

**Please use one form per student**



Student's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell Phone or Alt #(s) \_\_\_\_\_

Parent Email: \_\_\_\_\_

Grade for 2017-18 \_\_\_\_\_

T-shirt \_\_\_\_\_ Yrs of Exp: \_\_\_\_\_ Aprox Weight \_\_\_\_\_

\*\*Youth Sizes for Youth Camp

\*\*Adult Sizes for HS Camp

Program No.	Description	Fee
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
Total Enclosed		_____

I understand that an athletic camp carries with it certain risks. There is always a chance of injury. I hereby authorize the directors of the Lincoln-Way summer camps to act for me according to their best judgment in any emergency requiring medical attention.

\_\_\_\_\_  
(Signature of Parent or Guardian)

**Payment must accompany registration. Payment can be by cash, check, or money order. Checks should be made payable to Lincoln-Way East High School**

Send registration form and payment to:  
**SUMMER CAMPS, ATHLETIC DEPARTMENT  
LINCOLN-WAY EAST HIGH SCHOOL  
201 COLORADO AVENUE  
FRANKFORT IL 60423**



# LINCOLN-WAY EAST 2017 SUMMER SPORTS CAMPS



Badminton Baseball Cross Country

Football Golf Gymnastics Soccer

Softball Swimming/Water Polo

Tennis Track Volleyball Wrestling

## Two methods of registration:

### To register using your credit card or check:

Register for summer camps online at 8 TO 18  
Payments can be made via Mastercard, Visa, American Express

### To register using check payment method:

Download the "Summer Camp" brochure from 8 to 18 and complete the registration make checks payable to Lincoln-Way East High School. Please use one form per student.

### **Send registration form and payment to:**

**Lincoln-Way East Athletics  
201 Colorado Ave  
Frankfort IL 60423  
Attn: Athletics Summer Camp**

### **Important Registration Information:**

Grades listed for each camp are for the 2017-2018 school year. Please register with that in mind. Be sure to list the program on the registration form. More than one camp can be listed on the registration form (we can copy it and distribute it to the respective coaches), but a separate registration form is needed for each athlete. Don't forget to sign the waiver on the registration form. Don't forget to sign your check. Don't forget to list t-shirt size.

For questions on a camp, please contact the coach using the e-mail address included in the camp information. All camps are at Lincoln-Way East High School, unless otherwise indicated. No confirmations will be sent for camp registration. You will be notified only in the event of a cancellation. PLEASE NOTE-Because of ordering deadlines and restrictions, registrations received less than two week before the start of a camp, will not be guaranteed a t-shirt.

**NO CAMP REFUNDS**

## **WRESTLING**

**Coaches:** Tyrone Byrd & Wrestling Staff  
**Contact:** e-mail [tbyrd@lw210.org](mailto:tbyrd@lw210.org) or 815-464-4026

The camp will focus on basic and advanced movements, offense from the feet, and mat wrestling.

**Ages:** Grades 1st thru 8th  
**Date:** Monday thru Thursday June 19<sup>th</sup> – June 22<sup>nd</sup>  
**Time:** 1:00 – 2:30 PM  
**Fee:** \$75.00  
**Location:** Wrestling Room

### **MARK T-SHIRT SIZE ON THE REGISTRATION FORM** **(Youth S to XXL)**

**Coaches:** Tyrone Byrd & Wrestling Staff  
**Contact:** e-mail [tbyrd@lw210.org](mailto:tbyrd@lw210.org) or 815-464-4026

The camp will focus on basic and advanced movements, offense from the feet, and mat wrestling.

**Ages:** Grades 9<sup>th</sup>- 12<sup>th</sup>  
**Date:** Monday thru Thursday June 19<sup>th</sup> – June 22<sup>nd</sup>  
**Time:** 3:00 PM – 5:00 PM  
**Fee:** \$105.00  
**Location:** Wrestling Room

### **MARK T-SHIRT SIZE ON THE REGISTRATION FORM** **(Adult Sizes)**

## GIRLS VOLLEYBALL

**Coaches:** Kris Fiore & Girls Volleyball Staff

**Contact #:** 815-464-4087 or email [krfiore@lw210.org](mailto:krfiore@lw210.org)

This camp is designed to introduce athletes to the fundamental skills of passing, setting, serving, attacking and team competition. It is designed specifically for beginning to intermediate level players with a keen interest in improving their knowledge and skills of volleyball. Campers will also be coached by many of the varsity volleyball players.

**Date:** Monday thru Thursday, July 10 to July 13

**Ages:** Grades 1-5 (GV100)      **Time:** 9:00AM – 10:30AM

**Fee:** \$65.00      **Location:** Main Gym

**Date:** Monday thru Thursday, July 10 to July 13

**Ages:** Grades 6-8 (GV200)      **Time:** 12:00AM – 2:00 PM

**Fee:** \$75.00      **Location:** Field House

The following camp is designed to develop the high school athlete. Specific offensive and defensive skills will be introduced through a variety of drills and team competition.

**Date:** Monday thru Friday for 2 weeks, July 17 to July 28

**Ages:** Incoming Freshman (GV300)

**Time:** 4:00 – 6:00 PM

**Fee:** \$125.00      **Location:** Field House

**Ages:** \*\*Sophomore (GV300)\*\*

**Time:** 4:00 – 6:00 PM

**Fee:** \$165.00      **Location:** Field House

**Ages:** \*\*Grades 11, 12 (GV400)\*\*

**Time:** 1:00 – 3:00 PM

**Fee:** \$165.00      **Location:** Field House

\*\*Proper volleyball attire is required for both camps – T-shirt/shorts

\*\*Sophomore and Varsity camps are more expensive because they include costs for summer league fees and a summer camp jersey\*\*

Freshman camp fee will also include a camp t-shirt.

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM**  
**(Adult S thru XL)**

## GIRLS BADMINTON

**Coaches:** John Terry & Girls Badminton Staff

**email:** [jterry@lw210.org](mailto:jterry@lw210.org)

### SKILL DEVELOPMENT AND COMPETITION CAMP

**Date:** Monday thru Thursday (4 days), June 12 to June 15

**Ages:**

**Grades 5, 6, 7, 8**      Time: 4:00 – 5:30 PM

**Grades 9, 10,11,12**      Time: 5:30 – 7:00 PM

**Fee:** \$60.00.

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Proper badminton attire is required;

**Camp participants will receive a T-shirt (PLEASE INDICATE SIZE ON SIGN-UP FORM OR ONLINE REGISTRATION – DESIGNATE (YOUTH OR ADULT AS WELL))**

**Location: Field House for All Camps**

## **BASEBALL –YOUTH CAMP –9th Grade**

**Coaches:** Paul Babcock & Baseball Staff

**Contact #:** 815-464-4034 or [pbabcock@lw210.org](mailto:pbabcock@lw210.org)

This is an instructional camp emphasizing the basic fundamentals of baseball, which will include throwing, fielding, base running, and hitting.

Please wear appropriate clothing and shoes. Bring glove and bat, if possible. Bring plenty of water.

**Date:** Monday thru Friday, June 12- 16<sup>th</sup>

**Ages:** Grades 1 & 2 (BA100)

**Time:** 9:00-10:00 AM

**Fee:** \$55.00

**Ages:** Grades 3,4,5 (BA200)

**Time:** 1:00 – 2:00 PM

**Fee:** \$55.00

**Ages:** Grades 6,7,8 (BA300)

**Time:** 10:00 AM – 12:00

**Fee:** \$105.00

**Ages:** Grade 9 (BA400)

**Time:** 3:30 – 5:30 PM

**Fee:** \$105.00

**Location:** Baseball Fields

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM**

**(Specify Adult or Youth size)**

**MAY NOT RECEIVE A SHIRT IF NOT SIGNED UP BY**

**June 15th**

**Rain Days-** Coaches will take players inside for baseball videos or drills-dependent on space available. Attendance Optional

## **BOYS VOLLEYBALL**

**Coaches:** Kris Fiore & Boys Volleyball Staff

**Contact #:** 815-464-4087 or e-mail [krfiore@lw210.org](mailto:krfiore@lw210.org)

This camp is designed to introduce athletes to the fundamental skills of passing, setting, serving, attacking and team competition. It is designed specifically for beginning to intermediate level players with a keen interest in improving their knowledge and skills of volleyball.

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM**  
**(Adult S thru XL)**

**Date:** Monday thru Thursday, July 10 to July 13

**Ages:** Grades 1-5 (GV100)

**Time:** 9:00AM – 10:30AM

**Fee:** \$65.00

**Location:** Main Gym

**Date:** Monday thru Thursday, July 10 to July 13

**Ages:** Grades 6-8

**Time:** 12:00 PM – 2:00 PM

**Fee:** \$75.00

**Location:** Field House

**Date:** Monday thru Thursday, July 24 to July 27

**Ages:** Grades 9-12

**Time:** 10:30 – 12:30 PM

**Fee:** \$75.00

**Location:** Main Gym

## **CAMP: BOYS/GIRLS TRACK & FIELD**

**Coach:** Brian Evans  
**Coaches Email:** bevans@lw210.org

### **CAMP # TRK100**

**CAMP DESCRIPTION:** Open to Boys and Girls grades 6 thru 12.

Come and learn skills and techniques of proper warm up, how to become faster, and the importance of drills and techniques. Athletes will learn about the sport of Track & Field as well as the different events to compete in.

**Ages:** Grades 6 thru 12

**Dates:** July 10-14  
July 17-21

**Time:** 9:00 a.m. – 12:00 p.m.

**Fee:** \$75 per week

**Location:** Athletes will meet on the track at LWE.  
Please come dressed to workout  
(T-Shirt, shorts, running shoes, and water bottle)

## **BASEBALL VARSITY**

**Coaches:** Paul Babcock  
**Coaches Email:** pbabcock@lw210.org

### **CAMP # BBV100**

**CAMP DESCRIPTION:** This camp will teach players the finer points of the game at every position. Each day a new skill or position will be covered in depth.

**Ages:** Grades: 11 thru 12

**Dates:** June 6-8, **12-15 (Note Time change)**, 20-22, 27-29,  
July 11-13

**Time: 11:30-1 pm**  
**\*\*Except the week of June 12-15<sup>th</sup> is 2-3 pm**

**Fee:** \$110

## BOYS BASKETBALL

Coaches: Rich Kolimas & Boys Basketball Staff  
Contact #: 815-464-4551 or [rkolimas@lw210.org](mailto:rkolimas@lw210.org)

### SKILL DEVELOPMENT AND COMPETITION CAMPS

**Date:** Monday thru Thursday for 2 weeks, June 12 to 15 and June 19 to 22

<b>Ages:</b> Grades 1,2,3 (BB100)	<b>Time:</b> 10:30 – 11:30 am
Grades 4,5 (BB200)	<b>Time:</b> 10:30 – Noon
Grades 6,7,8 (BB300)	<b>Time:</b> Noon – 1:30 pm
Grades 10,11,12 (BB400)	<b>Time:</b> 1:30 pm – 3 pm

**Fee:** \$60.00 / 1 week  
\$115.00 / 2 weeks

*IF NOT ATTENDING THE FULL CAMP, BE SURE TO MARK WHICH WEEK(S) YOU ARE ATTENDING ON THE REGISTRATION FORM.*

### TEAM CAMP

**Date:** Wed., Thursday, Friday: May 31, June 1, 2  
**Ages:** Grade 10 (TCA1)  
**Time:** 10 – 11:30 am

**Ages:** Grades 11-12 (TCA2)  
**Time:** 11:30 am – 1 pm  
**Fee:** \$40

**Date:** Tuesday, Wed., Thursday: June 20, 21, 22  
**Ages:** Grade 9 (TCA3)  
**Time:** 3:30 – 5 pm  
**Fee:** \$40

### SHOOTING CAMPS

**Date:** Tuesday thru Thursday: June 6, 7, 8  
**Ages:** Grades 9 -12 (SCA1)  
**Time:** 1:30 - 3 pm  
**Fee:** \$40

**Date:** Tuesday thru Thursday: June 27, 28, 29  
**Ages:** Grades 6-8 (SCA2)  
**Time:** 11 am – 12:30 pm

**Ages:** Grades 9-12 (SCA3)  
**Time:** 12:30 - 2 pm  
**Fee:** \$40

Proper basketball attire is required;  
Camp participants will receive a T-shirt (no shirt size option)  
Location: Field House for ALL CAMPS

## BOYS AND GIRLS TENNIS

Coaches: Chris Olson and Wes Cooley  
Contact #: e-mail [cholson@lw210.org](mailto:cholson@lw210.org) or [wcooley@lw210.org](mailto:wcooley@lw210.org)

Fundamental skills of the forehand, backhand, volley and serve will be emphasized, along with the strategies for both singles and doubles play.

**Date:** Monday thru Thursday, June 5<sup>th</sup> – June 8<sup>th</sup>

**Time:** 9:00am-12:00pm

**Ages:** Grades 9 thru 12 (T201) **Fee:** \$80.00

**Date:** Monday thru Thursday, June 19<sup>th</sup> – June 22<sup>nd</sup>

**Time:** 11:00am–12:00pm

**Ages:** Grades 1 thru 8 (T100 WK 1))

**Fee:** \$55.00

**Ages:** Grades 9 thru 12 (T200 WK 1)

**Time:** 1:00-3:30pm

**Fee:** \$80.00

**Date:** Monday thru Thursday, June 26<sup>th</sup> – June 29<sup>th</sup>

**Time:** 11:00am–12:00pm

**Ages:** Grades 1 thru 8 (T100 WK 2))

**Fee:** \$55.00

**Time:** 1:00pm-3:30pm

**Ages:** Grades 9 thru 12 (T201 WK2)

**Fee:** \$80.00

**Location:** Tennis Courts

Participants should bring a tennis racquet and a water bottle or sports drink. The Friday of each week will be used as a “Rain Day” if necessary.

There will also be a LW-Youth Tennis Tournament on Friday June 23<sup>rd</sup> thru Sunday June 25<sup>th</sup>. A separate registration form will be available in the Lincoln-Way East Athletic Office.

## **BOYS SWIMMING & WATER POLO**

### **Coaches:**

Ryan Lodes (Water Polo)

e-mail [rlodes@lw210.org](mailto:rlodes@lw210.org)

Kelly Byrne (Swimming)

e-mail [kbyrne@lw210.org](mailto:kbyrne@lw210.org)

**Boys (BSW100)** This camp is for swimming and water polo athletes. The camp will include 1 hour of swim and 1 hour of water polo. Camp will include swim workouts, swim technique and water polo skills and games. Swim suit and goggles are needed.

**Ages:** Grades 9 thru 12

**Date:** Monday June 5th - Friday June 9th

**Time:** 7:45 a.m. - 10 a.m.

**Fee:** \$50.00

**Location Boys Swimming & Water Polo :** Aquatic Center

## **GIRLS WATER POLO**

**Coaches:** Kendra Will (Water Polo)

e-mail [kwill@lw210.org](mailto:kwill@lw210.org)

**Girls (BSW100)** This camp is for water polo athletes. The camp will include 1.5 hours of water polo skills and scrimmage. Swim suit and goggles are needed.

**Ages:** Grades 6 thru 12

**Date:** Monday July 24<sup>th</sup>- Friday July 28<sup>th</sup> 2017

**Time:** 8:00-9:30 AM

**Fee:** \$50.00

**Location Girls Water Polo :** Aquatic Center

## **GIRLS BASKETBALL**

**Coaches:** LWE Girls Basketball Staff

Contact # 815-464-4160 or [jmartin@lw210.org](mailto:jmartin@lw210.org)

**Ages:** Grades 10, 11, 12 (GB100)

**Date:** Tuesday thru Thursday June 6, 7, 8, 20,21,22

**Fee:** \$75.00

**Time:** 9:00 AM -10:30 AM

**Location:** Gymnasium

**Ages:** Grades 5, 6, 7 (GB200)

**Date:** Monday thru Thursday June 26<sup>th</sup> thru 29<sup>th</sup>

**Fee:** \$65.00

**Time:** 11:00 AM – 12:30 PM

**Location:** Gymnasium

**Ages:** Grade 8, 9 (GB300)

**Date:** Monday thru Thursday June 26<sup>th</sup> thru 29<sup>th</sup>

**Fee:** \$65.00

**Time:** 12:30 PM – 2:00 PM

**Location:** Gymnasium

## **GIRLS CROSS COUNTRY**

### **SESSION #1**

**Coach:** Wendy Hegarty

**Contact #:** 815-370-7491 or e-mail [whegarty@lw210.org](mailto:whegarty@lw210.org)

This camp is open to all levels of runners, beginning or skilled. Attendees will participate in various cross training activities as well as runs at area parks and on campus. Weather permitting, trips to the Indiana Dunes and the Chicago Lakefront are planned. Information will be given on nutrition and stretching.

**Ages:** Grades 6 thru 12

**Time:** 8:00 – 11:00 AM on the first day. Times may vary throughout the week. A schedule will be given on the first day.

**Date:** Monday thru Thursday, June 5-8, 2017

**Fee:** \$75.00

**Location:** Meet in Field House Lobby

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM (Adult sizes)**

## **GIRLS CROSS COUNTRY**

### **SESSION #2**

**Coach:** Wendy Hegarty

**Contact #:** 815-370-7491 or e-mail [whegarty@lw210.org](mailto:whegarty@lw210.org)

This camp is open to all levels of runners, beginning or skilled. Attendees will participate in varying lengths and types of runs in preparation for the fall cross country season.

**Ages:** Grades 6 thru 12

**Time:** 8:00 – 11:00 AM on the first day. Times will vary throughout the week. A schedule will be given on the first day.

**Date:** Monday thru Thursday, July 24-27, 2017

**Fee:** \$75.00

**Location:** Meet in Field House Lobby

## **GIRLS SWIMMING & DIVING**

**Coaches:** Kate Gabey (Girls) Contact #:

e-mail [kgabey@lw210.org](mailto:kgabey@lw210.org)

**Girls (GSW100)** This camp is encouraged for all to attend if interested in participating in swimming or diving at the high school level. The experienced and inexperienced are welcome. This camp is to develop fundamentals for beginners and continue the development of the experienced. Workouts will be structured to prepare all levels for the upcoming season.

**Ages:** Grades 9 thru 12 (Jr. High students can attend w/coach's approval)

**Date:** **Girls (GSWD100)** Wednesday thru Friday, May 31-June 2

**Time:** 6-8 AM

**Fee:** \$45.00

**Date:** **Girls (GSWD 200)** Tuesday thru Friday, June 6-16

**Time:** 6-8 AM **Those attending Summer School 5:15-6:30am starting 6/13**

**Fee:** \$140.00

Swim suit (one piece), cap and goggles are needed. Participants are not required to attend all sessions.

Important: I would prefer to have swimmers and divers sign up by dropping off checks and forms to the Athletic Office at Lincoln-Way East rather than signing up through the 8 to 18 site. If you are a swimmer or diver attending summer school, please make a note on your registration for (Summer School) and/or email me Coach Gabey at [kgabey@lw210.org](mailto:kgabey@lw210.org). Thanks you.

**Location for Girls Swimming and Diving:** Aquatic Center **No Refunds after May 31st**



## **GIRLS SOFTBALL**

**Coaches:** Lincoln-Way East Softball Coaches

**Contact #:** Elizabeth Pawlicki - [epawlicki@lw210.org](mailto:epawlicki@lw210.org)

This camp will teach the fundamentals necessary to be successful in the East softball program.

**Date:** Monday thru Wednesday, June 12 – June 14

**Ages:** Grades 5 thru 7 (SB100)

**Time:** 10:30 AM – 12:00 PM

**Fee:** \$90.00

**Ages:** Grades 8 thru 9 (SB200)

**Time:** 12:30 PM – 2:00 PM

**Fee:** \$90.00

**Location:** Varsity & Sophomore Softball Fields

Special Note: Please wear appropriate clothing (spikes/cleats, long sleeves, sweat pants). Campers will need a glove (and a bat is recommended).

**Please bring plenty of water.**

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM**  
**(Adult S thru XL)**

**Please make checks out to Lincoln-Way East High School. Camps must be paid individually.**  
**Thank you!**

## **BOYS CROSS COUNTRY**

**Coaches:** Lincoln-Way East Cross Country Coach

**Contact #:** Ross Widinski - [rwidinski@lw210.org](mailto:rwidinski@lw210.org)

This camp is open to all levels of runners, beginning or skilled. Attendees will participate in various cross training activities as well as runs at area parks and on campus. Information will be given on nutrition, stretching and race strategies.

**Date:** Monday thru Friday, June 5 – June 9

**Ages:** Grades 6 thru 12      **Time:** 8:00 AM – 11:00 AM

Finish times may vary

**Fee:** \$75.00

**Location:** Fieldhouse Lobby

## FOOTBALL FRESHMAN

ALL CAMPS: NO REFUNDS

Meet at the Stadium

Please bring a pair of gym shoes (rain) and your own water.

Football shoes are recommended, but not mandatory.

Contact for all camps: Rob Zvonar, Head Coach

e-mail [rzvonar@lw210.org](mailto:rzvonar@lw210.org)

### Freshman Team Camp (FB300)

**Date:** Monday thru Thursday, June 12 to June 15

Monday thru Thursday June 19- June 22

**Ages:** Grade 9 **Time:** 12:30-3:30

**Fee:** \$120.00 Team Camp

### Lineman Camp (FB600)

**Date:** Monday July 10<sup>th</sup> – Wednesday July 12<sup>th</sup>

**Time:** 5:00pm-8:00pm

**Fee:** \$50.00

\*Offensive & Defensive Linemen Only

### Freshman Conditioning/Skill Work

**Date:** Monday, Tuesday, Wednesday, Thursday

Week 1: June 26- June 29<sup>th</sup> **Time:** 12:30-2:30pm

Week 2: July 10<sup>th</sup> – July 27<sup>th</sup> **Time:** 12:30-2:30pm

### 7 on 7 Summer Passing League and Lineman Challenge

TBA

Season/2-A-Days Begin: Monday, August 7

Time: 7:30 AM – 2:30 PM

## BOYS & GIRLS SOCCER CAMP

**Coaches:** Michael Murphy & Soccer Staff Girls Soccer Camps

**Contact #:** e-mail [mmurphy@lw210.org](mailto:mmurphy@lw210.org)

**Coaches:** Ryan Decker & Soccer Staff Boys Soccer Camps

**Contact #:** 815-464-6116 or e-mail [rdecker@lw210.org](mailto:rdecker@lw210.org)

The soccer camps are designed to develop the athlete in the technical and tactical attributes of soccer. You must bring your own ball. Participants will receive a T-shirt.

**Date:** Monday thru Thursday, June 12 to June 15

**Ages:** Girls Grades K thru 2 (GS100) **Time:** 8:00 – 9:15 AM

**Ages:** Boys Grades K thru 2 (BS100) **Time:** 8:00 – 9:15 AM

**Fee:** \$50.00 **Location:** West Side Soccer Field

**Ages:** Girls Grades 3 thru 8 (GS200) **Time:** 8:00 – 10:00 AM

**Ages:** Boys Grades 3 thru 8 (BS200) **Time:** 8:00 – 10:00 AM

**Fee:** \$65.00 **Location:** West Side Soccer Field

### HIGH SCHOOL BOYS SOCCER

**Ages:** Grades 10 thru 12 (BS300)

**Date:** May 31, June 1 and 2 **Time:** 8:00 – 10:00 AM

June 5, 7, 12, 14, 19, 21 6:00 – 8:00 PM

**Fee:** \$105.00 **Location:** West Side Soccer Field

**Ages:** Grades 9 (BS3001)

**Date:** June 7, 12, 14, 19, 21 6:00-8:00pm

**Fee:** \$80.00

### INCOMING FRESHMAN GIRLS SOCCER

**Date:** Monday thru Thursday, June 12 to June 15

**Ages:** Grade 9 (GS300)

**Time:** 12:30 – 2:00PM

**Location:** West Side Soccer Field

**Fee:** \$55.00

## **GIRLS GYMNASTICS GRADE SCHOOL**

Coaches: Kim Lago  
Coaches Email: [klago@lw210.org](mailto:klago@lw210.org)  
Coaches: Kory Thompson  
Coaches Email: [kthompson@lw210.org](mailto:kthompson@lw210.org)

**CAMP # 100**

**CAMP DESCRIPTION: Grade School**

**Ages:** 5-14 Grades k thru 8

**Dates:** June 12-15

**Time:** 10:30am-12:00pm

**Fee:** \$75.00

**Location:** LWE Gymnastics Gym

## **GIRLS GYMNASTICS- HIGH SCHOOL**

Coaches: Kim Lago  
Coaches Email: [klago@lw210.org](mailto:klago@lw210.org)  
Coaches: Kory Thompson  
Coaches Email: [kthompson@lw210.org](mailto:kthompson@lw210.org)

**CAMP # 200**

**CAMP DESCRIPTION: Girls High School Gymnastics**

**Ages:** 14-18 Grades 9 thru 12

**Dates:** **Week 1** June 5<sup>th</sup>-8<sup>th</sup> & **Week 2** June 12<sup>th</sup>-15<sup>th</sup>

**Time:** (5<sup>th</sup>-8<sup>th</sup>) 8:00am-11:00am  
(12<sup>th</sup>-15<sup>th</sup>) 12:00pm-3:00pm

**Fee:** \$75.00 per week or \$140 for both

**Location:** East Gymnastics Gym

## **FOOTBALL SOPHOMORE**

Meet at the Stadium

Please bring a pair of gym shoes (rain) and your own water.

Football shoes are recommended, but not mandatory.

Contact for all camps: Rob Zvonar, Head Coach  
815-464-4067 or e-mail [rzvonar@lw210.org](mailto:rzvonar@lw210.org)

### **Sophomore Team Camp (FB400)**

**Date:** Monday thru Friday for 2 weeks, June 5 to June 16

**Ages:** Grade 10 **Time:** 10:00am-1:00pm

**Fee:** \$150.00 Team Camp

### **Sophomore Lineman Camp (FB600)**

**Date:** Monday July 10<sup>th</sup> – Wednesday July 12<sup>th</sup>

**Time:** 5:00pm-8:00pm

**Fee:** \$50.00

\*Offensive & Defensive Linemen Only

### **Sophomore Conditioning/Skill Work**

**Date:** Monday, Tuesday, Wednesday, Thursday

Week 1: June 19<sup>th</sup>- June 29<sup>th</sup> **Time:** 11:00-1:00pm

Week 2: July 10<sup>th</sup> – July 27<sup>th</sup> **Time:** 11:00-1:00pm

### **7 on 7 Summer Passing League and Lineman Challenge**

**Date:** Thursday June 29<sup>th</sup>, at Wheaton North (7/7 and Lineman)

**Time:** TBA

Others TBA

### **Season/2-A-Days Begin: Monday, August 7**

**Time: 7:30 AM – 2:30 PM**

Off Weeks:

May 26- June 4

July 1- July 9

July 28- August 6

## **FOOTBALL VARSITY**

**Meet at the Stadium**

**Please bring a pair of gym shoes (rain) and your own water.**

**Football shoes are recommended, but not mandatory.**

**Contact for all camps:** Rob Zvonar, Head Coach  
815-464-4067 or e-mail [rzvonar@lw210.org](mailto:rzvonar@lw210.org)

### **Varsity Team Camp (10 days)** (FB500)

**Date:** Monday thru Friday, June 5 to June 9  
Monday thru Friday, June 12 to June 16

**Ages:** Grades 11, 12   **Time:** 7:00 – 11:00 AM

### **Varsity Team Mini Camp (3 days)** (FB600)

**Date:** Monday July 10<sup>th</sup> – Wednesday July 12<sup>th</sup>

**Ages:** Varsity (FB600)

**Time:** 5:00 – 8:00 PM

**Fee:** \$200.00 (**Team Camp & Team Mini Camp**)

### **Varsity Conditioning:**

**Dates:** Monday, Tuesday, Thursday,  
June 19<sup>th</sup>- June 29<sup>th</sup>

July 10<sup>th</sup>- July 27<sup>th</sup>

**Time:** 9:00 – 11:00 AM

### **Season Begins: Monday, August 7**

**Off Weeks:**

May 26-June 4

July 1- July 9

July 28- August 6

## **GIRLS GOLF**

**Coach:** Mary McGivern

**Contact #:** 815-464-4163 or e-mail [mmcgivern@lw210.org](mailto:mmcgivern@lw210.org)

This camp is designed for fundamental skill development for golfers of all skill levels. All golfers must provide their own equipment (clubs, bag) and transportation to and from the golf course. Walk-ups are welcome the first day of camp.

**Date:** Monday thru Thursday, June 12 to 15

**Ages:** Grades 5 thru 8 (GG100)   **Time:** 1:00 – 2:30 PM  
Grades 9 thru 12 (GG101)   **Time:** 2:30 - 4:00 PM

**Fee:** \$85.00 (Range balls and facility use included)

**Location:** Green Garden Country Club, (Driving Range),  
Manhattan-Monee Rd.

**Select T-shirt size**

**Adult S, M, L, XL**

**Youth S, M, L**

## BOYS GOLF

Coach - Jim Nair  
Contact [jnair@lw210.org](mailto:jnair@lw210.org) or 708-705-7693 cell

This camp is designed for fundamental skill development for golfers of all skill levels.

Date July 24th to July 27th

Fee \$70.00 8:00am to 9:00am 9th and 10th graders (BG100)

Fee \$70.00 9:00am-10:00am 7th and 8th graders (BG101)

Location Green Garden Country Club (Driving Range) Manhattan-Monee- Rd

Walk ups are welcome the first day of camp.

## FOOTBALL - YOUTH /JR. HIGH

**ALL CAMPS: NO REFUNDS**

**Meet at the Stadium**

**Please bring a pair of gym shoes (rain) and your own water.**

**Football shoes are recommended, but not mandatory.**

**Contact for all camps:** Rob Zvonar, Head Coach  
815-464-4067 or e-mail [rzvonar@lw210.org](mailto:rzvonar@lw210.org)

### **Youth Camps (FB100A and FB100B)**

**Date:** Monday thru Thursday

June 19 to June 22 (4 days)

**Ages:** Will be in grades 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup> in Fall, 2017 (FB100A)

**Time:** 8:00-10:00am

**Ages:** Will be in grades 5<sup>th</sup> or 6<sup>th</sup> in Fall, 2017 (FB100B)

**Time:** 8:00 – 10:00 AM      **Fee:** \$80.00

### **Junior High Camp (FB200)**

**Ages:** Will be in grades 7<sup>th</sup> or 8<sup>th</sup> in Fall, 2017 (FB200)

**Date:** Monday thru Thursday, June 19 to June 22 (4 days)

**Time:** 10:00 AM – 12:00 Noon      **Fee:** \$80.00