

LOCKPORT TOWNSHIP HIGH SCHOOL DISTRICT 205
COMMUNITY WELLNESS CENTER—SUMMER GRADE SCHOOL CAMPS AND PROGRAMS 2016

1333 E 7th Street, Lockport, IL 60441

Phone 815-588-8400 Fax 815-588-8409 Web www.lths.org

"These activities are sponsored by Lockport Township High School Community Wellness Center. This organization is not affiliated with Districts Homer CCSD #33C, 88, 88A, 89, 90, 91, 92, St. Dennis, and St. Joseph. Districts Homer CCSD #33C, 88, 88A, 89, 90, 91, 92, St. Dennis, and St. Joseph does not sponsor or endorse this organization or its activities. All messages are solely the expression of the individual organization and not an endorsement of any message's content by the District. This flyer has been made available to students pursuant to the District's policy governing the distribution of written materials from non-school organizations."

**CO-ED PORTER GRADE SCHOOL
BADMINTON CAMP 2016**

This camp will teach your son or daughter the basic movement on the court, stroke technique and strategy of badminton. T-Shirt included.

Contact: TBA

Days: Monday thru Friday

Dates: July 11 - 15, 2016

Time: 2:00pm - 4:00pm

Ages: 2016 - 2017 5th - 8th graders

Fee: \$50.00

Location: CWC East Gym

Instructors: LTHS Badminton Staff

Min/Max: 20/100

Code: 102213-A



**PORTER SUMMER BASEBALL
COMPLETE SKILLS CAMP K-9TH GRADE**

This camp is designed to teach the fundamentals of hitting, fielding, pitching, catching, and base running.

Days: Monday thru Thursday

Dates: June 13 - 16, 2016

Time: 8:00am - 11:00am

Ages: K - 9th graders

Fee: \$95.00

Location: Flink field (Division and Briggs)

Instructors: LTHS Baseball Staff

Code: 102209-A

Bring towel and swim suit to practice sliding.

T-shirt included.

Porter Baseball Advanced Hitting Camps 4th—9th Grade

Date: June 27, June 28, June 29, 2016 Day: Monday thru Wednesday

Code: 102209D

Time: 9am - 10am

Fee: \$75 \$130 for both hitting and defense

Location: Flink Field (Garfield & Division)

Min/Max: 3/30

Contact: Coach Satunas at asatunas@lths.org



**Porter Baseball Advanced Defense
Camps 4th—9th Grade**

Date: June 27, June 28, June 29, 2016 Day: Monday thru Wednesday

Code: 102209H

Time: 8am - 9am

Fee: \$75 for one choice time in Session 1 or 2 or \$130 for both hitting and defense

Location: Flink Field (Garfield & Division)

Min/Max: 3/30

Contact Coach Satunas at asatnas@lths.org

Specify: Catcher,
Infield, or Outfielder

Porter Baseball Showcase/Identification Camp 7th - 9th Grade

Date: July 19 & July 20, 2016 Day: Tuesday and Wednesday

Time: 8:00am - 11:00am

Code: 102209J

Fee: \$45.00

Location: Flink Baseball Field (Garfield & Division)

Min/Max: 16/32 See LTHS Summer Camps Brochure for more info...

Contact Coach Satunas at asatunas@lths.org

**Porter Baseball Academy Hitting-Fielding
Instruction & Analysis 7th—9th Grade**

Date: July 12, 13, 14, 2016 Day: Tuesday, Wednesday, Thursday

Code: 102209K

Time: 8am - 9:30am

Fee: \$160 \$20 discount for each family members

Location: Flink Field (Garfield & Division)

Min/Max: 3/30

Contact Coach Satunas at asatunas@lths.org



BOYS FUTURE STARS HOOP CAMP 2016

Boys will learn the basic fundamentals of dribbling, passing and shooting. Coaches will emphasize sportsmanship, respect, and team play. T-shirt included.

Days: Monday thru Friday

Dates: June 13 - 17, 2016

Time: 11:00am - 12:00pm

Ages: 2016 -2017 1st - 4th graders

Fee: \$35.00

Location: CWC Field House Court 3

Instructors: LTHS Basketball Staff

Min/Max: 20/50

Code: 102204-A



**BOY'S JR PORTER BASKETBALL
CAMP 2016**

This camp will emphasize fundamentals, skill competition and full scrimmages. Prizes will be awarded to winners in all categories. This camp will emphasize basketball skills and fun. T-shirt included.

Days: Monday thru Friday

Dates: June 13 - 17, 2016

Time: 8:00am - 10:30am

Ages: 2016 - 2017 5th - 8th graders

Fee: \$70.00

Location: CWC Field House

Instructors: LTHS Basketball Staff

Min/Max: 20/125

Code: 102204-B



LADY PORTER BASKETBALL CAMPS

Girl's Basketball:

This camp provides girls individualized instruction and emphasis on the fundamentals of basketball. Campers will be grouped according to age, grade, and skill level. T-shirt Included.

Girl's 1st - 4th Grade Basketball Girl's 5th - 8th Grade Basketball

Days: Monday - Friday

Dates: June 13 - 17, 2016

Time: 11:00am - 12:00pm

Ages: 2016 - 2017 1st - 4th graders

Fee: \$35.00

Location: CWC FH/East Gym

Instructors: LTHS Girl's BB Staff

Min/Max: 20/125

Code: 102207-D

Contact info: dkelly@lths.org

Days: Monday - Friday

Dates: June 13 - 17, 2016

Time: 8:00am - 10:00am

Ages: 2016 - 2017 5th - 8th graders

Fee: \$60.00

Location: CWC FH/East Gym

Instructors: LTHS Girl's BB Staff

Min/Max: 20/125

Code: 102207-C

Contact info: dkelly@lths.org



PORTER'S GIRL'S CROSS COUNTRY CAMP

This camp is for girls who want to develop a good running base. T-shirt included.

Who: Girls

Ages: 2016 - 2017 6th - 12th grade

Time: 6:00am - 8:00am

Dates: July 5 - July 29, 2016

Days: Monday - Friday

Fee: \$35.00

Location: Dellwood Park

Names of Instructors/Coaches: Erin Truesdale, Regan Cronholm and Tammy Baranowski



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CO-ED CROSS-COUNTRY & CONDITIONING

We will meet at the East track for the first 2 days of camp and every Monday of camp. Fee includes 7 weeks of running instruction, yoga and flexibility, proper running form instruction, and functional core strength. T-shirt will be provided for each camper.

Days: Mondays thru Thursdays

Dates: June 6 – July 28, 2016

Time: 7:30am – 10:00am **No camp the week of July 4th**

Ages : 5th - 12th grade

Fee: \$145.00

Location: East Track

Instructors: LTHS Coach Tom Razo - trazo@lths.org

Min/Max: 15/50

Code: 102203-A



THE LEGENDS OF PORTER YOUTH AND JR HIGH FOOTBALL CAMP 2016

The Legends of Porter Football Camp is specifically designed for rising 3rd-8th graders and will allow each player to practice and develop skills in a safe setting. Instruction and skill development at offensive and defensive positions will be led by LTHS coaches and rising senior football players.

The camp is a non-padded, no contact camp and all players will get an introduction to the Lockport offensive and defensive systems. Players will need football cleats and gym shoes and camp will run daily, rain or shine. Contact Coach Starkey at dstarkey@lths.org with questions.

Dates: July 11 - July 14, 2016 **Days:** M - Th

Ages: 2016-2017 3rd - 6th grade **Time:** 4:00pm - 5:30pm **Code:** 102210A

Ages: 2016-2017 7th - 8th grade **Time:** 5:15pm - 7:00pm **Code:** 102210E

Fee: \$50 for each participant (Includes T-Shirt) **Register for Porter Football**

Youth Summer Skills Camp and get both camps for \$100.00 .

Location: East Practice Field

Instructors: LTHS Football Staff

PORTER FOOTBALL YOUTH SUMMER SKILLS CAMP 2016 AT EAST STADIUM

Days: Mondays - Wednesdays

Dates: June 6 - July 29, 2016 **Non-padded, no contact camp.**

Ages: 5 - 9 yrs. old: 5:30pm - 6:30pm

Ages: 10 - 14 yrs. old: 5:30pm - 7:30pm

Fee: \$60.00 for each participant (includes 8 sessions and a t-shirt.) **Register for The Legends of Porter Youth and Jr High Football Camp July 11 - 14**

and get both camps for \$100.00 .

Code: 102210F See Brochure for full description...

BOYS AND GIRL'S SUMMER GOLF CAMP & LEAGUE

This camp provides a great opportunity and is strongly recommended for present and future Porter golfers to attend the camp and league. This program provides an opportunity to be together, play against one another in a competitive situation and most importantly, improve as golfers. T-shirt included.

Boys 5th - 10th Grade

Camp Days: Mondays Thru Thursdays

Camp Dates: June 13, 14, 15, 16, 2016

Time: 1:00pm - 3:00pm

Fee: Is for Camp and League \$185.00

Camp Location: The Camp is at Prairie Bluff GC

League Location: The League is at Prairie Bluff GC (See Brochure for League)

Instructors: Coach Eber and Coach Major

Code: 102214A

Contact Coach Eber if you need more info 815-588-8434 or meber@lths.org

Girls 5th - 8th Grade

Camp Days: Mondays Thru Thursdays

Camp Dates: June 13, 14, 15, 16, 2016

Camp Time: 1:00pm - 3:00pm

Fee: Is for Camp and League \$185.00

Camp Location: The Camp is at Prairie Bluff GC

League Location: The League is at Prairie Bluff GC (See Brochure for League)

Instructors: Coach Eber and Coach Major

Code: 102214A



LTHS SPEED Camp This is a speed for sport camp, not a track & field camp. We will be focusing on teaching and developing the basic components of speed and explosiveness. This is a teaching camp, and as such, will focus on the fundamentals of **sprinting, acceleration, change of direction, and mobility**. Our goal is to help kids learn how to use their bodies more efficiently for all of the other sports that they play.

Grades 4th - 12th Session 1

Dates: June 6 - June 10, 2016

Days: M, W, F

Time: 4:00pm - 5:00pm

Fee: \$30.00 per Session

Code: 102223A **Location:** Outdoor track at LTHS East High School

Grades 4th - 12th Session 11

Dates: June 27 - July 1, 2016

Days: M, W, F

Time: 4:00pm - 5:00pm

Fee: \$30.00 per Session

Code: 102223B **Location:** Outdoor track at LTHS East High School

CO-ED 1ST - 3RD GRADE YOUNG OLYMPIAN SOCCER CAMP 2016

Camp is designed to enhance and develop the fundamentals of the game. Camp will emphasize skill development. Must bring a soccer ball and water. No t-shirt.



K - 3RD GRADE

Days: Monday thru Friday

Dates: June 20 - 24, 2016

Time: 8:30am - 9:30am

Ages: 2016 - 2017 K - 3rd grade

Fee: \$45.00 for 1 session and \$85.00 for both sessions

Location: CWC Soccer Fields North of Division on Farrell Road

Instructors: Coach Beal and the LTHS Coaching Staff

Min/Max: 20/100

Code: 102205-D

K - 3RD GRADE

Days: Monday thru Friday

Dates: June 27 - July 1, 2016

Time: 8:30am - 9:30am

Ages: 2016 - 2017 K - 3rd grade

Fee: \$45.00 for 1 session and \$85.00 for both sessions

Location: CWC Soccer Fields North of Division on Farrell Road

Instructors: Coach Beal and the LTHS Coaching Staff

Min/Max: 20/100

Code: 102205-E

CO-ED YOUTH SOCCER CAMP 4TH - 8TH GRADE 2016

4TH - 8TH GRADE

Days: Monday thru Friday

Dates: June 20 - 24, 2016

Time: 10:00am - 2:00pm

Ages: 2016-2017 4th - 8th grade

Fee: \$70.00 for 1 session and \$130.00 for both sessions

Location: CWC Soccer Fields North of Division on Farrell Road

Instructors: Coach Beal and the LTHS Coaching Staff

Min/Max: 20/100

Code: 102205-A

4TH - 8TH GRADE

Days: Monday thru Friday

Dates: June 27 - July 1, 2016

Time: 10:00am - 12:00pm

Ages: 2016 - 2017 4th - 8th grade

Fee: \$70.00 for 1 session and \$130.00 for both sessions

Location: CWC Soccer Fields North of Division on Farrell Road

Instructors: Coach Beal and the LTHS Coaching Staff

Min/Max: 20/100

Code: 102205-B



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5TH - 8TH GRADE SOFTBALL CAMP

Learn your fundamentals now! Learn sliding, hitting, throwing, bunting, catching, base running, and position play.

Note: No t-shirt handed out in summer.

Days: Wednesday, Thursday, Friday

Dates: June 8, 9, 10, 2016

Time: 9:00am - 12:00pm

Ages: 2016 - 2017 5th - 8th graders

Fee: \$35.00

Location: Athletic Varsity Field (Garfield & Division)

Instructors: LTHS Softball Staff and players

Min/Max: 20/100

Code: 102206-A

You can contact Jenny Butcher 815-588-1594 if you have any questions.



**AMERICAN RED CROSS
 SWIM LESSONS 2016**

This learn to swim program is open to boys and girls four years old and up. (8 classes). Children must be potty-trained. For questions call Monique at 815-588-8402. For sign up please contact the CWC.

Days:	Mon - Thurs	Code: 102101
Dates:	6/13 - 6/23	Section: A
Time:	09:00am - 09:40am	B
	09:50am - 10:30am	C
	10:40am - 11:20am	D
	11:30am - 12:10pm	
Ages:	<u>MUST be 4 years and older</u>	
Fee:	\$45 CWC Member Discount	
	\$47 Resident Discount	
	\$53 Non-Resident Discount	

Days:	Mon - Thurs	Code: 102102
Dates:	6/27 - 7/8	Section: A
Time:	09:00am - 09:40am	B
	09:50am - 10:30am	C
	10:40am - 11:20am	D
	11:30am - 12:10pm	
Ages:	<u>MUST be 4 years and older</u>	
Fee:	\$45 CWC Member Discount	
	\$47 Resident Discount	
	\$53 Non-Resident Discount	

**PORTER WATER POLO CAMP CO-ED
 BOYS AND GIRLS AGES 10-18**

If you are interested in trying a challenging and fun game, check out water polo at LTHS Community Wellness Center. This camp will provide you the opportunity to improve your skills while learning the game. Campers must be able to swim the length of the pool and tread water. This camp will help you develop the skills needed to participate in games.

Days: Monday thru Friday

Dates: June 6 - 10, 2016

Time: 1:00pm - 3:00pm

Ages: 2016 - 2017 10-18 years old

Fee: \$50

Location: LTHS East Pool - Community Wellness Center

Instructors: Maggie Kamm.

Min/Max: 20/50

Code: 102221-A

Contact Maggie Kamm at m.m.kamm@gmail.com for more info.



Days:	Mon - Thurs. 1 WEEK ONLY	Code: 102104
Dates:	7/11 - 7/15	Section: A
Time:	09:00am - 09:50am	B
	10:00am - 10:50am	C
	11:00am - 11:50am	
Ages:	<u>MUST be 4 years and older</u>	
Fee:	\$37 CWC Member Discount	
	\$39 Resident Discount	
	\$46 Non-Resident Discount	

Poms Lockport's Varsity Pom Squad will host a one-day clinic for kids ages kindergarten through 8th grade. Participants should wear gym shoes, or dance shoes if they have them, and dark colored shorts. T-shirt, certificate, snacks, drink, and pom poms are included.

Date: August 20, 2016 Day: Saturday

Time: 1:00pm - 3:00pm

Performance Date: September 2, 2016, at the LTHS home football game at 5PM, More info will be handed out by coach.

Ages: Incoming 2016 - 2017 K - 8th graders

Fee: \$40.00 \$65.00 for two from the same family

Location: East Field House

Instructors: LTHS Varsity Pom Squad

Code: 102211A



INFANT/TODDLER CLASS

(6 classes)

Dates: 6/11 - 7/16 (Saturdays)

Code: 102106 A

Times: 9:15AM - 9:45AM

Fee: \$35 CWC Member Discount

\$37 Resident Discount

\$43 Non-Resident Discount



Ages are infant to 4 years old. Parent participation in the water is required. Must wear swim diapers.

AMERICAN RED CROSS SWIM LESSONS

Try our 6 Saturday Classes

Dates:	6/11 - 7/16	Code: 102105
Times:	09:00AM - 09:50AM	Section: A
	10:00AM - 10:50AM	B
	11:00AM - 11:50AM	C
Ages:	<u>MUST be 4 years and older</u>	
Fee:	\$42 CWC Member Discount	
	\$44 Resident Discount	
	\$50 Non-Resident Discount	



For more information on Swim Club see LTHS Summer Camp Brochure online.

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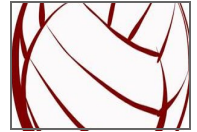
Speed Development This is a speed for sport camp, not a track & field camp. We will be focusing on training athletes to become **faster** and more **explosive**.

Who: Boys and Girls
Ages: 2016 - 2017 Incoming 7th -12th grade
Days: Mondays and Wednesdays
Dates: June 6 - July 20, 2016 **No Camp July 4th**
Time: 3:00pm - 4:00pm
Location: Outdoor Track (weather permitting)
Fee: \$55.00 for the entire summer
Code: 102223C
Min/Max: None
Contact info of Coach: Brett Hespell bhespell@lths.org
 Adam Decaire adecaire@lths.org

**GRADE SCHOOL BOY'S 1ST-4TH
 GRADE VOLLEYBALL CAMP**

Learn or enhance volleyball fundamentals including passing, hitting, setting, and serving. Register early to get a t-shirt.

Days: Monday thru Friday
Dates: June 20 - 24, 2016
Time: 10:30am - 12:00pm
Ages: 2016 - 2017 - 1st - 4th graders
Fees: \$40.00
Location: LTHS- CWC Field House
Min/Max: 10/50
Code: 102222-B
Contact: nmraz@lths.org



**MIDDLE SCHOOL/JR HIGH BOY'S
 VOLLEYBALL CAMP 5TH - 8TH
 GRADE**

Learn or enhance volleyball fundamentals including passing, hitting, setting, and serving. Register early to get a t-shirt.

Days: Monday thru Friday
Dates: June 20 - 24, 2016
Time: 8:00am - 10:00am
Ages: 2016 - 2017- 5th - 8th graders
Fees: \$70.00
Location: LTHS- CWC Field House
Min/Max: 10/50
Code: 102222-A
Contact: nmraz@lths.org



LOCKPORT GIRL'S VOLLEYBALL CAMP

Coaches: LTHS Volleyball Staff

**GRADE SCHOOL VOLLEYBALL CAMP
 1ST-4TH GRADE**

Learn the fundamentals of volleyball including passing, hitting, setting, and serving. Includes a t-shirt.

Days: Monday thru Friday
Dates: June 20 - June 24, 2016
Time: 10:30am - 12:00pm
Ages: 2016 - 2017 1st - 4th grade girls
Fee: \$40.00
Location: CWC Field House
Min/Max: 20/80
Code: 102201-A



MIDDLE SCHOOL/JR HIGH VOLLEYBALL CAMP 5TH-8TH GRADE

Learn the fundamentals of volleyball including passing, hitting, setting, and serving. Includes a t-shirt.

Days: Monday thru Friday
Dates: June 20 - June 24, 2016
Time: 8:00am - 10:00am
Ages: 2016 - 2017 5th - 9th grade girls
Fee: \$70.00
Location: CWC Field House
Code: 102201-B



LTHS Lacrosse Skills Camp

Ages: 4th, 5th, 6th, 7th and 8th graders
Times: 10:30am - 12:00pm
Dates: June 27, 28, 29 and 30, 2016 **Days:** Monday - Thurs.
Location: East Campus Lacrosse Field
Fees: 75.00 For HS Lacrosse... see LTHS Summer Camp Brochure
Code: 102 A



Registration Starts April 15, 2016.

[For HS Camps See Brochure Online](#)

Sign up at LTHS Community Wellness Center

**1333 E 7th Street
 Lockport, IL 60441**

815-588-8400 (p) or 815-588-8409 (f)

**LTHS TENNIS JUNIOR
 HIGH SUMMER TENNIS
 CAMP 2016**



Dates: June 27, 28, 29, 30, July 1, 2016
Day: Monday - Friday
Rain Dates: July 5 and July 6
Time: 10:00am - 12:00pm
Ages: 2016 - 2017 6th - 8th grade
Fee: \$90.00 per person 2nd family member \$65 No t-shirt.
Location: Lockport HS East Campus Tennis Courts (behind the high school)
Instructors: LTHS Tennis Coaches and former players Bob Champlin -
rhamplin@lths.org
Code: 102212-B

See LTHS CWC Brochure for league and lesson information.

LTHS YOUTH TENNIS CAMP/LEAGUE

The Youth Tennis camp will instruct the young players on the basic skills. The players will use specialized equipment that is tailored for a young child. The players will use a smaller racquet, lower bouncy balls, and a smaller court. The players will receive tennis instruction for the first hour and then league play will be the last 1/2 hour. The league will separate the players into two competitive age groups 6 - 8 and 9 - 10. Min number of players is 16.

Ages: 1st - 5th grade
Time: 8:00am - 9:45am
Dates: June 27, 28, 29, 30, 2016
Day: Monday - Thursday
Rain Dates: July 1 and July 5 (Fridays)
Cost: \$75.00 (2nd family member \$55.00)
Code: 102212-A



Contact: Bob Champlin at rhamplin@lths.org
 See Our Camp Brochure for the Tennis League and Lessons Info.

*****Must provide own tennis racquet**

Age 6	21" racquet
Age 7 - 8	23" racquet
Age 9 - 10	25" racquet

WRESTLING CAMP GRADES K-12

This camp will introduce skills and drills that are valuable to be successful in wrestling. Includes a T-shirt.

Days: Monday thru Thursday
Dates: June 13 - June 16, 2016
Time: 12:30pm - 2:00pm
Ages: 2016-2017 K - 12th graders
Fee: \$60.00
Location: LTHS Wrestling Room
Code: 102216-A
Instructors: LTHS Head Wrestling Coach, Josh Oster and LTHS Asst. Coaches

