

Click on the Camp # to purchase a specific camp offering in the LFHS Web Store.

**2010 LFHS SUMMER ATHLETIC CAMPS
OPEN TO DISTRICT 115 RESIDENTS ONLY**

3-1-10

Locations: West Campus: 300 S Waukegan Road

East Campus: 1285 N. McKinley Lake Forest IL 60045

JUNE CAMPS: BOYS AND GIRLS						
Camp Description	Class Level	Dates	Time	Days /Location	Fee	Camp #
Pole Vault	Fr, So, Jr, Sr	June 15 to July 29	4:00 to 6:00 PM	Tues and Th / East	\$ 125	POLEV
Football uniform distribution (helmet/pads/practice gear) June 24th So, Jr, Sr at 11AM and Fr at 12PM. A refundable \$ 150 check to LFHS is required						
Weights/Agilities	So, Jr, Sr	June 7 to June 24	8:30 to 10:30 AM	M, W, Th West	\$ 95	WT
Weights/Agilities	Fr	June 14 to June 24	10:30 to 12:00 PM	M, W, Th West	\$ 75	FRWT
JUNE CAMPS: BOYS						
Boys Basketball	Jr, Sr	June 8 to July 1	10:00 AM to 1:00 PM	M-Th / East	\$ 275	BBB1
Boys Basketball	So	June 8 to July 1	10:00 AM to 1:00 PM	M-Th / East	\$ 175	BBB2
Boys Basketball	Fr	June 14 to July 1	8:00 to 10:00 AM	M-Th / East	\$ 150	BBB3
Boys Cross Country	Fr, So, Jr, Sr	June 14 to July 1	7:00 to 9:00 AM	M-Th / East	\$ 100	BCC1
Boys Lacrosse	Fr	June 15 to July 22	6:30 to 8:30 PM	Tu and Th / West	\$ 225	BLX1
Boys Lacrosse	So	June 15 to July 22	6:30 to 8:30 PM	Tu and Th / West	\$ 225	BLX2
Boys Lacrosse	Jr, Sr	June 15 to July 22	6:30 to 8:30 PM	Tu and Th / West	\$ 225	BLX3
Boys Soccer	Fr, So, Jr, Sr	June 14 to July 22	5:00 to 8:00 PM	M-Th / West	\$ 225	BSC
Boys Volleyball	Fr, So, Jr, Sr	June 14 to June 17	6:00 to 8:30 PM	M-Th East	\$ 125	BVB
Boys Wrestling	Fr, So, Jr, Sr	June 14 to June 17	1:00 to 3:00 PM	M-Th / East	\$ 100	WRS
JUNE CAMPS: GIRLS						
Camp Description	Class Level	Dates	Time	Days /Location	Fee	Camp #
Girls Basketball	Fr, So, Jr, Sr	June 14 to July 1	12:00 to 2:00 PM	M-Th / West	\$ 140	GBB
Girls Cross Country	Fr, So, Jr, Sr	June 14 to July 1	8:00 to 9:30 AM	M-Th / East	\$ 100	GCC1
Girls Field Hockey	Fr	June 21 to June 24	8:00 to 10:00 AM	M-Th / East	\$ 90	GFH1
Girls Field Hockey	Fr, So, Jr, Sr	June 28 to July 1	8:00 to 10:00 AM	M-Th / East	\$ 90	GFH2
Girls Lacrosse	Fr	June 21 to June 24	10:30 AM to 12:30 PM	M-Th / East	\$ 90	GLX1
Girls Lacrosse	Fr, So, Jr, Sr	June 28 to July 1	10:30 AM to 12:30 PM	M-Th / East	\$ 90	GLX2
Girls Soccer	Fr, So, Jr, Sr	June 14 to July 14	5:30 to 7:00 PM	M-W / West	\$ 150	GSC
Girls Tennis	Fr, So, Jr, Sr	June 14 to June 17	8:00 to 10:00 AM	M-Th / West	\$ 100	GTN1
Girls Tennis	So, Jr, Sr	June 7 to June 10	8:00 to 10:00 AM	M-Th West	\$ 100	GTN2
JULY CAMPS: BOYS						
Camp Description	Class Level	Dates	Time	Days /Location	Fee	Camp #
Boys Cross Country	Fr, So, Jr, Sr	July 12 to July 29	7:00 to 9:00 AM	M-Th / East	\$ 100	BCC2
Boys Football	So, Jr, Sr	June 30 to July 25	2:30 to 6:30 PM	M-Th West (no July 5 th)	\$ 275	BFB1
Boys Football	Fr	July 6 to July 22	9:00 to 12:30 PM	M-Th / West	\$ 140	BFB2
JULY CAMPS: GIRLS						
Camp Description	Class Level	Dates	Time	Days /Location	Fee	Camp #
Girls Cross Country	Fr, So, Jr, Sr	July 12 to July 29	8:00 to 9:30 AM	M-Th / East	\$ 100	GCC2
Girls Field Hockey	Fr, So, Jr, Sr	July 19 to July 22	8:00 to 10:00 AM	M-Th / East	\$ 90	GFH3
Girls Field Hockey	Fr, So, Jr, Sr	July 26 to July 29	8:00 to 10:00 AM	M-Th / East	\$ 90	GFH4
Girls Lacrosse	Fr, So, Jr, Sr	July 19 to July 22	10:30 AM to 12:30 PM	M-Th / East	\$ 90	GLX3
Girls Lacrosse	Fr, So, Jr, Sr	July 26 to July 29	10:30 AM to 12:30 PM	M-Th / East	\$ 90	GLX4
Girls Volleyball	Fr, So, Jr, Sr	July 12 to July 29	5:00 to 7:30 PM	M-Th / East	\$ 160	GVB

View Camp Offerings at www.LFHS.org Click on Athletics, Summer Camps, High School Camps

Mail or Walk in registration by check/cash: LFHS East Campus Athletic Dept

Register Online at the LFHS Web Store: www.LFHS.org "Pay Fees Online" option on Home Page