



**Two methods of registration:**

**To register using your credit card or check online:**

- Go to [www.lwwathletics.com](http://www.lwwathletics.com) → MORE → REGISTER AN ATHLETE.
- Log In or "Create an Account" and enter your own e-mail and create your password. Please be sure to remember this password as you will use this for the years to come for all of your children. Do not create additional accounts.
- Click Begin Registration
- Internet Explorer browser users might have trouble fully accessing the website. If so, switch browsers.

Payments can be made via Mastercard, Visa, American Express or e-check.

**To register using check payment method:**

Complete the registration form on the Summer Camp brochure (below) and make checks payable to Lincoln-Way West High School. Send registration form and payment to:

Lincoln-Way West High School  
 Summer Camps, Athletic Department  
 21701 S. Gougar Rd.  
 New Lenox, IL 60451

**Important Registration Information:**

- Grades listed for each camp are for the 2019-2020 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.
- No refunds on camps.

**Other Important Information:**

- 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 West 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 weeks before the start of a camp, will not be guaranteed a t-shirt.

**Students name** (Please use one form per student): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Parent E-mail: \_\_\_\_\_

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

Grade for 2019-2020: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Program Name	Description/Session	Fee

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 judgement in any emergency requiring medical attention.

TOTAL ENCLOSED

\_\_\_\_\_  
 Signature of Parent or Guardian

**ONLINE REGISTRATION WILL OPEN MARCH 11.**

# Aquatics

These camps will introduce and improve the basic skills required for competitive swimming and diving.



## BOYS & GIRLS SWIM CAMP

Contact: epavlacka@lw210.org

Dates: Session 1: June 10-14  
Session 2: June 17-21  
Session 3: June 24-28  
Grades: 6-12 (Ages 11-18)  
Time: 1:00-3:00 pm  
Cost: 1 week \$75.00  
2 weeks \$150.00  
3 weeks \$225.00  
Instructors: LWW Boys & Girls Swim Staff  
Location: Lincoln-Way West Aquatics Center  
T-Shirt included (Youth and Adult sizes)

## BOYS & GIRLS DIVE CAMP

Contact: epavlacka@lw210.org

Dates: Session 1: June 17-21  
Session 2: June 24-28  
Grades: 6-12 (Ages 11-18)  
Time: 4:00-6:00 pm  
Cost: 1 week \$75.00  
2 weeks \$150.00  
Instructors: LWW Diving Staff  
Location: Lincoln-Way West Aquatics Center  
T-Shirt included (Youth and Adult sizes)  
No Refunds

## BOYS & GIRLS WATER POLO CAMP

This camp will introduce basic knowledge and skills of high school water polo through drill work and game play.

Contact: epavlacka@lw210.org

Dates: Session 1: July 8-12  
Session 2: July 15-19  
Grades: 9-12  
Time: 1:00-3:00 pm  
Cost: 1 week \$75.00  
2 weeks \$150.00

Instructors: LWW Water Polo Staff  
Location: Lincoln-Way West Aquatics Center  
T-Shirt included (Youth and Adult sizes)  
No Refunds  
Special Instructions: All athletes must bring a suit, towel and water bottle. Must be comfortable in deep water.



# Badminton

Camp is designed to teach the skills and strategies for both beginner and advanced badminton players.

## BOYS & GIRLS BADMINTON CAMP

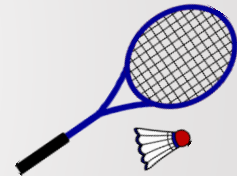
Contact: dthompson@lw210.org

Dates: June 17-20  
Grades: 7-12  
Time: 2:00-4:00 pm  
Cost: \$80.00  
Instructors: LWW Badminton Staff  
Location: Lincoln-Way West Field House  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## BOYS & GIRLS YOUTH BADMINTON CAMP

Contact: dthompson@lw210.org

Dates: June 17-20  
Grades: 3-6  
Time: 2:00-4:00 pm  
Cost: \$80.00  
Instructors: LWW Badminton Staff  
Location: Lincoln-Way West Field House  
T-Shirt Included (Youth and Adult Sizes)  
No Refunds



Special Instructions: Campers need to bring water bottles. Rackets will be supplied.

# Baseball

## BOYS YOUTH CAMP

Learn and refine the basic fundamentals of baseball including hitting, throwing, fielding, base running, bunting and game play.

Contact: jzajc@lw210.org

Dates: June 17-19  
Grades: 1-8  
Time: 8:30-10:45 am  
Cost: \$85.00  
Instructors: LWW Baseball Staff  
Location: Lincoln-Way West Baseball Fields  
T-Shirt included (Youth and Adult Sizes)  
No Refunds



Special Instructions: Campers must bring their own glove, catcher's gear (if applicable), hat, baseball pants, shoes (for inside), spikes (for outside), bat and water bottle/sports drink.

## BOYS INCOMING FRESHMAN CAMP

The goal of this camp is to introduce and instruct our practice drills and teach the proper hitting, throwing, fielding, base running and pitching skills to become a better overall baseball player.

Contact: jzajc@lw210.org

Dates: June 17-20  
Grade: 9  
Time: 1:00-3:30 pm  
Cost: \$100.00  
Instructors: LWW Baseball Staff  
Location: Lincoln-Way West Baseball Fields  
T-Shirt included (Adult Sizes)  
No Refunds

Special Instructions: Campers must bring their own glove, catcher's gear (if applicable), hat, baseball pants, shoes (for inside), spikes (for outside), bat and water bottle/sports drink. Campers will be tested in the 60-yard sprint, exit velocity, arm strength and other various skills throughout the camp.

# Basketball

These camps are designed to assist in developing individual basketball fundamentals such as shooting, passing and rebounding.

## BOYS GRADE SCHOOL CAMP

Contact: [bflaherty@lw210.org](mailto:bflaherty@lw210.org)

Dates: June 10-13  
Grades: 4-6  
Time: 10:00 am-11:30 am  
Cost: \$65.00  
Instructors: LWW Boys Basketball Staff  
Location: Lincoln-Way West Field House  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## BOYS JUNIOR HIGH CAMP

Contact: [bflaherty@lw210.org](mailto:bflaherty@lw210.org)

Dates: June 10-13  
Grades: 7-8  
Time: 12:00-2:00 pm  
Cost: \$75.00  
Instructors: LWW Boys Basketball Staff  
Location: Lincoln-Way West Field House  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## BOYS INCOMING FRESHMAN CAMP

Contact: [bflaherty@lw210.org](mailto:bflaherty@lw210.org)

Dates: June 3-6, June 10-13  
Grade: 9  
Time: 1:00-3:00 pm  
Cost: \$125.00  
Instructors: LWW Boys Basketball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## BOYS SOPHOMORE CAMP

Contact: [bflaherty@lw210.org](mailto:bflaherty@lw210.org)

Dates: June 3-6, June 10-13  
Grade: 10  
Time: 12:30-2:30 pm  
Cost: \$125.00  
Instructors: LWW Boys Basketball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Adult Sizes)  
No Refunds

## BOYS & GIRLS YOUTH CAMP

Contact: [rwhite@lw210.org](mailto:rwhite@lw210.org)

Dates: June 17-20  
Grades: K-3  
Time: 8:00-9:00 am  
Cost: \$45.00  
Instructors: LWW Girls Basketball Staff  
Location: Lincoln-Way West Field House  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## BOYS VARSITY CAMP

Contact: [bflaherty@lw210.org](mailto:bflaherty@lw210.org)

Dates/Times: May 29-30 10:00 am-12:30 pm  
June 3-6 10:00 am-12:00 pm  
June 10-13 8:00 am-9:30 am  
June 17,18,20,24-25,27  
10:00-12:30 pm  
July-TBA  
Grades: 11-12  
Cost: \$150.00  
Instructors: LWW Boys Basketball Staff  
Location: LWW Fieldhouse/Main Gym  
T-Shirt included (Adult Sizes)  
No Refunds

## GIRLS YOUTH CAMP

Contact: [rwhite@lw210.org](mailto:rwhite@lw210.org)

Dates: June 17-20  
Grades: 4-8  
Time: 9:15-10:15 am  
Cost: \$45.00  
Instructors: LWW Girls Basketball Staff  
Location: Lincoln-Way West Field House  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## GIRLS HIGH SCHOOL CAMP

Contact: [rwhite@lw210.org](mailto:rwhite@lw210.org)

Dates: June 3-6  
Grades: 9-12  
Time: 8:00-9:30 am  
Cost: \$80.00  
Instructors: LWW Girls Basketball Staff  
Location: Lincoln-Way West Field House  
T-Shirt included (Youth and Adult Sizes)  
No Refunds



# Cross Country

Camp includes individual training and instruction. A training log with recommendations for diet, training, stretching and health maintenance is included in the camps.

## BOYS & GIRLS CROSS COUNTRY CAMP

Contact: [mbowden@lw210.org](mailto:mbowden@lw210.org) or [jvanswol@lw210.org](mailto:jvanswol@lw210.org)  
Dates: June 5-7, 10, 12-13, 17, 19-20, 24, 26-27  
July 1, 5, 8, 10-11, 15, 18-19, 22-26  
Grades: 6-12  
Time: 9:00 am-12:00 pm  
Cost: \$70.00

## BOYS & GIRLS SUMMER SCHOOL CROSS COUNTRY CAMP: FOR THOSE ENROLLED IN BOTH SESSIONS OF SUMMER SCHOOL

Dates: June 5-7, July 5, 18-19, 22-26  
Grades: 9-12  
Time: 9:00 am-12:00 pm  
Cost: \$35.00

Instructors: LWW Cross Country Staff  
Location: Lincoln-Way West Aquatic Lobby-Take Bus to Parks  
T-Shirt included (Adult Sizes)  
No Refunds  
Special Instructions: Campers need to bring water bottles.



# Football

## BOYS YOUTH FLAG FOOTBALL CAMP

Contact: [mvilla@lw210.org](mailto:mvilla@lw210.org) or [bglynn@lw210.org](mailto:bglynn@lw210.org)

Dates: June 17-20

Grades: 1-3

Time: 11:15-1:00 pm

Cost: \$65.00

Instructors: LWW Football Staff

Location: Lincoln-Way West Stadium

T-Shirt included (Youth and Adult Sizes) No Refunds



## BOYS YOUTH TACKLE FOOTBALL CAMP

Contact: [mvilla@lw210.org](mailto:mvilla@lw210.org) or [bglynn@lw210.org](mailto:bglynn@lw210.org)

Dates: June 17-20

Grade: 4-8

Time: 11:15-1:00pm

Cost: \$65.00 Instructors: LWW Football Staff

Location: Lincoln-Way West Stadium

T-Shirt included (Youth and Adult Sizes). No Refunds

## BOYS INCOMING FRESHMAN CAMP

Contact: [dernst@lw210.org](mailto:dernst@lw210.org)

Dates: July 22-25

Grade: 9

Time: 9:00-11:00 am

Cost: \$110.00

Instructors: LWW Football Staff

Location: Lincoln-Way West Stadium

T-Shirt included (Youth and Adult Sizes)

No Refunds. Bring football cleats AND gym shoes. Please list shirt and short sizes (Adult sizes).

## BOYS SOPHOMORE/VARSITY CAMP

Contact: [dernst@lw210.org](mailto:dernst@lw210.org)

Dates/Times: June 3-5, 10-12, 17-19

July 15-17

Grades: 10-12

Time: 8:00 am-1:30 pm

Cost: \$210.00

Instructors: LWW Football Staff

Location: Lincoln-Way West Stadium

T-Shirt included (Adult Sizes)

No Refunds. Bring football cleats AND gym shoes. Please list shirt and short sizes.

# Gymnastics



## GIRLS YOUTH CAMP

For girls interested in gymnastics. The classes will develop the basics essential for all sports: strength, flexibility, coordination and confidence.

Contact: [klago@lw210.org](mailto:klago@lw210.org)

Dates: June 3-5

Grades: K-8 (Ages 5-14)

Time: 5:30-6:30 pm

Cost: \$45.00

Instructors: Lincoln-Way High School Gymnasts

Location: [Lincoln-Way East Gymnastics Gym](#)

Register: <https://lwe.8to18.com/accounts/login>

T-Shirt included (Youth and Adult Sizes)

No Refunds.

## GIRLS HIGH SCHOOL CAMP

For interested high school athletes who have been, or would like to become, competitive gymnasts.

Contact: [klago@lw210.org](mailto:klago@lw210.org)

Dates: June 3-5

Grades: 9-12

Time: 3:30-5:30 pm

Cost: \$75.00

Instructors: LWHS Gymnastics Staff

Location: [Lincoln-Way East Gymnastics Gym](#)

Register: <https://lwe.8to18.com/accounts/login>

T-Shirt included (Youth and Adult Sizes)

No Refunds.

# Lacrosse

These camps are designed to teach the skills and strategies for both beginner and advanced lacrosse players.

## GIRLS GRADE SCHOOL CAMP

Contact: [kathrynallison6@gmail.com](mailto:kathrynallison6@gmail.com)

Dates: July 15-18

Grades: 4-8

Time: 2:30-4:30 pm

Cost: \$75.00

Instructors: LWHS Lacrosse Staff

Location: [Lincoln-Way Central Stadium/Practice Field](#)

Register: <https://lwc.8to18.com/accounts/login>

## GIRLS HIGH SCHOOL CAMP

Contact: [kathrynallison6@gmail.com](mailto:kathrynallison6@gmail.com)

Dates: July 15-18, 22-25

Grades: 9-12

Time: 4:00-6:00 pm

Cost: \$100.00

Instructors: LWHS Lacrosse Staff

Location: [Lincoln-Way Central Stadium/Practice Field](#)

Register: <https://lwc.8to18.com/accounts/login>



Special Instructions: Campers need to bring water, cleats, gym shoes, stick goggles and mouth guard. Limited number of sticks and goggles will be available for new players.

T-Shirt included (Youth and Adult Sizes)

No Refunds

## BOYS & GIRLS EARLY SUMMER KIDS CAMP

Contact: dszablewski@lw210.org

Dates: June 5-7

Grades: 1-4

Time: 6:00-7:15 pm

Cost: \$65.00

Instructors: LWW Boys Golf Staff

Location: June 5 & 6-Sanctuary Golf Course  
June 7-Green Garden Country Club

## BOYS EARLY SUMMER YOUTH CAMP

Contact: dszablewski@lw210.org

Dates: June 5-7

Grades: 5-9

Time: 4:30-6:00 pm

Cost: \$65.00

Instructors: LWW Boys Golf Staff

Location: June 5 & 6-Sanctuary Golf Course  
June 7-Green Garden Country Club



These three-day camps will introduce and improve a variety of skills (full swing, short game and putting) on the first two days and include a 2-person scramble tournament on the last day. Participants must provide their own clubs and transportation to the golf courses. The schedule will be subject to change based on inclement weather.

T-Shirt included (Youth and Adult Sizes)

No Refunds

## BOYS & GIRLS FULL SUMMER KIDS CAMP

Contact: dszablewski@lw210.org

Dates: June 10, 17, 24, July 8, 10

Grades: K-2

Time: 6:15-7:15 pm

Cost: \$90.00

Instructors: LWW Boys Golf Staff

Location: Sanctuary Golf Course

## BOYS & GIRLS FULL SUMMER YOUTH CAMP

Contact: dszablewski@lw210.org

Dates: June 10, 17, 24, July 8, 10

Grades: 3-7

Time: 5:00-6:00 pm

Cost: \$90.00

Instructors: LWW Boys Golf Staff

Location: Sanctuary Golf Course

## BOYS FULL SUMMER FUTURE WARRIORS CAMP

Contact: dszablewski@lw210.org

Dates: June 10, 17, 24, July 8, 10

Grades: 8-9

Time: 3:15-4:45 pm

Cost: \$90.00

Instructors: LWW Boys Golf Staff

Location: Sanctuary Golf Course

These summer-long camps will meet on a weekly basis to introduce a variety of drills to improve the campers overall golf game. Participants must provide their own clubs and transportation to the golf courses. The schedule will be subject to change based on inclement weather.

T-Shirt included (Youth and Adult Sizes)

No Refunds

# Golf

## BOYS FULL SUMMER ADVANCED HIGH SCHOOL CAMP

This camp will focus on preparing golfers for competition in both summer tournament and fall high school sessions. An hour instruction will follow with on-course play. Hot dog, chips and a drink will be included. Participants must provide their own clubs and transportation to the golf course. The schedule will be subject to change based on inclement weather.

Contact: dszablewski@lw210.org

Dates: June 13, 20, 27, July 11, 18

Grades: 10-12

Time: 3:30-9:00 pm

The conclusion of each camp day may change due to the completion of on-course play.

Cost: \$200.00

Instructors: LWW Boys Golf Staff

Location: Ravisloe Country Club

T-Shirt included

No Refunds

## GIRLS BEGINNER CAMP

This camp is open for all beginners who are looking to learn the fundamentals of golf. This camp covers full swing, chipping and putting. Players will have an opportunity to play a short course on the last day.

Contact: tdaly@lw210.org

Dates: June 13-15

Grades: 5-12

Time: 10:00-11:30 am

Cost: \$75.00

Instructors: LWW Girls Golf Staff

Location: White Mountain Golf Course

T-Shirt included (Adult Sizes)

No Refunds

Special Instructions: Participants will meet at the main entrance of the White Mountain clubhouse all three days.

Players need to provide their own clubs. Camp will take place

## GIRLS ADVANCED CAMP

This camp is open for all current high school players. Players will work at the practice range as well as play three separate courses within the district.

Contact: tdaly@lw210.org

Dates: June 4, 11, 14

Grades: 9-12

Time: 3:00-6:00 pm

(End time subject to change each day)

Cost: \$75.00

Instructors: LWW Girls Golf Staff

Location: TBA

T-Shirt included (Youth M-L and Adult S-L)

No Refunds

Special Instructions: Participants must provide their own transportation to and from the golf courses. Also, players need to provide their own clubs. Camp will take place rain or shine.

## BOYS & GIRLS DEVELOPMENTAL CAMP

Contact: [jtheiss@lw210.org](mailto:jtheiss@lw210.org)

Designed to provide maximum technical training to teach the younger player the necessary skills to develop. The young campers will have guidance from high school players in both the boys'/girls' programs.

Dates: June 11-13  
Grades: K-4  
Time: 8:00-9:00 am  
Cost: \$35.00

Instructors: LWW Soccer Staff  
Location: Lincoln-Way West Stadium Field  
T-Shirt included (Youth and Adult Sizes)

## FUTURE WARRIORS

An opportunity for the next generation of soccer players to learn the philosophy and system of play used at the high school level. The staff will emphasize technical and tactical training.

## BOYS FUTURE WARRIORS CAMP

Contact: [mlaude@lw210.org](mailto:mlaude@lw210.org)

Dates: June 11-13  
Grades: 5-8  
Time: 9:00-10:30 am  
Cost: \$50.00

Instructors: LWW Soccer Staff  
Location: Lincoln-Way West Stadium Field



## GIRLS FUTURE WARRIORS CAMP

Contact: [jtheiss@lw210.org](mailto:jtheiss@lw210.org)

Dates: June 11-13  
Grades: 5-8  
Time: 9:00-10:30 am  
Cost: \$50.00

Instructors: LWW Soccer Staff  
Location: Lincoln-Way West Stadium Field

T-Shirt included (Youth and Adult Sizes)

No Refunds

Special Instructions: Athletes should wear athletic attire, shin guards, soccer cleats and bring their own water.

# Soccer

## HIGH SCHOOL

An opportunity for incoming athletes to learn the philosophy and system of play used at the high school level, along with meeting your teammates and coaching staff for the upcoming season. The technical, tactical and physical components of the game will be emphasized throughout all levels.

## BOYS HIGH SCHOOL CAMP

Contact: [mlaude@lw210.org](mailto:mlaude@lw210.org)

Dates: June 3, 5, 10, 12, 17, 19, 24, 26  
Grades: 9-12  
Time: 1:00-3:00 pm  
Cost: \$105.00

Instructors: LWW Soccer Staff  
Location: Lincoln-Way West Stadium Field

## GIRLS HIGH SCHOOL CAMP

Contact: [jtheiss@lw210.org](mailto:jtheiss@lw210.org)

Dates: June 11-13  
Grades: 9-12  
Time: 1:00-3:00 pm  
Cost: \$50.00

Instructors: LWW Soccer Staff  
Location: Lincoln-Way West Stadium Field

T-Shirt included (Youth and Adult Sizes)

No Refunds

Special Instructions: Athletes should wear athletic attire, shin guards, soccer cleats and bring their own water.

# Softball

The purpose of these camps is to learn the fundamentals of softball such as throwing, fielding, pitching, hitting and base running. The purpose of the pitching camp is to teach the Warrior Softball pitching philosophy. Participants will also be taught a variety of drills.

## GIRLS YOUTH CAMP

Contact: [hnovak@lw210.org](mailto:hnovak@lw210.org)

Dates: June 17-20  
Grades: Session 1: 3-6  
Session 2: 7-9  
Time: Session 1: 10:30 am-12:30 pm  
Session 2: 1:00-3:00 pm  
Cost: \$95.00

Instructors: LWW Softball Staff  
Location: Lincoln-Way West Softball Fields  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## GIRLS PITCHING CAMP

Contact: [hnovak@lw210.org](mailto:hnovak@lw210.org)

Dates: June 11, 13, 18, 20  
Grades: 6-8  
Time: 12:00-1:00 pm  
Cost: \$60.00

Instructors: LWW Softball Staff  
Location: Lincoln-Way West Softball Fields  
T-Shirt NOT included  
No Refunds

## GIRLS HIGH SCHOOL CAMP

Contact: [hnovak@lw210.org](mailto:hnovak@lw210.org)

Dates: June 10-13  
Grades: 10-12  
Time: 12:30-2:30 pm  
Cost: \$95.00

Instructors: LWW Softball Staff  
Location: Lincoln-Way West Softball Fields  
T-Shirt included (Adult Sizes)  
No Refunds



Bring gym shoes for all softball camps. Location will be moved indoors depending on weather.

# Volleyball

## BOYS & GIRLS YOUTH VOLLEYBALL

All-skill camp for beginners. We will excite them about the fun competition of volleyball and the importance of team play. Players develop fundamental skills including serving, passing, setting and hitting.

Contact: [jfrigo@lw210.org](mailto:jfrigo@lw210.org)  
Dates: July 8-11  
Grades: K-4  
Time: 11:00 am-12:30 pm  
Cost: \$70.00  
Instructors: LWW Boys/Girls Volleyball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Youth Sizes)  
No Refunds

## HIGH SCHOOL VOLLEYBALL

Intensive all skill camps will challenge and motivate players to learn more about advanced skills, team concepts and systems while learning importance of team play. Players work on serving, passing, setting, hitting, and blocking, as well as applying them into competition.

## GIRLS FROSH/SOPH CAMP

Contact: [jfrigo@lw210.org](mailto:jfrigo@lw210.org)  
Dates: July 15-19, July 22-26  
Grade: 9-10  
Time: 1:00-3:30 pm  
Cost: \$120.00  
Instructors: LWW Girls Volleyball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Adult Sizes), No Refunds  
No Refunds

## GIRLS VARSITY CAMP

Contact: [jfrigo@lw210.org](mailto:jfrigo@lw210.org)  
Dates: July 15-19, July 22-26  
Grades: 11-12  
Time: 11:00 am-1:30 pm  
Cost: \$120.00  
Instructors: LWW Girls Volleyball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## BOYS HIGH SCHOOL CAMP

Contact: [jfrigo@lw210.org](mailto:jfrigo@lw210.org)  
Dates: July 22-25  
Grades: 9-12  
Time: 8:30-11:00 am  
Cost: \$80.00  
Instructors: LWW Boys Volleyball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Adult Sizes)  
No Refunds

## JUNIOR HIGH VOLLEYBALL

All-skill camps to motivate players to develop fundamental skills including serving, passing, setting and hitting, as well as learning more team concepts and systems. Players will then apply these skills into game situations.

## BOYS JUNIOR HIGH CAMP

Contact: [jfrigo@lw210.org](mailto:jfrigo@lw210.org)  
Dates: July 8-11  
Grades: 5-8  
Time: 8:30-10:30 am  
Cost: \$80.00  
Instructors: LWW Boys Volleyball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Youth and Adult Sizes)  
No Refunds

## GIRLS JUNIOR HIGH CAMP

Contact: [jfrigo@lw210.org](mailto:jfrigo@lw210.org)  
Dates: July 8-11  
Grade: 5-8  
Time: 8:30-10:30 am  
Cost: \$80.00  
Instructors: LWW Girls Volleyball Staff  
Location: Lincoln-Way West Main Gym  
T-Shirt included (Youth and Adult Sizes)  
No Refunds



# Tennis

Beginning players will work on stroke development with an emphasis on the skills necessary to the fundamentals of tennis. Advanced players will work on stroke variation, techniques and game strategy.

## BOYS & GIRLS YOUTH CAMP

Contact: [jcupp@lw210.org](mailto:jcupp@lw210.org) or [tdaly@lw210.org](mailto:tdaly@lw210.org)

Dates: July 8-11  
Grades: 3-8 (E-mail coach for younger athletes)  
Time: 5:00-6:00 pm  
Cost: \$70.00  
Instructors: LWW Tennis Staff  
Location: Lincoln-Way West Tennis Courts  
T-Shirt included (Adult Sizes)  
No Refunds  
Special Instructions: Players should bring tennis rackets and water. Facility changes due to weather will be posted at the tennis courts.



## BOYS & GIRLS HIGH SCHOOL CAMP

Contact: [jcupp@lw210.org](mailto:jcupp@lw210.org) or [tdaly@lw210.org](mailto:tdaly@lw210.org)

Dates: Session 1: July 8-11 6:00-8:30 pm  
Cost: \$80.00  
Dates: Session 2: July 29-31 8:00-11:00 am  
Cost: \$60.00  
Grades: 9-12  
Instructors: LWW Tennis Staff  
Location: Lincoln-Way West Tennis Courts

T-Shirt included (Adult Sizes)  
No Refunds  
Special Instructions: Players should bring tennis rackets and water. Facility changes due to weather will be posted at the tennis courts.

# WRESTLING

## YOUTH WRESTLING CAMP

Contact: [bglynn@lw210.org](mailto:bglynn@lw210.org)

This camp will be grouped by age and skill level. The beginner group will learn the basic neutral, top and bottom skills. The experienced group will have a focus on various leg attacks, set-ups and pinning combinations.

Dates: June 24-27  
Grades: K-7  
Time: 9:00 am-10:30 am  
Cost: \$30.00  
Instructors: LWW Wrestling Staff  
Location: Lincoln-Way West Wrestling Room  
T-Shirt included (Youth Sizes)

