

Lyons Township High School

2008 Summer Activity Program

Summer Program Office (708-579-6313)
Camp Descriptions

Badminton The LT Badminton camp stresses skill development, strategy and game play for both boys and girls. Participants should bring their own racquet (if they own one), hand towel and a water bottle.

Baseball Camps will provide instruction in hitting, fielding, throwing, base running and bunting fundamentals. Modified pickup games will offer players opportunities to test their skills. Games will be supervised and designed to foster improved mental capabilities as players confront many "on your feet thinking situations" in a competitive setting. Players may sign up for both sessions.

Basketball — Boys The LaGrange All Star Basketball Camps I, II, III provide two separate two-week camps of basketball fundamentals and fun. Register for one session only during the in-district registration period. In addition to working on passing, ball handling, defense, rebounding and shooting skills, each boy will participate in tournament play and exhibition games. Basketball IV provides training for high school students stressing advanced basketball skills.

Basketball — Girls The program emphasizes strength conditioning and training, basic fundamental basketball skill development (shooting, passing, dribbling, rebounding, defense, offense, screening and movement, fastbreak, and more) and an opportunity to participate in organized games.

Choral Choral I "Soundbytes": Boys and girls in this camp will learn simple songs and basic elements of music making in an ensemble. Games will be played - and friends will be made. **Choral II "Accent Chorale":** Boys and girls will learn a variety of songs and learn elements of music making in an ensemble. Exciting vocal literature will be used and games will be played. **Choral III "Forte Singers":** Boys and girls in this camp will form a mixed voiced choir. The ensemble will learn a variety of choral literature for presentation at the final concert. Be prepared to sing everything from classic literature to pop. A presentation will be made at the end of the week with Choral I, II, and III participants. Find out how much fun it is to sing in a choir!

Cooking — Beginning This class is for students to learn basic cooking skills in measurement and cooking terms. Students will learn to follow recipe instructions and use everyday kitchen utensils and appliances. Examples: smoothies in a blender, cake in the oven, casserole in the microwave. **Cooking — Intermediate/Advanced** Students continue to learn cooking skills from the first class. Students will learn how to plan, prepare and make a grocery order for their meal.

Drumline/Percussion Camp Come join many other students your age who are interested in having a blast playing drums! Tap a snare drum, bang the bass drum, crash a cymbal—we'll give Webster a new definition of "hands-on" learning! The camp is meant to improve technique and musicianship relating to percussion, as well as to prepare students for the LT Marching Band Drumline experience.

Football The LT Football camp is designed to train boys in the basic fundamentals of defensive and offensive football. Emphasis is placed on safety, proper technique, and fun. Instruction in proper weight training technique and conditioning is included in Football III, IV, and V. Participants in Football IV & V will use protective equipment (helmet and shoulder pads) during workouts.

Guitar-Beginning This camp is intended for students with little or no previous guitar experience. Participants will be exposed to an overview of the guitar including introduction to beginning guitar techniques, styles of guitar playing, famous guitarists, and appreciation of the musical influences of the guitar on American music. Guitars will be provided by Lyons Township High School.

Gymnastics Lyons Township summer camp is designed to provide boys and girls with a fun-filled introduction to the sport of gymnastics. Camp activities will include instruction in tumbling, vaulting, balance beam and the uneven-parallel bars. The children will be introduced to basic gymnastics skills using carefully designed learning progressions. Strength, flexibility, and agility exercises will also be taught as important ingredients in gymnastics and all sport and fitness activities. An expert staff will coach and supervise all gymnastics and recreational activities. Boys and girls interested in gymnastics, acrobatic dance, cheerleading, diving, and the martial arts are encouraged to participate. Girls must wear leotards and have their hair tied back. Boys must wear a t-shirt and shorts.

Kayaking Kayaking is an intro program which will focus on safety, comfort, and boat control. Participants will learn about whitewater kayaks, accessory equipment, wet exits, basic strokes and rescues. No paddling experience is necessary. Basic swim skills are required.

Lacrosse I This co-ed camp will focus on both lacrosse and athletic skill development. Beginners will learn how to catch, throw, and cradle. Team concepts such as set offenses and defenses will be introduced. **Lacrosse II** Separate camps for boys and girls who are experienced players and want to refine their skills. Focus will be on weight training and general athletic skill development such as speed and coordination.

Learn to Swim This program is divided into sixteen units of instruction called **stations**. Stations begin with simple skills and progress through intermediate skills to advanced skills. A select group of trained college and high school-aged, certified, American Red Cross Lifeguards teach the classes. The program attempts to average four students per teacher. All classes are co-ed.
Eligibility: Students must be able to dress and undress themselves. They must be trained in the use of the toilet. Students must be at least 3 years of age or receive instructor permission. **Each child may participate in a maximum of two sessions.**

Rock Climbing This program explores a variety of adventure-based activities including team building, basic rock climbing techniques, and ultimately climbing and repelling the LT summit (north end of the North Campus field house). Two advanced sessions will be offered for campers who have previously completed the beginner session.

Running This program provides a conditioning base for those primarily interested in high school cross country and track. Training includes distance runs, interval work, stretching and weights. Participants should bring your own water bottle.

Sewing For all level students. Students will learn basic sewing skills or enhance what they already know. They will be able to thread and use a sewing machine. Students will be able to lay out a pattern and make an outfit. Depending on skill, students will complete two projects.

Soccer The LT soccer camp stresses skill and tactical training for both boys and girls. Participants should bring indoor and outdoor shoes, shin guards, soccer ball, and a water bottle. Soccer IV (grades 9 - 12) will also focus on fitness.

Softball This camp is designed for any 6th - 8th grade girl who would like to improve her skills in fast pitch softball. The camp will break down the fundamentals of hitting, bunting, throwing, and fielding. The camp will not concentrate on pitching but will give an overview of the sport and fundamentals including pitching and catching as a skill. Each camper should bring their own helmet, bat, and glove.

Songwriting Students will learn the basics of song-writing with a focus on arranging, performing and polishing music. Some basic music theory will be taught including the use of Sibelius. Staff for this camp includes adult and student composers, guitarists, pianists and singers. Students must have piano or guitar background to join.

String Development Violin, viola, cello and bass students with at least one year of experience will receive group lessons to improve performance technique in a fun, exciting atmosphere. This camp is intended to encourage and motivate string orchestra students to develop their playing technique through group lessons, chamber music, string orchestra rehearsals, recitals and social activities. The camp will be run by Ms. Ewing along with energetic high school and college students. Campers must bring their own instruments.

Swim Conditioning Participants should be able to participate in a vigorous workout for two hours. Must know all four strokes of butterfly, backstroke, breaststroke, and freestyle. Dryland workouts might be included, so shorts and tennis shoes are necessary. Must be 8th grade and up.

Track & Field Participants in this program will learn by doing. Daily training will be for different track and field events and will emphasize proper techniques as well as stretching. There will be weekly competitions and relay races.

Volleyball The 5th-8th grade summer volleyball program is for any boy or girl interested in the sport of volleyball. Development of correct volleyball techniques and team competition will be stressed. The high school volleyball program is designed for 9th-12th grade boys or girls who want to develop their volleyball skills and prepare for playing team volleyball.

Questions?

Contact us at (708) 579-6313

or at

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