



BENGALS ATHLETICS

2025 SUMMER CAMPS & PROGRAMS

OTTAWA HILLS HIGH SCHOOL ATHLETICS MISSION

To maintain a high quality athletic program with excellence in the classroom and in athletic competition.

FOOTBALL

Kendall Jackson, Varsity Coach

P: 616.802.2426 E: jacksonke@grps.org

High School Football

DATES: June 9 - August 1

DAYS: Mondays, Tuesdays, Wednesdays, Thursdays

TIME: 6:00 – 8:00 pm

LOCATION: Ottawa Hills High School Football Field

Weight training and film work.

Youth Football Camp

WHO: Grade 3 to 6

DATE/TIME: June 5; 4:30 – 7:00 pm

DATES/TIMES: June 6 & 7; 1:30 – 4:00 pm

LOCATION: Ottawa Hills High School Football Field



Use the QR code to register
for the Youth Camp



VOLLEYBALL

Melena Strehlow, Varsity Coach

P: 269.370.7708 E: melenastrehlow@gmail.com

Volleyball summer activities include conditioning, weight training, skills building, repetition-based drills, team camps and clinics.

Summer Volleyball - Open Gym

DATES: May 20 – July 31

DAYS: Tuesdays & Thursdays

TIME: 4:30 – 6:30 pm

Off Days/Weeks

June 24 & 26 (MS camp)

July 1 & 3 (Dead week)

July 22 & 24 (OHHS camp)

August 5 & 7 (Pre-season down time)

Summer Camps

AQUINAS TEAM SCRIMMAGES*: July 11; 8:00 am – 4:00 pm

CALVIN TEAM SCRIMMAGES*: July 14 – 17; JV 4:00 – 7:00 pm, Varsity 7:00 – 10:00 pm

OHHS PRE-SEASON CAMP: July 21 – 25; 5:00 – 7:00 pm

*Invite only

Varsity & JV Tryouts

DATES: August 11 – 12

TIME: 5:00 – 7:00 pm

Freshman Tryouts

DATES: August 19 – 20

TIME: 5:00 – 7:00 pm



SWIMMING (Boys & Girls)

Alex Brinks, Girls Swim Head Coach

P: 616.634.2044 E: coachalex@grnsa.org

Eve Julian, Boys Swim Head Coach

P: 616.970.1661 E: eve.julian@gmail.org

Grand Rapids Aquatics Swim Club

DATES: June 9 – July 24

DAYS: Mondays – Thursdays

TIME: 7:30 – 9:30 am

WHERE: OHHS Pool

COST: \$200 (Includes Team Cap & Team T-Shirt)

For more information, visit graquatics.org/high-school

Register at: graquatics.org

The GR Aquatics Swim Club is open to all high school swimmers who want to commit to swimming four times per week.

Swimmers will attend local league meets at no extra cost. The focus will be on core mechanics, drill progression, and developing the fundamental elements of training that will be expected in the high school varsity season.

GR Aquatics Age Group Team

DATES: June 9 – July 24

DAYS: Mondays, Tuesdays, & Thursdays

TIME: 6:30 – 7:45 pm

WHERE: OHHS Pool

COST: \$120 (Includes Team Cap & Team T-Shirt)

For more information, visit graquatics.org/green

Register at: graquatics.org (Discount Code: GRPS)

The GR Aquatics Swim Club is open to all swimmers aged 7-14, who have completed upper-level swimming lessons and want to swim competitively. Swimmers will attend local league meets at no extra cost. The focus will be on building & perfecting the four competitive strokes, as well as preparing swimmers for novice level team competitions (sign up ahead of time for a FREE Stroke Evaluation & consultation at: graquatics.org).

GR Aquatics Stroke School

DATES: June 9 – July 24

DAYS: Mondays, Tuesdays, & Thursdays

TIME: 5:30 – 6:30 pm

WHERE: OHHS Pool

COST: \$100 (Includes Team Cap & Team T-Shirt)

For more information, visit graquatics.org/stroke-school

Register at: graquatics.org (Discount Code: GRPS)

The GR Aquatics Stroke School (Level 5) is a bridge between swimming lessons and the age group swim team for students aged 5-10. The focus will be on introducing the competitive swim strokes and completing upper-level swim lessons skills. Swimmers must be able to swim freestyle and backstroke (sign up ahead of time for a FREE Stroke Evaluation & consultation at: graquatics.org).

GR Aquatics Swim Lessons

GROUP LESSON DAYS: Mondays,

Wednesdays, & Thursdays

WHERE: OHHS Pool

COST: \$25 (6 x 40 Minute Visits)

For more information & the complete course schedule, visit: graquatics.org/lessons

The GR Aquatics Learn-to-Swim Program offers both group and private lessons to all students aged 5 & above, regardless of ability level. All group lessons (Levels 1-4) are taught with a maximum ratio of one instructor to five students.

SOCCER (BOYS & GIRLS)

Sergio Sepulveda, Boys Varsity Head Coach

P: 228.257.0301 E: sergio.sepulvedajr@gmail.com

Nathan Willink, Girls Varsity Summer Camps

P: 616.970.3400 E: nathanwillink@yahoo.com

All programs take place at the Ottawa Hills High School soccer field and are free for all participants.

Future Bengals Camp

Future Bengals is a five-week COED introductory soccer program designed for youth in Grand Rapids (ages 5–7). Through structured training and friendly competition, participants learn the fundamentals of the game in a fun, engaging environment. Hosted by Ottawa Hills High School's coaching staff and players, this community-focused initiative provides club-level instruction at no cost, ensuring accessibility for all young athletes.

Session 1



WHO: Coed Players Ages (5-7)

When: June 2 - JuNE 28

(Practices Monday and Wednesday, 4:00 – 5:00 pm)

(Games Saturday, 9:00 – 10:00 am)

Scan the QR code to sign up, or visit grps.org/fbp1.

Session 2



WHO: COED PLAYERS AGES (5-7)

WHEN: July 7 – August 9

(Practices Monday and Wednesday, 4:00 – 5:00 pm)

(Games Saturday, 9:00 – 10:00 am)

Scan the QR code to sign up, or visit grps.org/fbp2.



SOCCER (BOYS & GIRLS)

Ottawa Hills Soccer Middle School Boys Camp

This first-of-its-kind program is designed to prepare athletes for their middle school soccer season while introducing them to high-intensity training throughout the summer. Led by Varsity Boys Head Coach Sergio Sepulveda, the program focuses on skill development, tactical understanding, and physical conditioning to elevate players' performance for the upcoming season.



WHO: Middle School Students as of 2025-2026 School Year

WHEN: June 3 - July 31

(Tuesday and Thursday, 5:00 - 7:00 pm)

Scan the QR code to sign up, or visit grps.org/ms-soccer.

Ottawa Hills High School Girls Camp

Designed for competitive high school players (Grades 9–12 for the 2025–26 school year), this intensive three-day camp focuses on technical mastery, tactical awareness, and in-game execution. Through focused training sessions led by experienced coaches, participants will refine their skills and gain the tools to excel in the upcoming season.



WHO: High School Students as of 2025-2026 School Year

WHEN: July 8 - July 10

(Tuesday, Wednesday, and Thursday, 3:00 – 5:00 pm)

Scan the QR code to sign up, or visit grps.org/soccer-camp.

Ottawa Hills High School Boys Preseason

Open to all current and incoming high school athletes (Grades 9–12 for the 2025–26 school year), this program is designed to prepare players for the upcoming season through rigorous training and technical skill development. Under the guidance of Varsity Boys Head Coach Sergio Sepulveda, participants will enhance their fitness, tactical understanding, and on-field execution to compete at the highest level.



WHO: High School Students as of 2025-2026 School Year

WHEN: June 2 - July 31

(Practice Monday - Friday, 5:00 – 7:00 pm)

Scan the QR code to sign up, or visit grps.org/hs-soccer.

Ottawa Hills High School Boys Tryouts



WHO: High School Students as of 2025-2026 School Year

WHEN: August 11 – August 13 (4:30 – 7:00 pm)

Scan the QR code to sign up, or visit grps.org/tryouts.

TENNIS (Boys & Girls)

Andre Posey, Girls & Boys Head Coach

P: 616.821.2393 E: poseya@grps.org

Skills & Drills

DATES: June 18 -- July 30

DAYS: Mondays and Wednesdays

TIME: 12:00 pm-1:30 pm

WHO: Grades 9-12

WHERE: OHHS Tennis Courts



GOLF (Boys & Girls)

Graig Kooienga, Girls Varsity Coach

P: 616.635.0995 E: cmkooienga@gmail.com

Ben Hart, Boys Head Coach

P: 616.951.9494 E: hartb3207@gmail.com

Golf Instruction and Play

DATES: June 16 -- 20

TIME: 8:00 am-12:00 pm

WHO: Boys and Girls Grades 5-12

WHERE: Indian Trails Golf Course

COST: \$100 per student (includes instruction, golf balls, and some golf course play)



CROSS COUNTRY

Dan Ebright, Head Coach

P: 616.608.2209 E: grtcdebright@yahoo.com

Cross Country Training

DATES: June 10 -- June 27

DAYS: Tuesdays and Thursdays

TIME: 5:45 pm

WHERE: Ottawa Hills Track & Weight Room

DATES: July 7 -- August 1

DAYS: Tuesdays, Wednesdays, Thursdays

TIME: 5:45 pm

WHERE: Ottawa Hills Track & Weight Room

Cross Country Camp

DATES: August 4 -- August 9



SIDELINE CHEER

Kierra Gardner, Coach

P: 616.438.3540 E: gardner.kierra92@gmail.com

Summer Conditioning

WHERE: OHHS Main Gym, Upper Balcony

DATES: June 2

TIME: 3:30-5:00 PM

DATES: June 3 – 5

TIME: 3:00-5:30 pm



GIRLS BASKETBALL

Emily Gussert, Varsity Head Coach

P: 231.631.5360 E: gusserte@grps.org

Contact coach regarding open gym, conditioning, weight-training, team camps, skill drills, and camps/clinics for the summer.

Open Gym

DATES: June 2, 4, 16, 18, 19; July 9, 16, 30

DAYS: Mondays & Wednesdays

TIME: 5:00-7:00 pm

Summer Camps

WEST MICHIGAN TEAM CAMP: June 9 – 11 (invite only)

HOPKINS SHOOTOUT: June 21 & 27 (invite only)

GRAND VALLEY OVERNIGHT TEAM CAMP: June 23 – 25 (invite only)

COURTHOUSE SUMMER LEAGUE: July 7, 14, 21, 28 (invite only)

Scan the QR code below for Girls Basketball Interest Form



BOYS BASKETBALL

Dominic Shannon, Varsity Head Coach

P: 616.819.6192 E: shannond@grps.org

Open Gym/Conditioning for Incoming Athletes

DATES: June 9 – 30

DAYS: Mondays, Wednesdays, Fridays

TIME: 4:00-6:00 pm

WHERE: OHHS Gym

Coach Shannon's Separation Camp

DATES: June 16 – 18

TIME: 4:00-6:00 pm

WHO: Boys Grades 3-8

WHERE: OHHS Gym



TRACK & FIELD (BOYS & GIRLS)

Tony Shellman, Head Coach

P: 616.606.3393 E: toneupelite317@gmail.com

Tone Up Elite Track Club and GRPS Summer Track

Track and Field summer training with TONE UP! Elite Track Club. Tone Up provides training in all track and field events designed for the beginning level athlete to the elite level athlete. Our track club gives you the knowledge and training to develop and sharpen your skills to prepare to race at an elite level.

TONE UP Training

DATES: Starts June 2

DAYS/TIME: Monday – Friday from 6:00 – 8:00 pm

LOCATION: To be determined. Contact Coach Tony Shellman for details

ADDITIONAL INFORMATION & PRICING: Email to toneupelite317@gmail.com, call

616.606.3393 or visit the website at [Tone Up! Elite Track Club | Youth Track Club | Grand Rapids, MI, USA](http://ToneUp!EliteTrackClub.com).

WRESTLING

Ryan Davis, Head Coach

P: 616.284.1154 E: mrryandaviscdavis@gmail.com

Preparation for the 2025-26 wrestling season. Conditioning, weight training, skill building, workouts.

Summer Training

DATE: April 30 – July 30

DAYS: Wednesdays

TIME: 3:30 – 5:00 pm

WHO: Grades 8-12

WHERE: OHHS Wrestling Room, Weight Room, and Outdoors



GIRLS SOFTBALL

Kelsey Bobeldyk, Head Coach

E: BobeldyK@grps.org

Softball Clinic

DATES: June 9, 16, and 23

WHERE: OHHS Softball Field

Intermediate & Advanced Players

WHO: Grades 8-12

TIME: 4:00-6:00 pm

Beginner Players

WHO: Grades 7-9

TIME: 5:30 – 7:00 pm

Scan the QR code below for Summer Softball Clinic Interest Form



SPORTS PHYSICALS

Bengal athletes must have an up-to-date sports physical on file in the athletic office prior to participation. Fall sports begin August 11th.

Corewell Health Sports Physical Day – August 6

OTTAWA HILLS SCHOLAR ATHLETES ONLY

DATE: August 6

TIME: 5:00 PM - 7:00 PM

WHERE: Ottawa Hills HS Athletic Wing (2055 Rosewood Ave SE, GR 49506), Enter thru Door Q

Scan the QR code below for additional information and required forms.



Cherry Health Clinic at Ottawa Hills

Cherry Health at OHHS is open for sports physical and other health-related concerns throughout the summer.

DAYS: Mondays, Tuesdays, and Thursdays

TIME: 7:30 am – 4:00 pm

WHERE: Ottawa Hills HS (2055 Rosewood Ave SE, GR 49506), Enter thru Door K

APPOINTMENTS: Call 616.776.5110 to schedule an appointment

Scan the QR code below for additional information and required forms.



In the Grand Rapids Public Schools, we provide high-quality, enriching athletic experiences for scholars at ALL of our high schools.

We believe in helping our scholar-athletes learn important skills that will help them succeed in the classroom, on the court, and throughout their lives. As a district, we abide by all guidelines set forth by the Michigan High School Athletic Association (MHSAA), and our teams compete in the Ottawa-Kent Conference, a premier sports conference in West Michigan.



SIGN UP TODAY

Scan the QR code to complete
the OHHS Athletics sign-up form



BENGALS ATHLETICS

Marcus Harris, Athletic Director (HarrisMar@grps.org)

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