



## **GIRLS BASKETBALL**

**NO REFUNDS AFTER JUNE 1**

**Coaches:** Jim Martin & Girls Basketball Staff  
**Contact #:** 815-464-4160 or [jmartin@lw210.org](mailto:jmartin@lw210.org)

The program is designed to assist girls in the development of individual basketball fundamentals and team concepts.

**Date:** Monday thru Thursday, June 22 to June 25  
**Ages:** Grades 5,6,7,8 (GB100)      **Time:** 9:30 – 11:00 AM  
**Fee:** \$60.00      **Location:** 22,23 - Field House  
24,25 - Gymnasium

**Date:** Monday thru Thursday for 2 weeks, June 8 thru June 18  
**Ages:** Grade 9 (GB200)      **Fee:** \$85.00 (Grade 9)  
**Ages:** Grade 10,11,12 (GB300)      **Fee:** \$125.00 (Grades 10-12)  
**Time:** 1:00 – 2:30 PM      **Location:** 8-16 – Gymnasium  
17,18 – Field House

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM (Specify Adult or Youth size)**

## **BOYS & GIRLS BOWLING**

**NO REFUNDS AFTER JUNE 8**

**Coaches:** George Outman, Michael Teare  
**Contact #:** 708-479-0323 (George Outman)

The bowling camp will facilitate students with skills and tools necessary to improve averages and to bowl more competitively. There will be guest coaches on different days to help instruct.

**Date:** Tuesday thru Friday, June 16 to June 19  
**Ages:** Grades 6 thru 12      **Time:** 2:00 – 4:00 PM  
**Fee:** \$70.00      **Location:** Thunder Bowl  
18700 S. Old LaGrange Rd.  
Mokena

You must provide your own transportation.

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

## **CHEERLEADING**

**NO REFUNDS AFTER JUNE 27**

**Coaches:** Cheerleading Coaching Staff  
**Contact #:** 815-464-4364 or [ymetanias@lw210.org](mailto:ymetanias@lw210.org)

This instructional camp emphasizes skills in tumbling, stunting, jumping, and cheering.

**Date:** Tuesday thru Thursday, July 14 to July 16  
*Parents are welcome to come July 16 at 4:45 PM for a performance.*  
**Ages:** Grades 6 thru 9      **Time:** 2:00 – 5:00 PM  
**Fee:** \$45.00      **Location:** Field House

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

## **BOYS CROSS COUNTRY**

**NO REFUNDS AFTER JUNE 8**

**Coach:** Ross Widinski  
**Contact #:** 815-464-8998 or e-mail [rwidinski@lw210.org](mailto:rwidinski@lw210.org)

This camp is designed for runners of all abilities. Even if you have never run before you are welcome to start with us! This week-long camp will offer runners new techniques for improving speed, endurance, strength, agility, and flexibility. We will also offer seminars on proper nutrition and mechanics.

**Date:** Monday thru Friday, June 8 to June 12  
**Ages:** Grades 6 thru 12      **Time:** 7:00 – 11:00 AM  
**Fee:** \$50.00      **Location:** Meet in Field House Lobby

It is important that runners wear proper attire – running shoes, shorts and T-shirt. Also, please bring a water bottle, a snack, and sunblock. We will be off-campus some days at nearby trails, so it is imperative that you arrive promptly for camp. The bus will leave 10 minutes after the camp start time.

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM (Specify Adult or Youth size)**

## **GIRLS CROSS COUNTRY**

**Coach:** Wendy Hegarty  
**Contact #:** 815-464-4038 or 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. Information will be given on nutrition, stretching and race strategies. The camp ends with a run and picnic on Lake Shore Drive in downtown Chicago. High school participants are invited to train with the team throughout the summer. A schedule will be given at the camp.

*(continued)*

**GIRLS CROSS COUNTRY** , continued

**Date:** Monday thru Wednesday, June 22 to June 24 and Monday & Tuesday, June 29 and June 30 (Total of 5 days)  
**Ages:** Grades 7 thru 12 (call for Grade 6) **Fee:** \$50.00  
**Time:** 8:00 AM – Noon on first day. Time will vary throughout the week.  
**Location:** Meet in Field House Lobby

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

**FOOTBALL**

**NO REFUNDS AFTER JUNE 8**

**ALL CAMPS: Participants will receive a T-shirt (no size choice). Please bring a pair of gym shoes (rain) and your own water.**

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

**Youth (Grades 3-6) Camp (FB100)**

**Date:** Monday thru Thursday, June 22 to June 25  
**Ages:** Grades 3 thru 7 **Time:** 9:00 – 11:00 AM  
**Fee:** \$40.00 **Location:** Meet at the Stadium

Football shoes are recommended, but not required.

**7<sup>TH</sup> & 8<sup>TH</sup> Grade Elite Skills Camp (All positions) (FB200)**

**Date:** Tuesday thru Thursday, July 7 to July 9  
**Time:** 5:00 – 8:00 PM  
**Fee:** \$50.00 **Location:** Meet at the Stadium

**Freshman Team Camp (FB300)**

**Date:** Monday thru Thursday for 2 weeks, June 8 thru June 18  
**Time:** 1:00 – 4:00 PM  
**Fee:** \$80.00 **Location:** Meet at the Stadium

**Freshman Conditioning:** Monday, Tuesday, Thursday, Friday June 22–June 26 and July 7– July 31 from 12:15 – 1:45 PM

**Freshman 7 on 7 Summer Passing League:** Saturday, July 11 at Plainfield. Others TBA

**Sophomore Team Camp (FB400)**

**Date:** Monday thru Friday for 2 weeks, June 8 thru June 19  
**Time:** 8:00 – 11:00 AM  
**Fee:** \$90.00 **Location:** Meet at the Stadium

**Sophomore Conditioning:** Monday, Tuesday, Thursday, Friday June 22–June 26 and July 7–July 31 from 8:00 – 10:00 AM.

continued

**FOOTBALL** , continued

**Sophomore 7 on 7 Summer Passing League -**  
Wed., June 24 at Romeoville  
Sat., June 27 at University of St. Francis  
Sat., July 11 at Plainfield  
Tues., July 14 at Lincoln-Way Central

**Varsity Team Camp (FB500)**

**Date:** Monday thru Friday for 2 weeks, June 8 thru June 19  
**Time:** 8:00 AM – 12:00 PM  
**Fee:** \$90.00 **Location:** Meet at the Stadium

**Varsity Conditioning:** Monday, Tuesday, Thursday, Friday June 22 June 26, and July 7-July 31 from 9:00 – 11:00 AM.

**Varsity 7 on 7 Summer Passing League –**

Sat., June 20 at University of St. Francis  
Wed., June 24 at St. Xavier University  
Sat., June 27, TBA  
Sat., July 11 at Downers Grove South (with Lineman’s Challenge)  
Fri., July 17 at Lincoln-Way East (with Lineman’s Challenge)

**Lineman Mini-Camp (FB600)**

This camp emphasizes fundamental skills and techniques specific to offensive and defensive linemen.

**Ages:** Grades 9 thru 12 **Time:** 5:00 – 8:00 PM  
**Date:** Tuesday thru Thursday, July 7 to July 9  
**Fee:** \$30.00 **Location:** Meet at the Stadium

**BOYS & GIRLS GOLF**

**NO REFUNDS AFTER JUNE 1**

**Coaches:** Ryan Pohlmann, Mary Weitz  
**Contact #:** 815-464-4566 or e-mail [rpohlmann@lw210.org](mailto:rpohlmann@lw210.org) (Boys)  
815-464-4163 or e-mail [mweitz@lw210.org](mailto:mweitz@lw210.org) (Girls)

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:** **Session 1** - Wednesday, June 10 thru Friday, June 12 (3 days)  
**Session 2** – Monday, July 20 thru Wednesday, July 22 (3 days)

**Ages:** Grades 4 thru 7 **Boys & Girls Combined** **Time:** 4:00 - 5:15 PM  
Grades 8 thru 10 **Boys Only** 5:30 – 6:45 PM  
Grades 8 thru 10 **Girls Only** 2:30 – 3:45 PM

continued

**BOYS & GIRLS GOLF** , continued

**Fee:** \$50.00 for 1 session \$90.00 for both sessions  
(Griffin Family Discount: i2 or more golf campers are from the same family receive a \$5.00 per session discount for each golfer.)

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

**BE SURE TO INDICATE SESSION NUMBER(S) ON REGISTRATION FORM**

**BOYS & GIRLS GYMNASTICS**

***ENROLLMENT IS LIMITED. PRE-REGISTRATION IS REQUIRED.  
PRE-REGISTRATION DATES ARE JUNE 6 & JUNE 7. PLEASE CALL  
MR. ADAMSON AT 708-479-6465 BETWEEN 8:30 PM AND 10:00 PM.  
YOUR PRE-REGISTRATION MUST BE CONFIRMED VERBALLY.***

**Coach:** Skip Adamson **Contact #:** 815-464-4593 for questions

For enthusiastic boys and girls interested in the joys and challenges of gymnastics. Emphasis will be placed on tumbling, as well as Olympic events. The course will help develop the basics essential for all sports; strength, flexibility, coordination and confidence.

**Date:** Monday thru Thursday for 2 weeks, June 22 to July 2  
**Ages:** Grades 3 thru 8 (GY100) **Time:** 12:15 – 1:30 PM  
**Fee:** \$60.00 **Location:** Gymnastics Gym

The following camp is for interested high school athletes who have been, or would like to become, competitive gymnasts.

**Date:** *Session 1* - Monday thru Thursday for 3 weeks, June 8 to June 25  
*Session 2* – Monday thru Thursday for 4 weeks, June 29 thru July 23  
**Ages:** Grades 9 thru 12 (GY200) **Time:** 9:00 AM - Noon  
**Fee:** *Session 1* - \$50.00 or \$20.00 per week  
*Session 2* - \$70.00 or \$20.00 per week  
**Location:** Gymnastics Gym

**BE SURE TO MARK THE SESSION NUMBER(S) YOU ARE ATTENDING ON THE REGISTRATION FORM.**

**MARK T-SHIRT SIZE ON THE REGISTRATION FORM (Specify Adult or Youth size)**

The cancellation policy for each individual camp is set by the instructor.  
**MAKE ALL CHECKS PAYABLE TO  
LINCOLN-WAY EAST HIGH SCHOOL**  
Remember to sign the waiver on the registration form.

**BOYS & GIRLS SOCCER**

**NO REFUNDS AFTER JUNE 8 (BOYS) OR JUNE 22 (GIRLS)**

**Coaches:** Brian Papa & Soccer Staff  
**Contact #:** 815-464-4023 or e-mail [bpapa@lw210.org](mailto:bpapa@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.

**BOYS**

**Ages:** Grades 5 thru 9 (BS100) **Time:** 1:00 – 3:00 PM  
**Date:** Monday thru Friday, June 15 to June 19  
**Fee:** \$80.00 **Location:** Soccer Field on west side of building

**Ages:** Grades 10 thru 12 (BS200) (8 Day Camp)  
**Date:** June 8,9,10,11,15,17 **Time:** 9:00 – 11:00 AM  
June 22,24 **Time:** 8:00 – 10:00 AM  
**Fee:** \$100.00 **Location:** Soccer Field on west side of building

**GIRLS**

**Date:** Monday thru Friday, June 22 to June 26  
**Ages:** Grades 4 thru 9 (BS300) **Time:** 1:00 – 3:00 PM  
**Fee:** \$80.00 **Location:** Soccer Field on west side of building

**Ages:** Grades 10 thru 12 (BS400) **Time:** 10:00 AM - Noon  
**Fee:** \$80.00 **Location:** Soccer Field on west side of building

**ALL CAMPS: Participants will receive a T-shirt (no size choice).**

**GIRLS SOFTBALL**

**NO REFUNDS AFTER JUNE 12**

**Coaches:** Katie Meader & East Softball Staff  
**Contact #:** 815-464-4369 or e-mail [kmeader@lw210.org](mailto:kmeader@lw210.org)

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

**Date:** Monday thru Thursday, June 29 thru July 2 (Rain Date – July 3)  
**Ages:** Grades 3,4,5 (SB100) **Time:** 10:00 – Noon  
**Ages:** Grades 6,7,8 (SB200) **Time:** 8:00 – 10:00 AM  
**Ages:** Grade 9 (SB300) **Time:** 1:00 – 3:00 PM  
**Fee:** \$80.00 **Location:** Varsity Softball Field

Please wear appropriate clothing (spikes, long sleeves, sliding pants). Campers will need a glove and bats are recommended. Please bring plenty of water.

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

## BOYS & GIRLS SWIMMING & DIVING

**DIVING – NO REFUNDS**

**SWIMMING - NO REFUNDS AFTER JUNE 8**

### DIVING

**Coach:** Jennifer Klein      **Contact #:** 815-523-3044 or e-mail [jklein@lw210.org](mailto:jklein@lw210.org)

The dive camp is for athletes who are interested in learning the basic diving categories (front, back, inward, reverse, and twist) and the positions (tuck, pike, and straight). Each diver will progress at their own rate as evaluated by the coach and diver comfort level.

**Ages:** Grades 6 thru 12 (DV100)      **Location:** Aquatic Center

**Date:** **Session 1** – Tuesday thru Friday, July 7 thru July 10

**Session 2** – Monday thru Friday, July 27 thru July 31

**Time:** Noon – 2:00 PM      **Fee:** \$48.00 – Session 1  
\$60.00 - Session 2

**BE SURE TO MARK THE SESSION NUMBER(S) YOU ARE ATTENDING  
ON THE REGISTRATION FORM.**

.....

### SWIMMING

**Coaches:** Kate Gabey      **Contact #:** 815-464-4097 or e-mail [kgabey@lw210.org](mailto:kgabey@lw210.org)  
Kelly Byrne      815-464-4172 or e-mail [kbyrne@lw210.org](mailto:kbyrne@lw210.org)

This is the main camp that is encouraged for all to attend if interested in participating in swimming 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 (Junior High students can attend with coach's approval)  
Boys (BSW100)      Girls (GSW100)

**Date:** Monday thru Friday for 4 weeks, July 7 to July 31

**Location:** Aquatic Center      **Fee:** \$140.00

**Time:** 6:00 – 8:00 AM – Mon. thru Fri. (Water)  
8:15 – 9:15 AM – Mon., Wed., Fri. (Weight Room)  
3:30 – 5:00 PM – Mon., Weds., Thurs., Weeks of July 13<sup>th</sup> & 20<sup>th</sup> only

The following camp is set up for those students taking a summer school class. If the student is not taking a summer school class, they are to sign up for the first camp, which in turn will prepare the athlete more for the upcoming season.

**Ages:** Grades 9 thru 12 **TAKING A SUMMER SCHOOL CLASS**  
Boys (BSW200)      Girls (GSW200)

**Date:** Monday, Wednesday, and Thursday for 2 weeks, July 13 to July 23

**Location:** Aquatic Center      **Fee:** \$50.00

**Time:** 3:30 – 5:00 PM

Swim suit, cap, goggles, T-shirt, shorts & shoes are needed.  
Participants are not required to attend all sessions.

## BOYS & GIRLS TENNIS

**NO REFUNDS**

**Coaches:** Chris Olson and Jacob Riebe  
**Contact #:** 815-464-6665 or e-mail [cholson@lw210.org](mailto:cholson@lw210.org)

The program consists of the following: stroke analysis and improvement, various drills to improve all strokes, singles and doubles strategy, and preparation of players for the tennis team and individual tournament competitions.

**Date:** Monday thru Friday, June 8 to June 19 (**no camp on June 12 or June 15**)

**Ages:** Grades 4 thru 10 (Beginners & Intermediate) (T100)      **Time:** 12:30 – 1:30 PM

**Ages:** Grades 6 thru 12 (Advanced) (T200)      **Time:** 9:30 AM - Noon

**Fee:** \$70.00 (Beginners & Intermediate)      \$100.00 (Advanced)

**Location:** Tennis Courts

**PARTICIPANTS SHOULD BRING TENNIS RACQUET  
AND A WATER BOTTLE OR SPORTS DRINK.**

## BOYS VOLLEYBALL

**NO REFUNDS AFTER JULY 10**

**Coaches:** Dawn Murphy & Boys Volleyball Staff  
**Contact #:** 815-545-0675 (Dawn Murphy)

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.

**Date:** Monday thru Friday, July 27 to July 31

**Ages:** Grades 6,7,8 (BV100)      **Time:** 9:00 – 11:00 AM

**Ages:** Grades 9,10,11,12 (BV200)      **Time:** 11:00 AM - 1:00 PM

**Fee:** \$80.00      **Location:** Field House

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

**The cancellation policy for each individual camp is set by the instructor.**

**MAKE ALL CHECKS PAYABLE TO  
LINCOLN-WAY EAST HIGH SCHOOL**

**Remember to sign the waiver on the registration form.**

## **GIRLS VOLLEYBALL**

**NO REFUNDS AFTER JUNE 1**

**Coaches:** Linda Vivona & Girls Volleyball Staff  
**Contact #:** 815-464-4025 or email [lvivona@lw210.org](mailto:lvivona@lw210.org)

This camp is designed for the beginner and intermediate athlete. The player will be introduced to the fundamentals of passing, setting, serving, spiking, blocking and digging. Team play will help transfer skills to competition.

**Date:** Monday thru Friday, June 15 to June 19  
**Ages:** Grades 5,6 (GV100)      **Time:** 8:00 – 10:00 AM  
**Ages:** Grades 7,8 (GV200)      **Time:** 10:00 AM - Noon  
**Fee:** \$90.00      **Location:** Gym / 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 3 weeks, July 6 thru July 24  
**Ages:** Incoming Freshmen (GV300)      **Time:** 1<sup>st</sup> week - 1:00 – 3:00 PM  
Weeks 2 & 3 - 10:00 AM – Noon  
**Ages:** Grades 10,11,12 (GV400)      **Time:** 8:00 – 10:00 AM  
**Fee:** \$130.00      **Location:** Field House

Proper volleyball attire is required for both camps – T-shirt, shorts, and knee pads. Please carry in volleyball court shoes.

**BOTH CAMPS: MARK T-SHIRT SIZE ON THE REGISTRATION FORM (Adult S, M)**

## **BOYS WATER POLO**

**NO REFUNDS**

**Coach:** Benjamin Voliva  
**Contact #:** 815-464-4279 or e-mail [bvoliva@lw210.org](mailto:bvoliva@lw210.org)

This is a one week camp that is designed to teach basic skills to beginning water polo players, as well as enhance the advanced skills of an experienced water polo player.

**Date:** Monday thru Friday, July 13 thru July 17  
**Ages:** Grades 9 thru 12  
**Time:** 1:00 – 3:00 PM  
**Fee:** \$65.00      **Location:** Aquatic Center

You must provide your own swimsuit and towel.

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

## **GIRLS WATER POLO**

**NO REFUNDS**

**Coach:** Jennifer Klein  
**Contact #:** 815-534-3044 or e-mail [jklein@lw210.org](mailto:jklein@lw210.org)

This camp is designed to teach the beginning player basic skills and strategy, as well as have the skills of the advanced player.

**Ages:** Grades 7 thru 12  
**Date:** *Session 1* - Tuesday thru Friday, July 7 to July 10      **Time:** 2:00 – 4:00 PM  
*Session 2* - Monday thru Friday, July 27 to July 31      **Time:** 2:00 – 4:00 PM  
**Fee:** *Session 1* - \$48.00      **Location:** Aquatic Center  
*Session 2* - \$60.00

You must provide your own swimsuit and towel.

**BE SURE TO MARK THE SESSION NUMBER(S) YOU ARE ATTENDING ON THE REGISTRATION FORM.**

## **WRESTLING**

**NO REFUNDS**

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

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

**Ages:** Grades 5 thru 12  
**Date:** Tuesday thru Thursday, July 14 to July 16  
**Time:** 12:30 – 2:00 PM **and** 2:30 – 4:00 PM  
**Fee:** \$85.00      **Location:** Gymnasium

**MARK CAMPER'S NUMBER OF YEARS WRESTLING EXPERIENCE AND 2008-09 WEIGHT ON THE REGISTRATION FORM**

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

# IMPORTANT REGISTRATION INFORMATION



- Grades listed for each camp are for the 2009-2010 school year. Please register with that in mind.
- Be sure to list the program number on the registration form if one is given. This can be found in parenthesis ( ) in each camp listing.
- More than one camp can be listed on the registration form (we can copy it & distribute it to the respective coaches), but a separate registration form is needed for each athlete.
- Each coach handles fees for their own camp(s). **A separate check needs to be written for each sport.**
- Don't forget to sign the waiver on the registration form.
- Don't forget to sign your check.

## OTHER IMPORTANT INFORMATION

- For general camp questions, please call the athletic office at 815-464-4137.
- For specific questions on a camp, please call or e-mail the coach at the "Contact #" indicated for that particular camp.
- All camps are at Lincoln-Way East High School, unless otherwise indicated.
- No confirmations will be sent for any camp registration. You will be notified only in the event of a cancellation.
- Because of ordering deadlines and restrictions, anyone registering for a camp that is giving a T-shirt is not guaranteed a shirt if registration is received less than two weeks before the start of that camp.

**Please use one form per student**

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

Address \_\_\_\_\_

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

Other Contact Number(s) \_\_\_\_\_

Grade for 2009-10 \_\_\_\_\_ T-shirt Size \_\_\_\_\_  
(if requested)

	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 made 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**