/3-8/7 (Monday through Friday) - *if you can't make these dates - PLEASE REACH OUT!!*

7:30-11:00 am

Brookhurst St, Tower 2 HB state beach "river jetties"

What to expect: Learning to read waves and build comfort in the ocean, paddling technique, pop up practice, beginning turns and more, Filming and feedback

Although no experience is required, we recommend one week at [Banzai Surf School](#) for complete beginners. Also, most surfers will benefit from increased ocean comfort - consider Jr Guards with [State Beach](#) or [City Beach](#)!

## **Cost for either camp is \$150\***

*\*\$100 of this will be applied to the surfer's annual surf team donation*

Questions? Contact Coach Battig at [LBattig@HBUHSD.edu](mailto:LBattig@HBUHSD.edu)





# Barons WATER POLO Summer Camp



• 6/29 - 7/30 | 8AM-11AM •

**REGISTER NOW!**



NO EXPERIENCE NECESSARY  
NO CUT SPORT  
CIF QUALIFYING TEAMS

**SIGN UP BEFORE 6/15  
& GET A FREE T-SHIRT**

**more info: [baronwaterpolo@gmail.com](mailto:baronwaterpolo@gmail.com)**

The logo features the text "FOUNTAIN VALLEY HIGH SCHOOL" in a small font at the top of a yellow circle. Below this, the words "Summer Camp" are written in a large, white, bubbly script font with a blue outline. The background of the entire flyer is a blue and yellow abstract design with silhouettes of soccer players.

# FOUNTAIN VALLEY HIGH SCHOOL Summer Camp

**JULY 20TH – 23RD**  
from 7:30AM to 9:30AM

*And*

**JULY 27TH – 30TH**  
from 9:30AM to 11:30AM



## FOUNTAIN VALLEY HIGH SCHOOL GIRLS SOCCER

### REGISTRATION & PAYMENT

- Complete the registration form (see link below)
- Submit payment by check payable to Fountain Valley High School
- Include your student ID number or First and Last Name
- Mail Check to:

FOUNTAIN VALLEY HIGH SCHOOL  
FOUNTAIN VALLEY, CA 92708  
FVHS GIRLS SOCCER SUMMER CAMP  
17816 Bushard Street  
Fountain Valley CA 92708

#### REQUIREMENTS:

- Current physical + ImPACT test required
- Upload both to Home Campus ASAP (see link below)

For any questions CONTACT: Coach James - [Jlawson@hbuhd.edu](mailto:Jlawson@hbuhd.edu)

**CAMP FEE: \$275.00** Include a FVHS Girls Soccer DriFit

**Registration DEADLINE: June 5th**