

Succeed

Eligibility/Enrollment: Students are eligible to participate in the RLS sport camp for their age group based on the fall school year of 2017-2018.

PAYMENT CAN BE MADE BY CHECK TO THE ATHLETIC DEPARTMENT OR PAY ON-LINE AT THE ROCKFORD LUTHERAN HOME PAGE.
ROCKFORDLUTHERAN.ORG

BASEBALL CAMP BOYS

7-10yr old	June 26-29	8:30 - 10:00 am	\$75
11-14yr old	June 26-29	10:00 - 11:30 am	\$75

BASKETBALL CAMP BOYS

Grades 9-12	June 5-8	11:00am - 1:00 pm	\$250*
*This fee covers summer team activities			
Grades 7-8	June 12-15	10:30am - 12:30 pm	\$75
Grades 3-6	June 12-15	8:30 - 10:00 am	\$55

BASKETBALL CAMP GIRLS

Grades 3-8	June 5-8	2:30 - 4:30 pm	\$55
Grades 9-12	June 5 - June 8	8:30am - 11:00am	\$125*
*This fee covers the summer league			

FOOTBALL CAMP

ROCKFORD LUTHERAN WILL NOT HAVE AN ELEMENTARY/JH FOOTBALL CAMP THIS YEAR.

THE RENEGADES, A POP WARNER NATIONAL YOUTH FOOTBALL PROGRAM, WILL BE TAKING OVER THE CAMPS.

FOR MORE INFORMATION, PLEASE CONTACT RON GATES @

815-558-1378 OR BY EMAIL AT

rockfordrenegadesfootball@gmail.com

CHEER CAMP

Grades K-5	June 19-22	6:00 - 8:00 pm	\$55
performance on June 23 @ 8:00 pm			

SOCCER CAMP BOYS/GIRLS

Grades 2-5	June 12-15	6:00pm - 7:00pm	\$55
Grades 6-8	June 12-15	5:00pm - 6:00 pm	\$75
Grades 9-12	June 12-15	3:00pm - 5:00pm	\$75

TENNIS CAMP BOYS/GIRLS (AT HARLEM MIDDLE SCHOOL)

Grades 5-8	June 12-15	5:00 - 6:00 pm	\$45
High School	June 12-15	6:00 - 7:30 pm	\$75

VOLLEYBALL CAMP GIRLS

Grades 6-8	July 25-28	5:00 - 7:30 pm	\$55
Grades 9-12	July 17-20	5:00pm - 7:30pm	\$75

WRESTLING CAMP

Grades 1-5	June 12-15	5:30 - 7:00 pm	\$55
Grades 6-12	June 12-15	3:30 - 5:30 pm	\$75

SPEED & AGILITY CAMP

Grades 3-5	June 19-22	9:00 - 11:30 am	\$50
Grades 6-8	June 19-22	3:30 - 5:30 pm	\$50
*At high school campus			

TRY A SPORT CAMP

Grades 3-5	July 10-13	9:00 - 11:30 am	\$50
Sports include golf, tennis, track & field and MORE!			
*Various locations- meet at high school			

CO-ED VOLLEYBALL CAMP

Grades 3-5	July 17-20	1:00 - 3:30 pm	\$50
*At RLA			



**ROCKFORD
LUTHERAN
SPORTS CAMPS**



Rockford Lutheran School
Preschool-12th Grade
3411 N. Alpine Road
Rockford, IL 61114
815-877-9551
www.rockfordlutheran.org

Rockford Lutheran School admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the

Register Today

BASEBALL CAMP

The Crusaders Baseball camp is designed to focus on the basic baseball skills of hitting, fielding, throwing/pitching, catching and base running. Various drills and instructional stations will be set up to challenge all campers. At the end of camp, campers will have the opportunity to showcase their skills in a college style workout, according to their age and dimension of field. Radar will be taken on arm and bat exit velocity. RLHS coaches and players will be working the camp. Campers need to wear baseball pants, ball cap, cleats and bring their own equipment (bat, glove, catcher gear) and water bottle.

ASKETBALL CAMP - BOYS

The Crusader coaches and players will help improve your game through: post & perimeter rebounding & shooting drills, defensive footwork, stance and toughness drills, using and setting screens on and off the ball, footwork utilized in shooting off the dribble, off screens, in spot-up situations, and ball handling progression drills.

ASKETBALL CAMP - GIRLS

The Crusader coaches and players will help improve your game through: shooting and passing drills, defensive stance and footwork, using and setting screens on and off the ball, ball-handling progression drills, agility and conditioning drills, and basic team concepts of defense and offense. Daily skills contests will make the camp fun! Come join the teams and increase our skills.

CHEER CAMP

Rockford Lutheran High School Cheer Coaches will teach your athlete: sideline cheers and chants with precise technical body movements while encouraging proper voice projection, proper technique, stunting and the fundamentals of cheer choreography.

FOOTBALL CAMP

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SOCCER CAMP

Join our Rockford Lutheran High School Soccer Coaches as they instruct your athlete on: fundamental skill development in the areas of passing accuracy, heading, shooting on goal, foot work, ball control, receiving and trapping the ball.

TENNIS CAMP

Have fun and learn! Join RLS Coaches as they increase your skills through match play, games and drills. All skill levels welcome. Depending on your experience, we'll work on everything from basic ground stroke, volley, and serve technique; to advanced strategy. Bring your racquet and a friend.

VOLLEYBALL CAMP - GIRLS

Campers in the 6th-8th grade session will learn the fundamental skills of passing, setting, serving, and hitting in a fun and competitive environment. Players of all abilities are welcome. Instruction will be provided by Lutheran coaches, current varsity players, and collegiate players.

High school campers will review the basic fundamental skills involved in passing, setting, serving, hitting, and blocking. They will also learn defensive and offensive systems and blocking schemes in drills and competitive games. Players of all abilities are welcome. Instruction will be provided by Lutheran coaches, alumni, and current collegiate players.

WRESTLING CAMP

Crusader Coaches promise a fun, uplifting and action-packed four days of wrestling. Athletes will learn: technical instruction of takedowns, throws and pinning combinations, and basic and advanced skills for maneuvering your opponents from their feet to their backs. Campers will learn how to improve in areas where wrestlers are often scored upon off of their own attack.

** NEW!** ELEMENTARY/JUNIOR HIGH CAMPS

The Crusaders are excited to announce that we have added **THREE** new camps geared toward elementary and junior high students!

**SPEED AND AGILITY CAMP
CO-ED VOLLEYBALL CAMP
TRY A SPORT CAMP**

ENJOY THE SUMMER WITH RL SPORTS CAMPS!

815-877-9551