

# Technique

# Fundamentals

**Eligibility/Enrollment:** Students are eligible to participate in the RLS sport camp for their age group based on the fall school year of 2018-2019.

**Register at:** [rl.8to18.com](http://rl.8to18.com)

| <b>BOYS BASEBALL CAMP</b> |                                | <b>COST</b> |
|---------------------------|--------------------------------|-------------|
| 7-10 years old            | June 11-14 8:30 am - 10:00 am  | \$75        |
| 11-14 years old           | June 11-14 10:00 am - 11:30 am | \$75        |

| <b>BOYS BASKETBALL CAMP</b> |                                | <b>COST</b> |
|-----------------------------|--------------------------------|-------------|
| Grades 3-6                  | June 11-14 8:30 am - 10:00 am  | \$55        |
| Grades 7-8                  | June 11-14 10:30 am - 12:30 pm | \$75        |

| <b>GIRLS BASKETBALL CAMP</b> |                             | <b>COST</b> |
|------------------------------|-----------------------------|-------------|
| Grades 3-8                   | June 4-7 2:00 pm - 4:00 pm  | \$55        |
| Grades 9-12                  | June 4-7 8:30 am - 11:00 am | \$125*      |

\*This fee covers the summer league\*

**FOOTBALL CAMP**  
High School June 4-21 7:00 am-10:00 am \$275  
\*\*IMPORTANT DATES for HS July 16-20 & July 23-27\*\*

**YOUTH FOOTBALL CAMP - GRADES 2-8**  
Please stay tuned!! Information coming soon!!

**CHEER CAMP**  
Grades K-5 June 19-21 6:00 pm- 8:00 pm \$55  
\*Performance on *September 28th* during pre-game\*

| <b>SOCCER CAMP CO-ED</b> |                             | <b>COST</b> |
|--------------------------|-----------------------------|-------------|
| Grades 2-5               | June 4 -7 4:00 pm - 5:00 pm | \$55        |
| Grades 6-12              | June 4 -7 5:00 pm - 6:30 pm | \$75        |

| <b>GIRLS SOFTBALL CAMP</b> |                                | <b>COST</b> |
|----------------------------|--------------------------------|-------------|
| Grades 2-5                 | June 11-13 9:00 am - 10:30 am  | \$50        |
| Grades 6-8                 | June 11-13 10:30 am - 12:00 pm | \$50        |

| <b>TENNIS CAMP CO-ED (AT HARLEM MIDDLE SCHOOL)</b> |                            | <b>COST</b> |
|--|----------------------------|-------------|
| Grades 3-8   | June 4-7 5:00 pm - 6:00 pm | \$45        |
| High School  | June 4-7 6:00 pm - 7:00 pm | \$75        |

| <b>GIRLS VOLLEYBALL CAMP</b> |                                | <b>COST</b> |
|------------------------------|--------------------------------|-------------|
| Grades 6-8                   | June 12-14 8:00 am - 10:00 am  | \$55        |
| Grades 9-12                  | June 12-14 10:00 am - 12:00 pm | \$100*      |

\*This fee covers summer league play\*

| <b>WRESTLING CAMP</b> |                                | <b>COST</b> |
|-----------------------|--------------------------------|-------------|
| Grades 1-5            | June 11-14 10:00 am - 11:10 am | \$55        |
| Grades 6-12           | June 11-14 11:00 am - 12:30 pm | \$75        |

| <b>SPEED &amp; AGILITY CAMP</b> |                              | <b>COST</b> |
|---------------------------------|------------------------------|-------------|
| Grades 3-8                      | June 19-22 1:30 pm - 3:00 pm | \$50        |
| Grades 9-12                     | June 19-22 3:30 pm - 5:00 pm | \$50        |

\*At High School Campus\*



# ROCKFORD LUTHERAN SPORTS CAMPS



Rockford Lutheran Schools  
Preschool-12th Grade  
3411 N. Alpine Road  
Rockford, IL 61114  
815-877-9551  
[www.rockfordlutheran.org](http://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 school. It does not discriminate on the basis of race, color, national and ethnic origin in the administration of its education policies, admission policy, tuition assistance policy and athletic and other school administered programs.

**OPEN TO  
THE PUBLIC!!**

# 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. 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.

## BASKETBALL 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.

## BASKETBALL 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

Rockford Lutheran High School Football Coaches will teach your athlete proper fundamentals of alignment, pass routes, stalk blocking and ball security, run and pass blocking, pulling, trapping, blocking terminology, and alignment. Players will also compete in punt, pass and kick competitions.

## 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.

## SOFTBALL CAMP

The Crusaders Softball camp is designed to focus on the basic softball skills of hitting, fielding, throwing/pitching, catching and base running. Various drills and instructional stations will be set up to challenge all campers. RLHS coaches and players will be working the camp. Campers need to wear softball pants, ball cap, cleats, their own equipment (bat, glove, catcher gear) and water bottle.

## 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.

## SPEED & AGILITY CAMP

Unlock your athletic potential by training explosively! Properly prepare for competition to maximize performance and decrease chances of injury. Maximize movement technique to gain speed, agility and quickness.



ENJOY THE SUMMER WITH RLS SPORTS CAMPS!

815-877-9551 x-152