Community Wellness Center

2016 Summer Camps and Programs

Registration begins April 15, 2016
**CODE OF HONOR**

We, as students and staff of Lockport Township School, will strive to uphold the highest standards of citizenship. We will be honest, ethical, tolerant of our differences, and considerate of each other. We will encourage others to abide by the same ideals. As students and staff, we will work in unison to bring recognition to ourselves, our families, our school, and our communities.

**NON-DISCRIMINATION STATEMENT**

Lockport Township High School ensures all educational and employment opportunities will be offered without regard to race, color, religion, sex, national origin, ancestry, age, marital status, physical or mental handicap, military status, sexual or orientation, and unfavorable discharge from military service.

This activity is sponsored by Lockport TWP High School, District 205.

“This organization is not affiliated with Homer CCSD #33C and the District does not sponsor or endorse this organization or their 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 school and non-school organizations.”
**SUMMER HOURS**

**JUNE 6, 2016 - JULY 29, 2016**

Front Desk, Cardio Fitness Room & Weight Room

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>5:30am - 9:00pm</td>
</tr>
<tr>
<td>Saturdays</td>
<td>8:00am - 12:00pm</td>
</tr>
</tbody>
</table>

**SUNDAYS - CWC IS CLOSED**

Summer Track Hours

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday - Friday Free Track</td>
<td>*5:30am - 7:30am</td>
</tr>
<tr>
<td></td>
<td>10:00am - 12:00pm</td>
</tr>
<tr>
<td>Saturdays 6/11</td>
<td>8:00am - 12:00pm</td>
</tr>
<tr>
<td>Sundays</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Note: Field House/ Walking Track hours may alter based on LTHS / CWC Camps and Programs. Call ahead for availability.

*FREE TRACK TIMES*

Free track usage is available to District 205 residents only, with a valid walking pass.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>5:30am - 7:30am</td>
</tr>
<tr>
<td></td>
<td>10:00am - 12:00pm (when available)</td>
</tr>
<tr>
<td>All other track use requires a CWC membership or daily fee</td>
<td></td>
</tr>
</tbody>
</table>

**Family Swim**

We will not have open family swim for the summer on Fridays, but may provide family swim on other days and times, please see monthly aquatic calendar. See monthly aquatic calendar for summer hours.

Fall/Winter/Spring CWC Office Hours

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>9am - 12pm and 1pm - 10pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>12pm - 5pm</td>
</tr>
<tr>
<td>Sundays</td>
<td>8am - 4pm ending 3/27</td>
</tr>
</tbody>
</table>

Then closed on Sundays until October

The Community Wellness Center hosts a number of programs and camps throughout the summer. These scheduled activities may cause the Field House to be closed during their times.

Fall/Winter/Spring Lap Swim Hours

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>5:30am - 7:30am</td>
</tr>
<tr>
<td></td>
<td>See monthly calendar for availability</td>
</tr>
<tr>
<td>Monday - Thursday</td>
<td>8:00pm - 8:50pm</td>
</tr>
<tr>
<td></td>
<td>Please check monthly calendar for availability</td>
</tr>
</tbody>
</table>

The Community Wellness Center is closed on all school holidays and for various special events or LTHS activities. At times, certain areas of the CWC will be closed, due to LTHS Athletics, or other priority activities. Call (815)588-8400 for information.

Lockport TWP High School
Community Wellness Center
1333 E 7th Street
Lockport, IL 60441
815-588-8400
General Information

Lockport Township High School
District 205

Board of Education

President
John Lukasik

Vice-President
Ann Lopez-Caneva

Secretary
Della M. Travis

Member
Lisa Bickus

Member
Lou Ann Johnson

Member
Michael Lewandowski

Member
Mike Petty

Building Administration

East Campus Principal
Dennis Hicks

East Campus Asst. Principal
Tom Kurzawski

East Campus Asst. Principal
K. Patrick Olmsted

Central Campus Principal
Kerri Green

Central Campus Asst. Principal
Patricia Surman

Administration & Directors

Superintendent
Todd Wernet, Ed.D.

Asst. Superintendent for
Curriculum & Instruction
K. Brett Gould, Ph.D.

Asst. Superintendent for Personnel
Anthony Cundari

Director of Athletics
Jim Prunty

Director of Business Services
Stephanie Croix

Director of Community Wellness Center
Susan Kleffman

Director of Development/Public Relations
Kim Brehm

Director of Facilities Management
William Thompson

Director of Student Activities
Brian Lessner

Director of Special Education
Angela Huntington, Ed.D

Director of Technology
Matthew Dusterhoft

Manager of Transportation
David Niedospial

COMMUNITY WELLNESS CENTER
LOCKPORT TWP HIGH SCHOOL
1333 E 7th Street, Lockport, Illinois 60441
Phone Number - 815-588-8400
Fax Number - 815-588-8409
Aquatics - 815-588-8402
Web Site - www.lths.org

Director
Susan Kleffman

Aquatics Director
Monique Borzick

Office Manager/Secretary
Donna Markelz

Take Time for Fun!
## Membership Information

### District 205 Resident Membership Rates

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Length</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Adult - 18 &amp; Older</td>
<td>1 Month</td>
<td>$25</td>
</tr>
<tr>
<td></td>
<td>3 Month</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>6 Month</td>
<td>$90</td>
</tr>
<tr>
<td></td>
<td>Annual</td>
<td>$125</td>
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*Additional Adult -
(Must reside at same address)

<table>
<thead>
<tr>
<th>Length</th>
<th>Rate</th>
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<tbody>
<tr>
<td>3 Month</td>
<td>$50</td>
</tr>
<tr>
<td>6 Month</td>
<td>$70</td>
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<tr>
<td>Annual</td>
<td>$75</td>
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<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Length</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Individual Senior - 60 &amp; Older</td>
<td>3 Month</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>6 Month</td>
<td>$65</td>
</tr>
<tr>
<td></td>
<td>Annual</td>
<td>$105</td>
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</table>

*Additional Senior -
(Must reside at same address)

<table>
<thead>
<tr>
<th>Length</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Month</td>
<td>$25</td>
</tr>
<tr>
<td>6 Month</td>
<td>$55</td>
</tr>
<tr>
<td>Annual</td>
<td>$65</td>
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</table>

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Length</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-District College Student</td>
<td>3 Month</td>
<td>$50</td>
</tr>
<tr>
<td>(Must have valid/current I.D.)</td>
<td>6 Month</td>
<td>$80</td>
</tr>
<tr>
<td></td>
<td>Annual</td>
<td>$115</td>
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<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>District 205 High School Student School Year</td>
<td>$27</td>
</tr>
<tr>
<td>(Must have current I.D.)</td>
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</table>

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>District 205 Non-LTHS High School Student</td>
<td>$40</td>
</tr>
<tr>
<td>(Must have current I.D.)</td>
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### Non-Resident Membership Rates

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Length</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Adult - 18 &amp; Older</td>
<td>1 Month</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>3 Month</td>
<td>$75</td>
</tr>
<tr>
<td></td>
<td>6 Month</td>
<td>$115</td>
</tr>
<tr>
<td></td>
<td>Annual</td>
<td>$155</td>
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</table>

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Length</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Senior - 60 &amp; Older</td>
<td>3 Month</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>6 Month</td>
<td>$80</td>
</tr>
<tr>
<td></td>
<td>Annual</td>
<td>$130</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Length</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>College Student -</td>
<td>3 Month</td>
<td>$65</td>
</tr>
<tr>
<td>(Must have valid/current I.D.)</td>
<td>6 Month</td>
<td>$100</td>
</tr>
<tr>
<td></td>
<td>Annual</td>
<td>$145</td>
</tr>
</tbody>
</table>

## Membership Includes

Use of Indoor Track, Fitness Room, Weight Room, Lap Swimming, Open Gym, Shower & Locker Room facilities, along with additional Member bonuses. Please note that the track, lap swimming, and open gym are limited, due to LTHS athletics.

## Memberships

Memberships are available for those in high school or older. It is recommended that new members complete an orientation before using fitness equipment/track/pool and open gym. It is also recommended to consult your physician before starting a workout program.

### Additional Member Discounts

- Must purchase the higher priced membership in order to receive an additional member discount.
- Additional membership available to persons residing at the same address only.
- Photo I.D. required to prove residency.
- Additional memberships must be purchased within 7 days of original membership.
- Additional member discounts offered to School District 205 residents only. Proof of residency is required for all memberships.

## Daily Rate Residents

District 205 Residents Only – Must have valid I.D.

Includes: Fitness Room, Weight Room, Track, Lap Swim and Open Gym.

- Adult - $5
- Senior - $3
- H.S. Student - $2

Must present valid I.D. for admission. Valid H.S. I.D. is required for H.S. students Must have H.S. I.D. to get student rate.
How Do I Register?

- For all mail-in & drop off registrations, you can print out a registration form from the CWC tab on the lhsths.org website and return with payment to:
  
  Lockport Township High School  
  Community Wellness Center  
  1333 E. 7th Street  
  Lockport, IL 60441

- For all fax-in registrations, please fill out the registration form and fax it to (815)588-8409. Please note that for all fax registrations, payment must be made by credit card at the time you are faxing.

CWC MEMBER DISCOUNT

Discounted CWC Member prices are designated for those who have a current CWC membership.

REFUND POLICY

1. A full refund is granted on any program cancelled by the Community Wellness Center due to insufficient program registration.

2. No refunds will be granted five days prior to the start of a program except for medical excuse or relocation out of the area. A Doctor’s note is required when requesting the refund. All refunds will be pro-rated from the time of the request and an administrative fee charged.

3. A $5.00 administrative fee will be charged to refund requests.

4. No refunds are allowed for leagues or tournaments.

5. All refund requests must be made in writing at the CWC office located at 1333 E. 7th St. Refund request forms are available at the office.

6. Memberships are non-refundable and non-transferable.
Camp Information
Who: Boys and Girls
Ages: 2016 - 2017 5th – 8th grade
Time: 2:00pm – 4:00pm
Dates: July 11 - 15, 2016
Days: Monday thru Friday
Location: CWC East Gym
Instructors: LTHS Badminton Staff
Fee: $50.00
Code: 102213-A
Min/Max: 20/100
Contact: TBA

This camp will teach your son or daughter the basic movement on the court, stroke technique, and strategy of badminton. After the fundamentals have been taught, tournament play will conclude the camp. No T-shirt.

Co-Ed Boys and Girls High School Badminton Camp

This camp is geared for any high schooler looking to improve their game. Advanced technique and strategy will be taught to be able to play badminton at a more competitive level. Tournament play will conclude the camp. No T-shirt.

Camp Information
Who: Boys and Girls
Ages: 2016 - 2017 9th – 12th grade
Time: 2:00pm – 5:00pm
Dates: July 11 - 15, 2016
Days: Monday thru Friday
Location: CWC Field House
Instructors: LTHS Badminton Staff
Fee: $80.00
Code: 102213-B
Min/Max: 20/100
Contact: TBA
Porter Summer Baseball
Complete Skills Camp

K-9th Graders

The Complete Skills Camp is designed for all ability levels. The week will feature instruction in the fundamentals of fielding, throwing, hitting, bunting, and base running. Offensive and defensive strategies are given appropriately for each age group. Hustle, hard work, developing a positive attitude and team work are emphasized daily.

A free t-shirt will be provided to all Porter Complete Skills Camp participants. All participants should bring a towel, and shorts/swimming trunks in bag every day for sliding practice.

More info contact Coach Satunas at

Camp Information
Who: Boys
Ages: 2016-2017 K - 9th graders
Time: 8:00am – 11:00am
Dates: June 13 - 16, 2016
Days: Monday thru Thursday
Location: Flink Baseball Field (Garfield and Division)
Instructors: LTHS Baseball Staff
Fee: $95.00
$20 discount for more than one family member in a camp
Code: 102209A
Min/Max: 10/125 per session
Contact: Coach Andy Satunas
asatunas@lths.org

Porter Coaching Staff
Lockport Head Baseball Coach Andy Satunas will serve as the camp director. The camp staff will also include Ken Dobson, Adam Decaire, Dan Blaskovitz, Tim Harmatys, Brandon Marone, Ryan Russell, and Doug Chesna. There will also be current players, former players, and current college players on the camp staff.

The coaching staff will place an emphasis on fundamental skill development by using several of the same drills which have continued to elevate the Porters as a premier program in the state of Illinois. Since 2000, 52 players have moved on to play at the collegiate level.

Facilities
All Porter Baseball Camps are held at the Lockport Porters Baseball Complex. The complex includes baseball fields, a newly renovated playing surface, multiple batting stations, concession stand, restrooms and locker room.

What to Bring?
Glove, hat, spikes, and bat. Please label each item. All Porter Complete Skills Camp members should bring shorts or swim trunks and towel for “sliding practice”.

Multiple Child Discount
Families with more than one participant may deduct $20 for each additional child per camp.

Any Questions?
Andy Satunas, Head Baseball Coach, Lockport Township High School 815-588-8597
asatunas@lths.org
2016 Summer Camps

Be a Lockport Porter Baseball player during our camps as you will be taken through our practice structure and drills that are used every day to make Lockport one of the best high school baseball programs in the state of Illinois. These are the same drills that have helped send 47 of our players over the last 6 years on to play college baseball. Head Coach, Andy Satunas, staff, current and former players will treat everyone as if they were a part of the Porter baseball program during these camps. For more information on these camps, please visit www.porterbaseball.org or contact asatunas@lths.org.

Porter Baseball Advanced Hitting
4th—9th Grade

The Porter Advanced Hitting Camps focuses on a more in-depth view of hitting. Hitters will develop through progression drills including dry swings, tee, toss and use of machines within an hour each day.

Instruction will be reinforced through use of an advanced video analysis program. Written evaluations will be included to aid in continued development.

A 5-to-1 student to instructor ratio will be provided.

Who: Boys
Ages: 2016 - 2017 4th - 9th Grade
Time: 9:00am - 10:00am
Dates: June 27, June 28, and June 29, 2016
Days: Monday thru Wednesday
Location: Flink Baseball Field
        (Garfield and Division)
Instructors: LTHS Baseball Staff
Fee: $75.00 for one session
    $130.00 for Hitting and Defense
    $20 discount for each additional family member
Code: 102209D
Min/Max: 3/30 per session
More info contact Coach Satunas at asatunas@lths.org

Porter Baseball Advanced Defense
4th—9th Grade

The Porter Advanced Defense Camps focus on a more in-depth view of defense. Catchers, Infielders, and Outfielders will develop through progression drills specifically designated to develop skills within an hour session. Written evaluations will be included to aid in continued development.

Instruction will be reinforced through use of an advanced video analysis program. Written evaluations will be included to aid in continued development.

A 5-to-1 student to instructor ratio will be provided.

Who: Boys
Ages: 2016 - 2017 4th - 9th grade
Time: 8:00am - 9:00am
Dates: June 27, June 28, and June 29, 2016
Days: Monday thru Wednesday
Location: Flink Baseball Field
        (Garfield and Division)
Instructors: LTHS Baseball Staff
Fee: $75.00 for one session
    $130.00 for Hitting and Defense
    $20 discount for each additional family member
Code: 102209H
Min/Max: 3/30 per session
More info contact Coach Satunas at asatunas@lths.org

Are you looking for Individual or Small Group Lessons in Hitting/Defense/Pitching/Arm Care?

Contact Andy Satunas,
Head Baseball Coach at Lockport TWP High School for available time slots.
Location will be Flink Field
asatunas@lths.org

Please specify: Catcher, Infield or Outfield, as well as t-shirt size on form.
Porter Baseball Academy
Hitting-Fielding Instruction & Analysis

The Porter Baseball Academy is designed for the most comprehensive instruction. The daily 1.5 hour session includes fundamental skill development for both hitting and defensive play. Instruction will be reinforced through use of an advanced video analysis program. Written evaluations will be included to aid in continued development.

A 3-to-1 student to instructor ratio will be provided. Limited space available! Reservations are on first-come, first-serve basis. Free t-shirt, a Link to Hitting Drill DVD, and a Link to Defense Drill DVD, will be provided!

7th - 9th Grade Boys

Who: Boys
Ages: 2016 - 2017 7th - 9th grade
Time: 8:00am - 9:30am
Dates: July 12, 13, 14, 2016
Days: Tuesday, Wednesday, Thursday
Location: Flink Baseball Field (Garfield and Division)
Instructors: LTHS Baseball Staff
Fee: $160.00
$20 discount for each family member
Code: 102209K
Min/Max: 3/30 per session
Contact: Coach Andy Satunas asatunas@lths.org

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

The Porter Baseball Showcase Camp is designed to evaluate 7th through 9th graders. We will have current high school coaches on hand to evaluate each player. Each camper will receive a t-shirt jersey with a number, along with a written evaluation. Evaluations will be in the following areas:

- The "60"
- OF arm strength
- INF arm strength
- Catching POP times
- Hitting
- Pitching

On day 2 of camp, campers will participate in a controlled scrimmage game on Flink Field, where they will be able to show off their skill set.

Registration needs to be received by July 21st to ensure receipt of t-shirt jersey at camp. Walk ups are accepted, but jersey tops will be limited. Please bring your own standard baseball gear: baseball pants, glove, bat, catching gear, and spikes.

Who: Boys
Ages: 2016 - 2017 7th through 9th grade
Time: 8:00am-11:00am
Date: July 19 and July 20, 2016
Day: Tuesday and Wednesday
Location: Flink Baseball Field
Instructors: LTHS Baseball Staff
Fee: $45 per player (no discounts on this camp)
Code: 102209J

Be a Lockport Porter Baseball player during our camps as you will be taken through our practice structure and drills that are used every day to make Lockport one of the best high school baseball programs in the state of Illinois. These are the same drills that have helped send 47 of our players over the last 6 years on to play college baseball. Head Coach, Andy Satunas, staff, current and former players will treat everyone as if they were a part of the Porter baseball program during these camps. For more information on these camps, please visit www.porterbaseball.org or contact asatunas@lths.org.
Future Stars Hoop Camp 2016
Boys will learn the basic fundamentals of dribbling, passing and shooting. Coaches will emphasize sportsmanship, respect, and team play. A t-shirt is included.

Camp Information
Who: Boys
Ages: 2016 - 2017 1st – 4th graders
Time: 11:00am - 12:00pm
Dates: June 13 - 17, 2016
Days: Monday thru Friday
Location: CWC Field House Court 3
Instructors: LTHS Basketball Staff
Fee: $35.00
Code: 102204A
Min/Max: 20/50
Contact: Coach Brett Hespell bhespell@lths.org

Boy’s Junior Porter Basketball Camp
This camp will focus on basketball fundamentals, skill competitions, 1 v. 1 play, 3 v. 3 play, and 5 v. 5 play. The camp will be high energy and is designated to help players maximize their basketball playing ability for their local teams. Prizes will be included for all contest winners. A t-shirt is included for every camp attendee.

Camp Information
Who: Boys
Ages: 2016 - 2017 5th – 8th grade
Time: 8:00am – 10:30am
Dates: June 13 - 17, 2016
Days: Monday thru Friday
Location: CWC Field House
Instructors: LTHS Basketball Staff
Fee: $70.00
Code: 102204-B
Min/Max: 20/125
Contact: Coach Brett Hespell bhespell@lths.org
LOCKPORT PORTER BOYS HIGH SCHOOL BASKETBALL CAMP 2016

This camp will be a comprehensive overview of basketball training with a focus on skill development and physical conditioning. It is designed for any boy who is serious about making the high school basketball team for his respective grade level and is highly recommended for those individuals. A t-shirt is included for every camp attendee.

Who: Boys

Ages: 2016 - 2017 9th - 12th grade

Time: *9:00am - 11:00am or 1:00pm - 3:00pm *You ONLY need to attend ONE SESSION per day. A morning and afternoon session are offered to avoid potential conflicts with other sports and Fresh Start.

Dates: May 31st - July 14, 2016
***Camp will ONLY be 1:00pm - 3:00pm on June 14 and June 16

Days: Tuesdays and Thursdays

Location: LTHS East Gym/Central Gym/Field House (schedule will be distributed on 1st day of camp)

Instructors: LTHS Basketball Staff

Fee: $85.00 (Incoming freshmen can pay a reduced rate of 70.00, if they cannot attend the first week of sessions, due to grade schools not being out yet

Code: 102204-C

Min/Max: 20/125

Contact: Head Coach Brett Hespell (bhespell@lths.org)
Summer league information will be distributed by Coach, and is not included in this camp fee.
**Girl’s High School Basketball Camp**

This camp will focus on the development of basketball fundamentals including footwork, ball-handling, passing, and shooting. It will also include the development of defensive skills. The camp is designed to prepare each young lady to be able to compete for a position in the Lady Porter Basketball program. This camp includes strength and conditioning training for basketball. Each camper will receive a camp t-shirt, as well as an off-season training program. The first day of class will meet in the East Gym.

- **Who:** Incoming Freshman through Seniors
- **Time:** 1:00PM - 4:00PM
- **Dates:** June 6, 2016 – June 30, 2016
- **Days:** M, T, W, TH
- **Location:** Field House, East Gym, Central Gym
- **Names of instructors/coaches:** Lady Porter Coaching Staff
- **Fee:** $125
- **Code:** 102207-B
- **Min./max:** 6/80
- **Contact info of coach:** Dan Kelly, dkelly@lths.org

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**Girl’s 5th - 8th Grade Basketball Camp**

This camp provides individualized instruction and emphasis on the fundamentals of basketball. Campers will be grouped according to age, grade, and skill level. The Lady Porter coaching staff and players will instruct the campers through drills, contests, and competition. Each participating athlete will receive a camp t-shirt. First day meet in East Gym.

- **Who:** 5th- 8th Grade Girls
- **Time:** 8:00am-10:00am
- **Dates:** June 13th through June 17th
- **Days:** M, T, W, TH, F
- **Location:** East Gym/Field House
- **Names of instructors/coaches:** Lady Porter Coaching Staff
- **Fee:** $60
- **Code:** 102207-C
- **Min./max:** 6/80
- **Contact info of coach:** Dan Kelly, dkelly@lths.org

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**Girl’s 1st - 4th Grade Basketball Camp**

Campers will be taught the fundamentals of the game including passing, catching, ball handling, footwork and hand-eye coordination. Each participating athlete will receive a camp t-shirt.

- **Who:** 1st - 4th Grade Girls
- **Time:** 11:00am-12:00pm
- **Dates:** June 13th through June 17th
- **Days:** M, T, W, TH, F
- **Location:** East Gym/Field House
- **Names of instructors/coaches:** Lady Porter Coaching Staff
- **Fee:** $35
- **Code:** 102207-D
- **Min./max:** 6/80
- **Contact info of coach:** Dan Kelly, dkelly@lths.org
Co-Ed Cross Country Camp and Conditioning

The Cross Country Camp is a 7-week summer running program for kids in 5th - 12th grade. While group distance and speed training is emphasized, the program also offers individual attention, helping each runner succeed in an environment that fosters both athletic and character development. Fee also includes Yoga, flexibility, proper running form instruction, and functional core strength.

We will meet at the East track for the first 2 days of camp and every Monday of camp. Fee includes 6 weeks of running instruction, yoga and flexibility, proper running form instruction, and functional core strength. T-Shirt will be provided for each camper.

Camp Information
Who: Boys and Girls
Ages: 2016 - 2017 5th - 12th grade
Time: 7:30am – 10:00am
Dates: June 6, 7, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23, 27, 28, 29, 30
      July 11, 12, 13, 14, 18, 19, 20, 21, 25, 26, 27, 28, 2016
      **No Camp July 4 - July 8, 2016**
Days: Mondays, Tuesdays, Wednesdays and Thursdays
Location: East Track - Location may change - coach will hand out schedule
Instructors: LTHS Coach Tom Razo - trazo@lths.org, Kenric Bond, and John Voyt jvoyt@lths.org and Robert Beach
Fee: $145.00
Code: 102203A
Min/Max: 15/50
Contact: Coach Tom Razo at trazo@lths.org
GIRLS CROSS COUNTRY

THIS CAMP IS FOR GIRLS WHO WANT TO DEVELOP A GOOD RUNNING BASE.

We will work on strength, fitness and how to make running fun.

Camp Information: All campers will receive a t-shirt.

Who: Girls
Ages: 2016-2017 6th - 12th grade
Time: 6:00am - 8:00am
Dates: July 5 - July 29, 2016
Days: Monday - Friday
Location: Dellwood Park
Names of Instructors/Coaches: Erin Truesdale, Regan Cronholm and Tammy Baranowski
Fee: $35.00
Code: 102224A
Min/Max: 10/60
Contact info for Coach:
Erin Truesdale etruesdale@lths.org Regan Cronholm rcronholm@lths.org
and Tammy Baranowski tbaranowski@lths.org
Porter Football
Youth Summer SKILLS Camp 2016

The Porter Football Youth Summer SKILLS Camp is specifically designed for all youth aged players to practice and develop skills in a safe setting. Instruction in age appropriate Strength and Conditioning by Athletic Trainer and Power Lifting Instructor Joe Cunnane and skill development at offensive, defensive positions will be led by LTHS coaches and rising senior football players. The camp is a non-padded, no contact camp. Players will need football cleats and gym shoes and camp will run daily, rain or shine.

Ages: The SKILLS camp will be open to all youth players aged 5-14.

Time: 5-9 year olds: 5:30PM-6:30PM. 10-14 year olds: 5:30PM-7:30PM.

Dates: June 6 - June 29, 2016

Days: Monday & Wednesday

Place: Lockport Township High School East Campus Stadium

Location: East Football Stadium

Instructors: Head Varsity Coach, Dan Starkey and LTHS Football Staff

Fee: $60 (includes 8 sessions and a Porter Football SKILLS Camp T-Shirt) 3rd - 8th Graders: Register for the Legends of Porter Football or Junior High Football Camp July 11—14 and get both the Skills camps and the Legends camp for $100.

Code: 102210F

For more information contact
Head Football Coach
Dan Starkey
dstarkey@lths.org

Registration is available at the LTHS Community Wellness Center
1333 E. 7th Street
The Legends of Porter Football Youth Camp is specifically designed for rising 3rd-6th 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. Legendary former Porter players will give perspective to the campers each day on what it takes to be successful in football as well as in life!

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.

**Camp Information**
- **Ages:** 2016 - 2017 Incoming 3rd, 4th, 5th, and 6th graders
- **Time:** 4:00pm - 5:30pm
- **Dates:** July 11 - July 14, 2016
- **Days:** Monday - Thursday
- **Location:** East Stadium
- **Instructors:** LTHS Football Staff
- **Fees:** $50 (includes Porter Football Camp T-Shirt) **Register for the Porter Football Youth Summer SKILLS Camp June 6th - June 29th and get both camps for $100.**
- **Code:** 102210-A

For more information contact Head Football Coach Dan Starkey dstarkey@lths.org

The Legends of Porter Football Junior High Camp is specifically geared towards rising 7th and 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. Legendary former Porter players will give perspective to the campers each day on what it takes to be successful in football as well as in life!

The camp is a non-padded, no contact camp and all players will get on the field experience in the Lockport offensive and defensive systems. Players will need football cleats and gym shoes and camp will run daily, rain or shine.

**Camp Information**
- **Ages:** 2016 - 2017 Incoming 7th and 8th graders
- **Time:** 5:15pm - 7:00pm
- **Dates:** July 11 - July 14, 2016
- **Days:** Monday - Thursday
- **Location:** East Stadium
- **Instructors:** LTHS Football Staff
- **Fees:** $50 (includes Porter Football Camp T-Shirt) **Register for the Porter Football Youth Summer SKILLS Camp June 6th - June 29th and get both camps for $100.**
- **Code:** 102210-E

For more information contact Head Football Coach Dan Starkey dstarkey@lths.org
2016 Porter Freshman Football Camp

The Porter Freshman Football Camp will stress the fundamentals of the game and an introduction to proper techniques in strength and conditioning in the LTHS weight room with Strength Coach Nick Setta. In addition, all players will get on the field experience in the Lockport offensive and defensive systems and will learn a primary position on both sides of the ball, as well as, on special teams. LTHS head football coach Dan Starkey and the freshman coaching staff will instruct the campers. Players will need football cleats and gym shoes; helmet and shoulder pads for the 2016 season will be issued. The camp will run daily, rain or shine.

Camp information:
Ages: 2016 - 2017 Incoming Freshman
Time: 12:15pm - 2:30pm
Dates: June 13 - July 21, 2016 No camp the week of July 4th
Days: Monday - Thursday
Location: East Stadium
Instructors: LTHS Football Staff
Fees: $150.00 (includes Porter Football Camp T-Shirt)
Code: 102210-B
Contact: Freshman Head Football Coach Mike Schroeder mschroeder@lths.org

For more information visit www.lockportfootball.com

Porter Sophomore Football Camp 2016

The Porter Sophomore Football Camp will stress the fundamentals of the game and give campers an introduction to proper techniques in strength and conditioning in the LTHS weight room. In addition, all players will get on the field experience in the Lockport offensive and defensive systems and will learn a primary position on both sides of the ball as well as on special teams. LTHS head football coach Dan Starkey and the Sophomore coaching staff will instruct the campers. In addition, this camp includes the opportunity to work with Setta Performance on flexibility, change of direction and speed development. Players will need football cleats and gym shoes; helmet and shoulder pads for the 2016 season will be issued. The camp will run daily, rain or shine.

Camp Information
Ages: 2016-2017 Incoming Sophomore
Time: 7:00am - 10:30am
Dates: June 6 - July 21, 2016 No camp the week of July 4th
Days: Monday - Thursday
Location: East Stadium
Instructors: LTHS Football Staff
Fees: $150.00 (includes a Porter Football Camp T-Shirt)
Code: 102210-D
Contact: Sophomore Head Football Coach Jason Frierijfrieri@lths.org

For more information visit www.lockportfootball.com
The Porter Varsity Football Camp will stress the fundamentals of the game and give campers an opportunity to build upon individual techniques on the field and in strength and conditioning in the LTHS weight room. In addition, all players will get on the field experience in the Lockport offensive and defensive systems, as well as on special teams. LTHS head football coach Dan Starkey and the varsity coaching staff will instruct the campers. In addition, this camp includes the opportunity to work with Setta Performance on flexibility, change of direction and speed development. Players will need football cleats and gym shoes; helmet and shoulder pads for the 2016 season will be issued. The camp will run daily, rain or shine.

**Camp Information**

**Ages:** The camp will be open to all rising 11th & 12th graders who reside in Lockport Township High School District 205 for the 2016-2017 school year

**Time:** 7:00am - 10:30am

**Dates:** June 6 - July 21, 2016  **No camp the week of July 4th**

**Days:** Monday - Thursday

**Location:** East Stadium

**Instructors:** LTHS Football Staff

**Fees:** $150.00 for both camp and weightlifting (includes a Porter Football Camp T-Shirt)

**Code:** 102210-C

**Contact:** Head Varsity Football Coach Dan Starkey at dstarkey@lths.org

For more information visit www.lockportfootball.com
**BOYS SUMMER GOLF CAMP & LEAGUE 2016**

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 is included.

- **Who:** Boys 5th - 10th Grade
- **Ages:** 2016 - 2017 – 5th - 10th Grade Boys
- **Time of Camp:** 1:00pm - 3:00pm
- **Dates of Camp:** June 13, 14, 15, 16, 2016
- **Days of Camp:** Monday thru Thursday
- **Rain Date Camp:** June 17, 2016
- **Location:** Prairie Bluff Golf Course
- **Instructors/coaches:** Coach Matt Eber, Boys Varsity Golf and Coach Matt Major, Girls Varsity Golf
- **Fees:** $185.00 for Camp and League
- **League Time:** 6:00am
- **League Dates:** June 20, 27, July 5, 12, 18, 2016
- **League Days:** M, M, T, T, M
- **Location:** Prairie Bluff Golf Course
- **Code:** 102214A
- **Contact:** Matt Eber 815-588-8434 or meber@lths.org

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**GIRLS SUMMER GOLF CAMP & LEAGUE 2016**

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 is included.

- **Who:** Girls 5th - 8th Grade
- **Ages:** 2016 - 2017 – 5th - 8th Grade Girls
- **Time of Camp:** 1:00pm - 3:00pm
- **Dates of Camp:** June 13, 14, 15, 16, 2016
- **Days of Camp:** Monday thru Thursday
- **Rain Date Camp:** June 17, 2016
- **Location:** Prairie Bluff Golf Course
- **Fees:** $185.00 for Camp and League
- **League Time:** 6:00am
- **League Dates:** June 20, 27, July 5, 12, 18, 2016
- **League Days:** M, M, T, T, M
- **League Location:** Prairie Bluff Golf Course
- **Code:** 102214A
- **Instructors/coaches:** Coach Matt Eber, Boys Varsity Golf and Coach Matt Major, Girls Varsity Golf
- **Contact:** Matt Eber 815-588-8434 or meber@lths.org for more information
Girls Incoming Freshman to 12th Grade Golf Camp

During this camp, we will work on golf skills, play a round of golf and do a Big Break Competition. Girls interested in playing on the golf team are encouraged to participate in this camp. T-shirt included in this camp.

Camp Information

Who: Girls
Ages: 2016 - 2017 - Incoming Freshman to 12th grade
Time: 3:00pm - 5:00pm
Dates: June 13, 14, 15, 16, 17, 2016
Days: Monday thru Friday
Location: Prairie Bluff Golf Course
Instructors/Coaches: Girl’s Head Golf Coach, Matt Major
Fees: $85.00
Code: 102214B
Contact: Coach Matt Major, at 815-588-8366 or mmajor@lths.org for more information
LTHS High School Lacrosse Skills Camp

An opportunity for athletes to build their skills in the face paced game of lacrosse. Develop stick handling skills, catching and throwing skills, build agility and speed. Athletes will be required to bring their own gear (Helmet, Shoulder pads, Elbow Guards, Gloves, Cleats and Stick). All participants will receive a Lockport Lacrosse t-shirt for attending the camp.

The camp is for athletes who currently participate in lacrosse and athletes that are interested in participating in lacrosse.

Ages: 2016 - 2017 Incoming Freshman, Sophomores, Juniors, and Seniors
Who: Boys and Girls
Times: 10:30 AM to 12:00 PM
Dates: June 20th, 2016 through June 23rd, 2016
Days: Monday through Thursday
Location: East Campus Lacrosse Field (South of the Farrell Street Parking Lot/Adjacent to the Soccer field)
Instructors: Kyle Cook, Tim Gaba, and Thomas Hart
Fees: $75.00 per person for a 4 day camp
For more information please contact Head Lacrosse Coach Kyle Cook at kcook@lths.org

LTHS Youth Lacrosse Skills Camp

An opportunity for athletes to build their skills in the face paced game of lacrosse. Develop stick handling skills, catching and throwing skills, build agility and speed. Athletes will be required to bring their own gear (Helmet, Shoulder pads, Elbow Guards, Gloves, Cleats and Stick). All participants will receive a Lockport Lacrosse t-shirt for attending the camp.

The camp is for athletes who currently participate in lacrosse and athletes that are interested in participating in lacrosse.

Ages: 2016 - 2017 4th, 5th, 6th, 7th and 8th graders
Who: Boys and Girls
Times: 10:30 AM to 12:00 PM
Dates: June 27th, 2016 through June 30th, 2016
Days: Monday through Thursday
Location: East Campus Lacrosse Field (South of the Farrell Street Parking Lot/Adjacent to the Soccer field)
Instructors: Kyle Cook, Tim Gaba, and Thomas Hart
Code: 102225B
Fees: $75.00 per person for a 4 day camp
For more information please contact Head Coach Kyle Cook at kcook@lths.org
The Porterettes, 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

Performance Time: 5:00pm during the half time of the Sophomore game

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

Min/Max: 20/125

Code: 102211A

Contact: Kerri Elkei: kelkei@hf233.org

Parents/Guardian will get 2 free complimentary tickets from coach at the camp; more may be purchased at gate.
**YOUNG OLYMPIANS SOCCER SUMMER CAMPS 2016**

This exciting new youth soccer program is designed to develop the very youngest of ages (5—8) from beginner to experienced. All activities will maximize player development and stress a FUN concept to the game. Players involved will work directly with Lockport Township High School coaches to build a foundation of skills that they will need to succeed in the future.

Need to bring drinks and a soccer ball is optional. Players will be grouped by age and ability. T-shirt not included.

**Camp Information**

Who: Boys and Girls  
Ages: Incoming Kindergarten to 3rd grade  
Time: 8:30am - 9:30am  
Dates: June 20th - June 24th M-F Code: 102205D OR  
Dates: June 27th - July 1st M-F Code: 102205E  
Location: Lockport Soccer Field at Farrell Rd Side  
Instructors: Coach Beal /Coach Elkei and LTHS Soccer Coaching Staff  
Fee: $45 for one week $85 for both weeks  
Questions: Contact Coach Beal cbeal@lths.org

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**LTHS SOCCER SUMMER CAMPS 2016**

This week long soccer camp (boys and girls) implemented by the LTHS Soccer Coaching staff is designed to enhance and develop the technical, tactical and physiological aspects of the game. The LTHS Coaching staff will use individual, small group tactics and small sided games to develop player’s offensive and defensive skills. Players will be broken down into groups by age and ability. All players should bring plenty of water and a soccer ball (optional). If you have any questions, please contact Head Boy’s Soccer Coach, Chris Beal at cbeal@lths.org. No T-shirts will be given.

**Camp Information**

Who: Boys and Girls  
Ages: Incoming 4th to 8th grade  
Time: 10:00am – 12:00pm  
Dates: June 20th - June 24th M-F Code: 102205A OR  
Dates: June 27th - July 1st M-F Code: 102205B  
Location: LTHS Soccer Fields North of Division on Farrell Road  
Instructors: Coach Beal /Coach Elkei and LTHS Soccer Coaching Staff  
Fee: $70.00 for one week or $130.00 for both weeks  
Questions: Contact Coach Beal cbeal@lths.org
Porter Soccer High School Camps 2016

This 3 week long camp (boys and girls) implemented by the LTHS coaching staff is designed to enhance and develop the technical, tactical and physiological aspects of the game. The LTHS coaching staff will use individual, small group tactics and small sided games to develop players offensive and defensive skills. Players should be in excellent physical condition in preparation for an intense soccer environment. All players should bring plenty of water and a soccer ball. No T-Shirts included.

Who: Boys and Girls
Ages: 2016 - 2017 Incoming 9th to 12th grade (boys and girls)
Time: 12:30pm - 2:30pm
Dates: June 20th - June 23rd OR June 27th - June 30th
Days: Monday thru Thursday
Location: LTHS Soccer Fields North of Division on Farrell Road
Instructors: Coach Beal and Soccer Coaches
Fee: Boys: $125 Summer Fee (Includes 2 summer camp dates above and 3 weeks of training, dates below)
Fee: Girls: $60 for one week and $110 for both weeks
Min/Max: 20/100
Code: 102205C
Contact: Head Boy’s Soccer Coach, Chris Beal at cbeal@lths.org

Boy’s Pre-season Training Soccer Camp
Freshman through Seniors Boys
The pre-season training is designed to prepare the player for the upcoming high school season by developing the technical, tactical and physiological components of the game. All players should be in excellent physical condition in preparation for an intense soccer training environment. All players should bring plenty of water, cleats and shin guards. Pre-season training for all incoming freshman through seniors (boys only) will be at the following dates and times.

When Dates Days Times
Week One July 11th - July 14th M - TH 7:30am - 9:30am
Week Two July 18th - July 21st M - TH 7:30am - 9:30am
Week Three July 25th - July 28th M - TH 7:30am - 9:30am

Location: East Soccer Field
Fee: The fee for this Boys Pre-Season Training is included with the camp above.
Questions, please contact Coach Beal cbeal@lths.org
**2016 Softball Camp 5th - 8th Grade**

The Lockport Township High School softball staff will be hosting a 3 day summer camp for girls grades 5th - 8th. Skills to be covered include hitting, throwing, bunting, fielding, and base running. Get ready for your upcoming season by learning to play the game the Porter Way! (This camp does not include a t-shirt).

Who: Girls  
Ages: 2016 - 2017 5th - 8th grade  
Time: 9:00am - 12:00pm  
Dates: June 8, 9, and 10, 2016  
Days: Wednesday, Thursday, Friday  
Location: Athletic Varsity Field (Garfield & Division)  
Instructors: LTHS Softball Staff and LTHS Varsity Players  
Fee: $35.00  
Code: 102206-A  
Min/Max: 20/100  
Rain Date: TBD  
Contact: Jenny Butcher at 815-830-1594
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. We aim to be an asset for kids in all sports.

No T-shirt included for camps.

**Session I** June 6 - June 10, 2016

- **Who:** Boys and Girls
- **Ages:** Incoming 4th - 12th grade
- **Time:** 4:00pm - 5:00pm
- **Dates:** Session I, June 6 - June 10, 2016
- **Days:** M, W, F
- **Location:** Outdoor Track (weather permitting)
- **Names of Instructors/Coaches:** Brett Hespell, LTHS Head Boys Basketball Coach/Asst. Boys Track & Field Coach, Adam DeCaire, and LTHS Asst. Boys Football Coach (WRs)/Asst. Boys Baseball Coach

- **Fee:** $30.00 per session
- **Code:** 102223A
- **Contact info of coach:**
  - Brett Hespell  bhespell@lths.org
  - (815)588-8641
  - Adam DeCaire  adecaire@lths.org
  - (815)588-8669

**Session II** June 27 - July 1, 2016

- **Who:** Boys and Girls
- **Ages:** Incoming 4th - 12th grade
- **Time:** 4:00pm - 5:00pm
- **Dates:** Session II, June 27 - July 1, 2016
- **Days:** M, W, F
- **Location:** Outdoor Track (weather permitting)
- **Names of Instructors/Coaches:** Brett Hespell, LTHS Head Boys Basketball Coach/Asst. Boys Track & Field Coach, Adam DeCaire, and LTHS Asst. Boys Football Coach (WRs)/Asst. Boys Baseball Coach

- **Fee:** $30.00 per session
- **Code:** 102223B
- **Contact info of coach:**
  - Brett Hespell  bhespell@lths.org
  - (815)588-8641
  - Adam DeCaire  adecaire@lths.org
  - (815)588-8669
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 for their sports. The focus of this camp is on the serious athlete who wants to prepare themselves for their upcoming seasons, tournaments, and competitions. Our goal is to train the body to run as efficiently as possible and be as fast and explosive as possible. This will include electronically timed sprints including timed 40 yd dashes, plyometric work, jump testing including vertical leap, and video analysis of running technique. All results will be posted and published to track your improvement!” No T-shirt for this camp.

Camp Information
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)

Instructors/Coaches: Brett Hespell, LTHS Head Boys Basketball Coach/Asst., Boys Track & Field Coach, Adam DeCaire, LTHS Asst. Boys Football Coach, (WRs)/Asst. Boys Baseball Coaches

Fee: $55.00 for the entire summer
Code: 102223C
Min/Max: None
Contact info of coach: Brett Hespell bhespell@lths.org (815)588-8641
Adam DeCaire adecaire@lths.org (815)588-8669
The Lockport Homer Swim Club is a year-round competitive swimming program sanctioned through USA Swimming, the national governing body for competitive swimming.

LHSC is a Lockport Township High School owned team that was founded with the mission of building and promoting youth swimming in the District 205 community.

The Head Coach of the program is Monique Borzick, who has been in competitive swimming for over 17 years, first as a participant and later a coach. Coach Borzick has a diverse staff of assistant coaches to provide for the needs of the swimmers at each stage of their development. Although we are a High School run organization, we strongly encourage parent participation and communication is encouraged an always welcome.

LHSC offers competitive swimming to anyone at least 5 years old who is able to swim 25 yards in any stroke without holding on to the wall.

Although our ultimate goal is to offer a comprehensive training environment for competitive swimming, we would like to emphasize that there are different age and performance groups for kids and young adults. From a developmental point of view, we can say that the sooner the swimmers start enjoying the fun in the water and learning the right movements, the more they can benefit from the ongoing - year round training and activities we offer. Feel free to contact us and discover for yourself what it is to swim like LIGHTNING!

In the event you do decide to SWIM LIKE LIGHTNING, we hope you and your swimmer will have as many successful experiences as possible and that competitive swimming becomes a source of fond memories for your child.

Contact Us at

Head Coach Monique Borzick
mborzick@lths.org
Team Administrator Laura Knowles
knowles@lth.org
Pool Office 815-588-8402

Try-Out Information

Try Outs are held at Lockport East Campus and are free. Swimmers must be registered prior to try outs.
Registrations are taken at the LTHS CWC front desk.

New and In District #205 Swimmer Try-Outs

Dates: May 11th and 12th, 2016
Times: 6:00pm
Code: 102901F

Out of District Swimmer Try-Outs

Dates: May 11th, 2016
Times: 6:00pm
Code: 102901G

Refer to website www.lhscswim.org after April 1st for times.

Practices
Practices are encouraged up to 5 days a week.
Times: Depend on Group  Level
Location: LTHS East Campus  Pool

LHSC has 3 Groups divided by swimmers ability.
Bronze Beginner Swimmers
Silver Intermediate Swimmers
Gold Highest Level Swimmers

Summer Season fees for each level
Bronze $280
Silver $315
Gold AM Only $200
Gold PM Only $375
Gold AM/PM $475

Out of District #205, there is an additional $80 fee.
Each LIGHTNING Swimmer must be registered with IL Swimming! The Cost of this registration will be $62.
## American Red Cross Swim Lessons

This learn to swim program is open to boys and girls four years old and up. (6 classes). Children must be potty-trained. For questions call Monique @ 815-588-8402. For sign up, please contact the CWC.

### Ages:
- MUST be 4 years and older

### Time:
- Section: A
  - 9:00am - 9:40am
  - 9:50am - 10:30am
  - 10:40am - 11:20am
  - 11:30am - 12:10pm

### Dates:
- 6/13 - 6/23

### Days:
- Mon - Thurs

### Fee:
- $45 CWC Member Discount
- $47 Resident Discount
- $53 Non-Resident Discount

### Max:
- 35

### Code:
- 102101

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### American Red Cross Swim Lessons

This learn to swim program is open to boys and girls four years old and up. (6 classes). Children must be potty-trained. For questions call Monique @ 815-588-8402. For sign up please contact the CWC.

### Try our 6 Saturday Class

### Ages:
- MUST be 4 years and older

### Code:
- 102105

### Time:
- Section: A
  - 9:00am - 9:50am
  - 10:00am - 10:50am
  - 11:00am - 11:50am

### Dates:
- 6/11 - 7/16

### Day:
- Saturdays

### Fee:
- $42 CWC Member Discount
- $44 Resident Discount
- $50 Non-Resident Discount

### Min/Max:
- 20/35

### Contact:
- Monique Borzick @ 815-588-8402

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### Infant/Toddler Class

This is a 6 week, Saturday class. Parent participation in the water is required. Must wear swim diapers.

### Ages:
- Infant to 4 years

### Times:
- 9:15am - 9:45am

### Dates:
- 6/11 - 7/16

### Day:
- Saturdays

### Fee:
- $35 CWC Member Discount
- $37 Resident Discount
- $43 Non-Resident Discount

### Code:
- 102106A

### Min/Max:
- 10/15

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LTHS YOUTH TENNIS CAMP
AND LEAGUE 2016

The Youth Tennis camp will instruct the young players in the basic skills of tennis. The players will use a specialized equipment that is tailored for a young tennis player. 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 camp will separate the players into age groups 6 - 8 and 9 - 10, but skills also will be used as a consideration. Minimum number of players in the camp is 16.

Who: Boys and Girls
Ages: Incoming 2016 - 2017 1st - 5th grade
Time: 8:00am - 9:45am
Dates: June 27, 28, 29, 30, 2016
Days: Monday - Thursday
Rain Dates: July 1 and July 5 (Fridays)
Fee: $75.00 or (2nd family member $55.00)
Location: LTHS East Tennis Courts
Instructor: Tennis Coaches
Code: 102212-A
Contact: Bob Champlin at 815-588-8566 rchamplin@lths.org

***Must bring own tennis racquet
Age 6 21” racquet
Age 7 - 8 23” racquet
Age 9 - 10 25” racquet

LTHS JUNIOR HIGH
SUMMER TENNIS CAMP 2016

The camp will instruct the junior high players on basic tennis skills and rules. The players will use the full size tennis court. Instruction on tennis strokes and strategy will be provided. The camp is appropriate for players just learning, but more skilled players will also benefit.

Who: Boys and Girls
Ages: Incoming 2016 - 2017 6th- 8th grade
Time: 10:00am - 12:00pm
Dates: June 27, 28, 29, 30, and July 1, 2016
Days: Monday - Friday
Rain Dates: July 5 and July 6 (Tuesday and Thursday)
Location: LTHS East Tennis Courts
Instructors: Lockport High Tennis Coaches, College and Former LTHS Tennis Players
Fee: $90.00 per person (2nd family member $65)
Code: 102212-B
Contact: Questions, please email Coach Champlin at rchamplin@lths.org

LTHS High School Tennis Camp 2016

The camp will review proper techniques for the main tennis strokes and then develop specialty strokes. Instruction will be given on advanced doubles and singles strategies. Fast paced competitive drilling will be used. Players will be separated into groups based on skills.

Who: Boys and Girls
Ages: Incoming 2016 — 2017 9th to 12th grade or with Mr. Champlain's permission
Time: 3:30pm - 6:00pm
Dates: June 13, 14, 15, 16, 20, 21, 22, 23, 2016
Days: Monday - Thursday
Rain Dates: June 17 and June 24 (Friday)
Location: Lockport HS East Campus Tennis Courts (behind HS)
Instructors: High School Coaches, College Players and former LTHS Players
Fee: $120.00 per person (2nd family member $80)
Code: 102212-C
Contact: Questions, please email Coach Champlin at rchamplin@lths.org
MATCH FORMAT

- Teams will consist of 3 boys & 3 girls, competing in singles, doubles, and mixed doubles.
- Match includes ½ hour warm-up and 1 ½ hours of match play.
- Total number of games won determines match winner.
- Each team will play a total of 7 matches and tournament matches.
- Top teams will be invited to the NIL District Championships with a chance to continue on to Sectional championships during the summer at Indianapolis.
- Players cannot have more than 200 ranking points with USTA.

HOW TO JOIN/FEES

- $75 league fee (includes minimum of 6 regular season matches, tournament matches, and tennis t-shirt).
- League registration is done online, not at the LTHS Community Wellness Center. See instructions below.
- All participants must be a USTA member ($19 annual fee).
- Sign up after April 1, 2016.
- To join go to www.usta.com, click on "tennis link," click on JR. TEAM TENNIS, under USTA Jr. Team Tennis click on "Register to Play". For the 18 & Under league add team number _______________ or _______________. For the 14 & Under league add team number _______________ or _______________. Include your USTA # next to it, and lastly click on SUBMIT. If your coach provides you with a number, use this one instead of the ones listed.

If you are signing up an entire team, please contact Coach Champlin for your own team number.
If you have any questions, you can contact Coach Bob Champlin, league coordinator, at rchamplin@lths.org

TENNIS LESSONS PRIVATE AND SEMI-PRIVATE

Tennis lessons will give players concentrated individual instruction on various tennis strokes and skills. The lessons will be given by a United States Professional Tennis Association (USPTR) certified instructor and a high school tennis coach. Lessons will be given to one or two players at a time. Lessons will be given from June 13th to July 28th, over a total of 6 weeks. Lessons will be given for 1 hour time periods on Monday - Friday mornings. Lessons will be offered starting at 7:30 am, and last lesson will be at 11:30 am, except during the week of June 27th to July 1st lessons will be scheduled in the afternoon. If you plan to take semi-private lessons, and you know what player you would like to be partnered with, please indicate on the registration form. Email coach after registering rchamplin@lths.org. Extra calendar weeks are included to cover family vacations, and coaches commitments.

<table>
<thead>
<tr>
<th>Private Lesson:</th>
<th>Code</th>
<th>No of Lessons</th>
<th>Semi-Private Lesson:</th>
<th>Code</th>
<th>No of Lessons</th>
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<td>6</td>
<td>6 lessons $160 each</td>
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<td>6</td>
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<tr>
<td>8 lessons</td>
<td>$260</td>
<td>8</td>
<td>8 lessons $210 each</td>
<td>102212I</td>
<td>8</td>
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</tbody>
</table>
Lockport Boys
2016 Volleyball Camp

Director: Nick Mraz  nmraz@lths.org
Instructors: Boys Volleyball Staff

GRADE SCHOOL VOLLEYBALL CAMP
Learn or enhance volleyball fundamentals including passing, hitting, setting, and serving. T-shirt included.
Who: Boys
Ages: 2016 - 2017 incoming 1st - 4th grade
Time: 10:30am - 12:00pm
Dates: June 20 - June 24, 2016
Days: Monday thru Friday
Location: LTHS – East Field House
Instructors: Boys Volleyball Staff
Fees: $40.00
Code: 102222-B
Min/Max: 10/50
Contact: nmraz@lths.org

MIDDLE SCHOOL/JR HIGH SCHOOL VOLLEYBALL CAMP
Learn or enhance volleyball fundamentals including passing, hitting, setting, and serving. T-shirt included.
Who: Boys
Ages: 2016 - 2017 incoming 5th - 8th grade
Time: 8:00am - 10:00am
Dates: June 20 - June 24, 2016
Days: Monday thru Friday
Location: LTHS– East Field House
Instructors: Boys Volleyball Staff
Fees: $70.00
Code: 102222-A
Min/Max: 10/75
Contact: nmraz@lths.org

HIGH SCHOOL VOLLEYBALL CAMP
Who: Boys
Ages: 2016 - 2017 incoming 9th – 12th grade
Time: 12:30pm – 2:30pm
Dates: June 20 - June 24, 2016
Days: Monday thru Friday
Location: LTHS - East Field House
Instructors: Boys Volleyball Staff
Fee: $75 (fee includes a t-shirt)
Code: 102222-C
Min/Max: 10/75
Contact: nmraz@lths.org
GRADE SCHOOL VOLLEYBALL CAMP
Learn or enhance volleyball fundamentals including passing, hitting, setting, serving. T-Shirt included.
Who: Girls
Ages: 2016 - 2017 incoming 1st – 4th grade
Time: 10:30am – 12:00pm
Dates: June 20 - June 24, 2016
Days: Monday - Friday
Location: LTHS East Campus Field House
Instructors: Girls Volleyball Staff
Fee: $40.00
Code: 102201-A
Min/Max: 10/100
Contact: nmraz@lths.org

MIDDLE SCHOOL/JUNIOR HIGH VOLLEYBALL CAMP
Learn or enhance volleyball fundamentals including passing, hitting, setting, serving. T-Shirt included.
Who: Girls
Ages: 2016 - 2017 incoming 5th - 8th grade
Time: 8:00am – 10:00am
Dates: June 20 - June 24, 2016
Days: Monday - Friday
Location: LTHS East Campus Field House
Instructors: Girls Volleyball Staff
Fee: $70.00
Code: 102201-B
Min/Max: 10/100
Contact: nmraz@lths.org

HIGH SCHOOL VOLLEYBALL CAMP
Who: Girls
Ages: 2016 - 2017 incoming 9th - 12th grade
Time: 8:00am – 11:00am
Dates: July 6 - July 28, 2016
Days: Monday - Thursdays for 4 weeks (beginning Wednesday, July 6)
Location: LTHS East Campus Field House
Instructors: Girls Volleyball Staff
Fee: $150.00
Code: 102201-C
Min/Max: 10/100
Contact: nmraz@lths.org
Co-ed Age Group Water Polo Camp

Come and try the fun and exciting sport of Water Polo! You will learn the fundamentals of this fast paced sport and the camp culminates in a mini intermural tournament. Campers must be able to swim two lengths of the pool and tread water. This camp will help you develop the skills needed to participate in games. No t-shirt.

Camp Information
Who: Boys and Girls

Ages: 2016-2017 10 years to 18 years old boy’s and girl’s (or 9 year old silver level swimmers)

Time: 1:00pm - 3:00pm

Dates: June 6 - June 10, 2016

Days: Monday thru Friday

Location: LTHS East Pool – Community Wellness Center

Instructors: Maggie Kamm

Fee: $50.00

Code: 102221A

Min/Max: 20/50

Contact: Email: Maggie Kamm at m.m.kamm1@gmail.com
LOCKPORT WRESTLING CAMP 2016

K — 12TH GRADE WRESTLING CAMP

Camp will include instruction for beginners and advanced wrestlers alike. Camps will include technique, games and live wrestling. T-shirt is included.

Who: Anyone interested in wrestling
Ages: 2016 - 2017 K – 12th grade
Time: 12:30pm – 2:00pm
Dates: June 13 - 16, 2016
Days: Monday thru Thursday
Location: LTHS Wrestling Room
Instructors: LTHS Wrestling Staff
Fees: $60.00
Code: 102216-A
Min/Max: 10/50
Contact: Josh Oster joster@lths.org or 815-588-8756
ATLHLETIC TRAINING

OBJECTIVES

- Speed, Strength, Agility
- Plyometrics, Flexibility
- Explosive Power

= All Sports Available
= Training, Mental and Visual
= Strength and Team Competitions
= Sport Specific Training
= Guidelines
= Training and Nutrition
= Injury Prevention
= Ability
= Quickness and Jumping
= Increase First Step
= Tires, Bands
= Balls, Track Weights
= Bleachers, Hopes, Med

To reserve a spot contact
Coach Setta
(708) 990-1787

www.settaformance.com

When: Monday ----> Sunday
East Campus
Where: Lockport Township

When: Monday ----> Sunday
East Campus
Where: Lockport Township
LTHS Summer Student Membership Information

In order to participate in Open Gym or use the weight or fitness rooms each student must purchase an LTHS student membership or pay the daily fee and provide a valid 2016-17 School ID. LTHS student memberships allow the student access to participate in Intramurals without a daily fee. Daily fee users must sign a daily fee waiver form prior to each visit and make the daily fee payment. A current student I.D. card is required for admittance to CWC.

All students must check in at the CWC front desk prior to using the facility. LTHS student members need to swipe their membership cards, while daily users need to present their valid student I.D. card, sign daily waiver form and pay the daily fee. An additional fee will be charged to participants of leagues and tournaments. These additional fees offset the cost of t-shirts, equipment, supervision and additional costs associated with the activity.

L.T.H.S. and CWC Intramurals provide students with an opportunity to pursue their athletic and recreational interests. Throughout the year, students have access to the fitness room, weight room, indoor track, field house and swimming pool at designated times and days. Activities ranging from open gym to leagues and tournaments are held for students who enjoy both a competitive and non-competitive atmosphere.

Weight Room & Fitness Room
The weight and fitness rooms are open for use for all LTHS student memberships or those that pay the daily fee. Students are allowed access to the facility from 5:30am — 8:50pm, Saturday 8:00am — 12:00pm. All rules and regulations related to facility use are to be observed during use.

LAP SWIMMING
The Swimming Pool is available for LTHS student membership or daily pass users for lap swimming.

Monday — Friday (Mornings)
Please check monthly calendar

Monday — Thursday (Evening)
Please check monthly calendar

LTHS Student Memberships
June 6, 2016 - July 29, 2016
$15.00
(815)588-8400
Technology for Young Learners

Bio Technology:

Our future scientists and bio engineers will discover a whole new universe with Bio Technology! They will learn to identify and manipulate genes, DNA, and chromosomes. They will delve into restriction enzyme digests in the context of forensic science! Your students will cut DNA with restriction enzymes and then compare the banding pattern of the crime scene DNA versus that of two suspects using agarose gel electrophoresis.

Who: Grades: 7 - 8
Time: 8:00 a.m. – 4:00 p.m.
Location: Lockport East High School, science lab (Rm. 34)
Trainer: Dr. Katie Chamberlin
Fee: $315.00

Notes: Register at Learntec.org – Additional classes may be added.
Questions Contact Jacob@learntec.org

Game Maker – Coding:

If you think playing computer games is fun, think what a blast learning to program your own games will be. Your imagination is the limit as you use block coding. Learn to plan and design a variety of game types. Over the course of a week, you will design and build 2D platformers, top-down RPGs, side scrolllers, and physics-based games. Students learn a foundation of programming basics and apply them as they build a different class of game each day. Use the level editor to create a physics game like Angry Birds and design platformer and top-down worlds. At the end of the week, they can show off their own original games and play them with friends and family.

Who: Grades: 3 - 8
Time: 8:00 a.m. – 4:00 p.m.
Location: Lockport East Computer Lab (Rm. 102)
Trainer: TDB
Fee: $305.00

Or

Who: Grades: 3 - 8
Time: 8:00 a.m. – 12:00 p.m.
Dates: Saturdays - 6/11, 6/18, 6/25, 7/2, 2016
Location: Lockport East Computer Lab (Rm. 102)
Trainer: TDB
Fee: $185.00

Notes: Register at Learntec.org – Additional classes may be added.
Questions Contact Jacob@learntec.org
Stop Animation:

Turn dreams into reality using stop-motion animation and digital post-production editing to create LEGO® movies. Students incorporate special effects (video and sound) enabling them to experience the overall movie making adventure, all while reinforcing key writing concepts such as introductions, author’s purpose, main ideas, etc. The script is up to their imagination.

Who: Grades: 3 - 8
Time: 8:00 a.m. – 4:00 p.m.
Dates: 7/11/16 - 7/14/16
Location: Lockport East High School (Rm. 102)
Trainer: Mr. Jeff Krohn
Fee: $295.00

Notes: Register at Learntec.org – Additional classes may be added.
Questions: Contact Jacob@learntec.org

Students will take their movies home to share with friends and family.
Arcitec Basketball’s mission is to designate and oversee the construction of the complete basketball player.

Our objective is to provide athletes of all ages with the highest quality sport and life skills training through engineered and very detailed professional instruction.

The Game Plan

- Dribbling
- Shooting
- Passing
- Defense
- Teamwork
- Fitness Awareness & Body
- Strengthening
- Film Study (collegiate & professional preparation)
- Full Court Basketball Games

Days: Wednesday and Thursday
Dates: July 6 - July 7, 2016
Grades Times Code
Ages: Boy’s Grades 3rd - 8th 5:30pm - 8:30pm 102307A
Fee: $100.00 per person for 2 day camp
How to Register: Register at LTHS CWC in person or fax in registration 815-588-8409 (fax)
Location: LTHS Field House
Instructors: Alando Tucker and Drew Dunlop
Min/Max: Maximum 70 players per session

Includes: T-shirt, water, snack, instruction from professional athletes & professional trainers.
Lockport Township High School
East Camp
Community Wellness Center
1333 E 7th Street
Lockport, IL  60441