

***Lincoln-Way North High School
Athletic Department***

Summer Camp

2009

Table of Contents

Girls Volleyball	3
Football	4
Baseball	5
Girls Basketball	6
Cheerleading	7
Boys Basketball	8
Softball	9
Boys Volleyball	10
Boys and Girls Swimming	11
Soccer	12
Boys and Girls Bowling	13
Girls Cross Country	14
Boys Cross Country	15
Badminton	16
Boys and Girls Tennis	17
Boys and Girls Diving	18
Boys and Girls Gymnastics	19
Boys Water Polo and Girls Water Polo	20
Boys Golf	21
Girls Golf	22
Wrestling	23
Boys and Girls Track and Field	24
Registration Information	25
Registration Form	26

Girls Volleyball

Camp #NGVB100

July 6th – July 10th

Time: 8:00am – 10:00am

Grade: 4th Grade through 6th Grade

Cost: \$75.00

Camp #NGVB200

July 6th – July 10th

Time: 10:00am – 12:00pm

Grade: 7th Grade and 8th Grade

Cost: \$75.00

Camp #NGVB300

July 13th – July 17th

July 20th – July 24th

Time: 1:00pm – 3:00pm

Grade: Freshman Level

Cost: \$100.00

Days of the Week: M, T, W, R, F

Camp #NGVB400

July 13th – July 17th

July 20th – July 24th

Time: 8:00am – 12:00pm

Grade: Sophomore and Varsity Level

Cost: \$120.00

Days of the Week: M, T, W, R, F

Weight Training and Conditioning—Sophomores and Varsity

June 15th – July 31st (Mondays, Tuesdays and Thursdays) 8:30am – 10:00am

Instructor / Contact: Coach Mary Brown and Volleyball Coaching Staff

Location: Main Gym @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes).

For further information contact: 815-534-3124-- mbrown@lw210.org

Football

Camp #NFB100

July 6th – July 9th

Time: 9:00am – 11:00am

Grade: 4th Grade through 8th Grade

Cost: \$45.00

Camp #NFB200

June 8th – July 2nd

July 13th – July 30th

Time: 1:00pm – 2:30pm

Grade: Freshman Level

Cost: \$100.00

Days of the Week: M, T, W, R

- *Weight Training and Conditioning included*

Camp #NFB300

June 2th – June 13th (No camp: June 7th)

July 13th – July 30th

Time: 10:00am – 12:00pm

Grade: Sophomore Level

Cost: \$100.00

Days of the Week: M, T, W, R

- *Weight Training and Conditioning included—M, T, R (10am-12pm)*

Camp #NFB400

June 8th – June 11th

June 15th – June 18th

Time: 8:00am – 10:00am

Grade: Varsity Level

Cost: \$100.00

Days of the Week: M, T, W, R

- *Weight Training and Conditioning include—M, T, W, R (7-9am)*
- *7 on 7 Passing League—Tuesdays and Thursdays (6-7:30 p.m.)*

Instructor / Contact: Coach George Czart and Football Coaching Staff

Location: Stadium and Practice Football Field @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes).

Football shoes are recommended, but not required.

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

For further information contact: 815-534-3125 or gczart@lw210.org

Baseball

Camp #NBB100

June 22nd – June 25th

Time: 1:00pm – 3:00pm

Grade: Freshman Level

Cost: \$75.00

Location: Lincoln-Way North Varsity Baseball Field

Camp #NBB200

June 22nd – June 25th

Time: 10:00am – 11:30am

Grade: Kindergarten through 2nd Grade

Cost: \$50.00

Location: Lincoln-Way North Varsity Baseball Field

Camp #NBB300

June 29th – July 2nd

Time: 10:00am – 11:30am

Grade: 3rd Grade through 5th Grade

Cost: \$60.00

Location: Union Creek Baseball Complex

Camp #NBB400

June 29th – July 2nd

Time: 12:00pm – 2:00pm

Grade: 6th Grade through 8th Grade

Cost: \$75.00

Location: Union Creek Baseball Complex

Instructor / Contact: Coach Joe Skarbek and Baseball Coaching Staff

Location: Union Creek Baseball Complex

Behind

Hilda Walker School, 19900 South 80th Avenue in Tinley Park

or

Lincoln-Way North High School Baseball Fields

Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes). To ensure your camper receives a t-shirt, please register by June 1, 2009. Campers registered after this date may not receive a camp t-shirt.

Please have appropriate equipment (glove, baseball shoes, and sliding pants).

Baseball bats are recommended, but not required.

Please bring your own water.

Rain Dates: Friday, June 26th or July 3rd

For further information contact: (815) 534-3171 or jskarbek@lw210.org

Girls Basketball

Camp #NGBB100

June 15th – June 19th

Time: 11:30am – 1:00pm

Grade: 7th Grade through 8th Grade

Cost: \$60.00

Location: Lincoln-Way North Fieldhouse

Camp #NGBB200

June 15th – June 26th

Time: 1:00pm – 2:30pm

Grade: High School

Cost: \$85.00

Days of the Week: Monday through Friday

Location: Field house and Main Gym

Includes additional “Open Gym” times

Additional Fees required for Summer League Players

Camp #NGBB300

June 22nd – June 26th

Time: 11:30am – 1:00pm

Grade: 5th Grade through 6th Grade

Cost: \$60.00

Location: Lincoln-Way North Fieldhouse

Instructor / Contact: Coach Jim Nair and Basketball Coaching Staff

Location: Field House and Main Gym @ Lincoln-Way North High School

**Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes).
For further information contact: Jim Nair – 708-705-7693 or jnair@lw210.org**

Cheerleading

Camp #NCL100

June 8th – June 12th

Time: 8:00am – 1:00pm

Grade: Kindergarten through 8th Grade

Cost: \$75.00

- *Camp participants will perform at the **first** “Home” Football game against Lincoln-Way Central High School on August 28, 2009. The camp enrollment fee includes admission to the football game on August 28th for two adults. Please sign in at the Pass Gate to receive admission tickets.*
- *Free Admission to the game if participant wears camp t-shirt.*

Instructor / Contact: Coach Jaime Robison and Cheerleading Coaching Staff

Location: Field House @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes).
For further information contact: (815) 534-3017 or jrobison@lw210.org

Boys Basketball

Camp #NBBB100

Session 1: June 15th – June 25th

Time: 9:00am – 10:00am

Grade: 1st Grade and 2nd Grade

Cost: \$70.00

Session 2: July 20th-July 23rd

Cost: \$50.00

Session 1&2 cost: \$100.00

Days of the Week: Monday, Tuesday, Wednesday and Thursday

Location: Lincoln-Way North Field house

Camp #NBBB200

Session 1: June 15th – June 25th

Time: 10:00am – 11:00am

Grade: 3rd Grade and 4th Grade

Cost: \$70.00

Session 2: July 20th-July 23rd

Cost: \$50.00

Session 1&2 cost: \$100.00

Days of the Week: Monday, Tuesday, Wednesday and Thursday

Location: Lincoln-Way North Field house

Camp #NBBB300

June 15th – July 1st

Time: 11:00am – 12:15pm

Grade: 5th Grade and 6th Grade

Cost: \$70.00

Days: Monday, Tuesday, and Wednesday

Location: Lincoln-Way North Main Gym

Camp #NBBB400

June 15th – July 1st

Time: 12:15pm – 1:30pm

Grade: 7th Grade and 8th Grade

Cost: \$70.00

Days of the Week: Monday, Tuesday, and Wednesday

Location: Lincoln-Way North Main Gym

Camp #NBBB500

June 15th – July 2nd

Time: 7:00am – 9:00am

Grade: 10th, 11th and 12th (May include summer league games)

Cost: \$125.00

Days of the Week: Monday through Thursday

Location: Lincoln-Way North Main Gym

Camp #NBBB600

June 15th – July 2nd

July 20th – July 31st

Time: 7:00am – 9:00am

Grade: Invitation only. 10th, 11th & 12th (Camp includes conditioning and possible summer league games)

Cost: \$125.00

Days of the Week – Monday through Thursday

Location: Lincoln-Way North Main Gym

Camp #NBBB700

Session 1: June 15th – 25th (Monday through Thursday)

Time: 2:30 – 4:40

Grade: 9th

Location: Lincoln-Way North Field house

June 29th-July 1st (Monday through Wednesday)

Time: 2:00-4:00

Cost: \$125.00

Location: Lincoln-Way North Main Gym

Instructor / Contact: Coach Bob Curran and Basketball Coaching Staff

Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes).

For further information contact: (815) 534-3144 or rcurran@lw210.org

Softball

Camp #NSB100

July 13th – July 15th

Time: 10:00am – 12:00pm

Grade: 5th Grade through 7th Grade

Cost: \$50.00

Camp #NSB200

July 13th – July 15th

Time: 1:00pm – 3:00pm

Grade: 8th Grade and 9th Grade

Cost: \$50.00

Instructor / Contact: Coach Aimee Lonigro and Softball Coaching Staff

Location: Softball Fields @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. T-Shirt included (adult sizes).

To ensure your camper receives a t-shirt, please register by June 1, 2009.

Please have appropriate equipment (glove, softball spikes, and sliding pants).

Softball bats are recommended, but not required.

Please bring your own water.

For further information contact: (815) 534-3021 or alonigro@lw210.org

Boys Volleyball

Camp #NBVB100

July 20th – July 24th

Time: 5:00pm – 7:00pm

Grade: 6th Grade through 8th Grade

Cost: \$70.00

Location: Main Gym

Camp #NBVB200

July 20th – July 24th

Time: 7:00pm – 9:00pm

Grade: High School

Cost: \$70.00

Location: 9th Grade – Fieldhouse; 10th Grade through 12th Grade – Main Gym

Instructor / Contact: Coach Matt Lawrence and Volleyball Coaching Staff

Location: Main Gym and Fieldhouse @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes).

For further information contact: 815-534-3218 or mlawrence@lw210.org

Boys and Girls Swimming

Camp #NSWM100

June 8th – June 12th

Time: 1:00pm – 3:00pm

Age: 7 and up

Cost: \$75.00

Instructor / Contact: Coach Pat Shaughnessy, Coach Kendra Will, and Swimming Coaching Staff

Location: Aquatic Center @ Lincoln-Way North High School

Special Instructions: NO REFUNDS.

Swimsuit, cap, goggles, t-shirt, shorts, and gym shoes are required.

For further information contact:

815-534-3131 or pshaughnessy@lw210.org

815-534-3205 or kwill@lw210.org

Soccer

Camp #NSC100

June 8th – June 18th

Time: 8:00am – 10:00am

Grade: 10th Grade, 11th Grade, and 12th Grade (**Boys**)

Cost: \$100.00

Days of the Week: Monday through Thursday

Camp #NSC200

June 8th – June 12th

Time: 10:00am – 12:00pm

Grade: 10th Grade, 11th Grade, and 12th Grade (**Girls**)

Cost: \$80.00

Camp #NSC300

June 15th – June 19th

Time: 10:00am – 12:00pm

Grade: 4th Grade through 8th Grade (**Boys and Girls**)

Cost: \$80.00

Camp #NSC400

June 15th – 19th

Time: 1:00pm – 3:00pm

Grade: 9th Grade (**Boys and Girls**)

Cost: \$80.00

Instructor / Contact: Coach Mike Murphy and Soccer Coaching Staff

Location: Lincoln-Way North Soccer Fields (West of the tennis courts)

Special Instructions: NO REFUNDS. T-Shirt included (youth and adult sizes).

Soccer shoes are recommended, but not required.

Please bring your own water and ball.

For further information contact: (815) 534-3179 or mmurphy@lw210.org

If you have a second family member registered in any soccer camp, they are half price.

Boys and Girls Bowling

Please contact our home bowling site for information on
summer leagues and activities.

Thunderbowl

17800 S Old Lagrange Rd, Mokena, IL 60448.
(708) 478-3610

Girls Cross Country

Camp #NGCC100

June 15th - June 19th

Time: 7:00am – 11:00am (Times will vary during the week)

Grade: 7th Grade through 12th Grade

Cost: \$50.00

Instructor / Contact: Coach Brooke Vesely and Coach Peg Bobber

Location: Field House Lobby @ Lincoln-Way North High School

**Special Instructions: NO REFUNDS. T-Shirt included (adult sizes).
Please bring your own water bottle daily.**

In the event of questions or concerns, at what phone number can you be reached?

For further information contact: (815) 534-3095 or bvesely@lw210.org

Boys Cross Country

Camp #NBCC100

June 15th – June 19th

Time: 7:00am – 11:00am

Grade: Junior High and High School

Cost: \$50.00

Conditioning included: 7am – 11am (June 22-25, July 13-16, July 20-23)

Instructor / Contact: Coach Tom Gavin and Cross Country Coaching Staff

Location: Field House Lobby @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. T-Shirt included (adult sizes).

Please bring your own water.

For further information contact: (815) 534-3073 or tgavin@lw210.org

Badminton

Camp #NBAD100

June 8th – 12th

Time: 1:00pm – 4:00pm

Grade: 6th Grade through 11th Grade

Cost: \$50.00 or \$10.00 per day at the door

Instructor / Contact: Coach Jillian Staniszewski and Badminton Coaching Staff

Location: Field House @ Lincoln-Way North High School

Special Instructions: NO REFUNDS.

Wear comfortable clothes to work out in and appropriate athletic shoes.

Please bring your own water.

For further information contact: (815) 534-3034 or jstaniszewski@lw210.org

Boys and Girls Tennis

Camp #NTEN100

June 8th – 11th

June 15th – 18th

Time: 1:00pm – 3:30pm

Grade: 6th Grade through 11th Grade (Advanced / Intermediate)

Cost: \$80.00 per week or \$150 for both weeks.

Days of the Week: Monday through Thursday (Rain Dates-- June 12 and June 19)

Class size is limited to 48 due to court space.

Camp #NTEN200

June 8th – 11th

June 15th – 18th

Time: 10:30am – 12:00pm

Grade: 2nd Grade through 9th Grade (Beginner/Intermediate)

Cost: \$50.00 per week or \$90 for both weeks.

Days of the Week: Monday through Thursday (Rain Dates-- June 12 and June 19)

Class size is limited to 64 due to court space.

Instructor / Contact: Coach Wes Cooley, Coach Mike Bacon, and Tennis Coaching Staff

Location: Tennis Facility @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. Please bring your own water and tennis racket.

For further information contact: (815) 534-3174 or wcooley@lw210.org

Boys and Girls Diving

Camp #NDIV100

Session 1: June 22nd – June 26th

Time: 1:00pm – 3:00pm

Grade: 6th Grade through 11th Grade

Cost: \$75.00 per session

Instructor / Contact: Coach Ryan Micheletto and Diving Coaching Staff

Location: Aquatic Center @ Lincoln-Way North High School

Special Instructions: NO REFUNDS.

**Be sure to mark the session number(s) you are attending on the registration form.
For further information contact: Pat Shaughnessy at pshaughnessy@lw210.org or
(815) 534-3131**

Boys and Girls Gymnastics

Please contact Lincoln-Way East High School for summer camp information.

815-464-4137

Boys and Girls Water Polo

Camp #NBWP100

June 15th – 19th

Time: 1:00pm – 3:00pm

Age: 10 and up

Cost: \$60.00

Instructor / Contact: Coach Pat Shaughnessy and Coach Kendra Will

**Special Instructions: NO REFUNDS.
Participants must provide swimsuit and towel.**

Location: Aquatic Center @ Lincoln-Way North High School

**For further information contact:
815-534-3131 or pshaughnessy@lw210.org
815-534-3205 or kwill@lw210.org**

Boys Golf

Camp #NGLF100

July 6th – July 10th

Grade: 4th Grade through 6th Grade (10:00am-11:00am)

7th Grade and 8th Grade (8:00am –9:00am)

High School (9:00am-10:00am)

Cost: \$60.00

Instructor / Contact: Coach Beth Davidson and Coach Jim Nair

Location: Square Links

Special Instructions: NO REFUNDS.

Participants must provide their own transportation and equipment (golf clubs and bag).

Golf attire must be worn.

For further information contact:

(815) 534-3112 or edavidson@lw210.org

Girls Golf

Camp #NGLF100

July 27th – July 31st

Grade: 2nd Grade through 5th Grade (9:00am-9:45am)

6th Grade and 8th Grade (10:00am – 10:45am)

High School (11:00am-12:00am)

Cost: \$60.00

Instructor / Contact: Coach Debi Lamore

Location: Square Links

Special Instructions: NO REFUNDS. T-Shirt included (junior & adult sizes).

Rain Date: July 31st if necessary

Participants must provide their own transportation and equipment (golf clubs and bag).

Golf attire must be worn.

**For further information contact:
(815) 534-3217 or dlamore@lw210.org**

Wrestling

Camp #NWRE100

July 13th – July 17th

Time: 4:00pm – 6:00pm

Grade: 6th Grade through 11th Grade

Cost: \$75.00

Instructor / Contact: Coach Jack Young and Wrestling Coaching Staff

Location: Wrestling Facility @ Lincoln-Way North High School

Special Instructions: NO REFUNDS. T-Shirt included (adult sizes).

Please specify t-shirt size when filling out registration

For further information contact: (815) 534-3149 or jyoung@lw210.org

Boys / Girls Track and Field

Camp #NTRK100

Junior High & High School Track Camp

June 8th – June 12th

Time: 6:00pm – 9:00pm

Grade: Junior High & High School

Cost: \$75.00

Location: Lincoln-Way North Fieldhouse

Instructor / Contact: Coach Katie Mertz and Track Coaching Staff

Location: Field House @ Lincoln-Way North High School

**Special Instructions: NO REFUNDS. T-Shirt included (adult sizes).
For further information contact: (815) 534-3077 kmertz@lw210.org**

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.
- 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.
- Don't forget to list t-shirt size.

OTHER IMPORTANT INFORMATION

- For **general** camp questions, please call the athletic office at 815-534-3023.
- For **specific** questions on a camp, please call the coach at the "Contact #" indicated for that particular camp.
- All camps are at Lincoln-Way North 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 _____

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)

**Make checks payable to Lincoln-Way North High School.
Send registration form and payment to:**

**Summer Camps, Athletic Department
Lincoln-Way North High School
19900 South Harlem Avenue
Frankfort, IL 60423**