

Sports Camps



Chicago White Sox Training Center Camps

Every summer camp participant receives an exclusive U.S. Cellular Field experience! This opportunity of a lifetime for each camp participant, along with one guest, will include a parade on the field and a Q&A session with a White Sox personality, coach and a current White Sox player! Also, during the camp each player will participate in a special Skills Competition. The Top 30 qualifiers in each age throughout the summer will compete in the finals on U.S Cellular Field in September. Each camper also receives six (6) White Sox ticket vouchers*, Academy hat, t-shirt, evaluation report and graduation certificate.

White Sox Intermediate Camp

This camp focuses on essential individual aspects of baseball including throwing, hitting, bunting, fielding, pitching and base-running. Throughout the week, lessons will be reinforced by using fun skill games. On the final day, players will get the opportunity to judge their improvement by playing a game.

Ages: 7-8 years
R/NR Fee: \$199/\$249

Code	Dates	Days	Time
19371-1	7/16-7/20	M-F	8:30-11:30a

Vernon Hills Athletic Complex

White Sox Advanced Camp

This camp builds upon the basics and is just the ticket to advance your game to the next level. Depending on the skill level of the players, this camp will touch on advanced hitting and throwing techniques, as well as team play, advanced base running and other techniques that could be used on the field this season. On the final day all players will get the opportunity to judge their improvement by playing a game.

Ages: 9-11 years
R/NR Fee: \$199/\$249

Code	Dates	Days	Time
19372-1	7/16-7/20	M-F	8:30-11:30a

Vernon Hills Athletic Complex

Little Sluggers Camp

This beginner program is open to boys and girls ages 5 and 6 years old. In addition to focusing on the basics of the game, players will also learn that practice leads to improvement and the best way to have more fun is playing baseball.

Ages: 5-6 years
R/NR Fee: \$179/224

Code	Dates	Days	Time
19375-1	7/16-7/20	M-F	8:30-11:00a

Vernon Hills Athletic Complex

Fastpitch Softball Pitching Clinics

This fastpitch softball clinic will be taught by former Northwestern player and Lake Forest College pitching coach Lindsey Shifley and VH Stingers coaches. The clinic will teach beginning to advanced pitching techniques, and is an excellent opportunity for all players to improve their skills. In order to promote safety and devote time to each player, clinic size may be limited. Individuals must bring their own glove and catcher to each session. Please bring \$10 to the first class to purchase indoor softballs. Catchers are not required to pay a registration fee.

Ages: 9-18 years (as of 1/1/12)
Dates: 2/1-2/27 (No class 2/20, make-up 2/21)

Code	Days	Time	Fee
32131-2	M,W	6:30-7:00p	\$90
32132-2	M,W	7:10-7:40p	\$90
32133-2	M,W	7:50-8:20p	\$90
32134-2	M,W	8:30-9:00p	\$90

Hawthorn Elementary - North Gym & MP Room

This program was included in the Winter 2012 program guide and registration is ongoing.



SKYHAWKS SPORTS CAMPS

Skyhawks programs are the centerpiece in delivering quality sports programs that not only equip the athlete with physical skills, but also teach life skills through athletics! Skyhawks programs develop skills, refine talents, and prepare young athletes for future endeavors and competition. Skyhawks staff members are always experienced in the

sport they support and have been trained to share that knowledge with a young audience. Skyhawks level programs teach the fundamentals in an appropriately competitive environment where winning and losing are not everything, but are a simple part of the game on the field and in life. These programs are designed for beginner to intermediate level players. Each camp includes quality instruction, t-shirt and merit award. All participants who sign up for Skyhawks programs must visit www.skyhawks.com to order their free shirt and ensure appropriate size.

Skyhawks participants should bring a snack, a water bottle, shoes (running shoes are fine), and sunscreen to each camp. Please put your child's name and phone number on all personal belongings. For more information about the Skyhawks programs, visit their website at www.skyhawks.com.



Skyhawks Golf Camp

Skyhawks Golf focuses on building the confidence of young athletes through proper training and foundation skills. Golf is a challenging and lifelong sport, so young athletes need proper focus on the essentials of a good swing, putting and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) technology to its curriculum. SNAG utilizes a set of equipment designed for beginner golfers, including oversized plastic club heads and "mini tennis balls" to help build confidence and have fun. As a safety precaution, Skyhawks will be utilizing helmets for protection. Please do not bring your own clubs. All campers will receive a t-shirt and merit award. All participants must visit www.skyhawks.com to order their free shirt.

Ages: Boys and Girls, 5-9 years
R/NR Fee: \$109/136

Code	Dates	Days	Time
19351-2	7/16-7/20	M-F	10:00a-1:00p

Hawthorn Melody Park



Questions

Questions about Sports Camps?

Contact Joe Bruntmyer,
Athletic Supervisor, at
847.996.6804 or
joeb@vhparkdistrict.org

Skyhawks Multi Sport Recreation Camp

Skyhawks Recreation is meant for the athlete who wants to do a little bit of everything! These programs are designed for kids who want to have fun playing games in sports such as baseball, basketball, soccer, flag football, volleyball, and softball. These no pressure, full day programs, will incorporate the basic fundamentals of each sport, but are mainly designed for the active child to just get out there and play. All campers receive a t-shirt and merit award! All participants must visit www.skyhawks.com to order their free shirt and ensure appropriate size.

Ages: 6-12 years
R/NR Fee: \$135/169

Code	Dates	Days	Time
19353-1	7/23-7/27	M-F	8:00a -3:00p

Hartmann Park

Skyhawks Pre-K Snag Golf

Skyhawks will be using the SNAG Coaching System, a new system for training beginning golfers using the most fun golf equipment around. Skyhawks will provide launchers and rollers designed with larger heads and greater hitting surfaces that make it easier to hit the ball while learning proper swing techniques. Emphasis is on fun, participation and safety. This is a very fundamental golf camp. All participants receive a t-shirt and merit award! Please do not bring your own clubs. Campers will receive a t-shirt & merit award. All participants must visit www.skyhawks.com to order their free shirt and ensure appropriate size.

Ages: Boys and Girls, 3-4 years
R/NR Fee: \$65/81

Code	Dates	Days	Time
19352-1	7/16-7/20	M-F	9:00-10:00a

Hawthorn Melody Park

Sports Camps



Mini-Hawk Multi Sport Camp

Mini-Hawk programs are designed to introduce young athletes to a number of sports and allow them to learn and have fun in a variety of arenas. These programs are designed to motivate children to be active and healthy while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. All campers will receive a t-shirt and merit award! All participants must visit www.skyhawks.com to order their free shirt and ensure appropriate size.

Ages: Boys and Girls, 4-7 years
R/NR Fee: \$109/136

Code	Dates	Days	Time
19393-1	7/9-7/13	M-F	9:00a-Noon
19393-2	8/6-8/10	M-F	9:00a-Noon

Hawthorn Melody Park

Tiny-Hawk (Mommy & Me) (Soccer, Basketball & T-Ball)

Mommy & Me Multi-Sport programs help 3 and 4 year olds fine-tune their motor skills in soccer and basketball. No pressure, just lots of fun while these tiny athletes learn the basics through unique Skyhawks games with the help of Mom. Our Tiny-Hawk coaching staff is trained to meet the special needs of young children. Our staff is committed to creating a positive introduction to sports. Children must be potty-trained to attend. Pull-ups are not allowed. Parent participation is required. All campers will receive a t-shirt and a merit award! All participants must visit www.skyhawks.com to order their free shirt and ensure appropriate size.

Ages: Boys and Girls, 3-4 years with parent
R/NR Fee: \$65/81

Code	Dates	Days	Time
19392-1	7/9-7/13	M-F	9:00-10:00a

Hawthorn Melody Park



Skyhawks Flag Football

Skyhawks flag football offers a complete package of skills and thrills that teaches young athletes to enjoy this fast-paced game. Athletes will be introduced to all the positions on offense and defense, preparing them to be true champions on the gridiron. Core skills such as passing, catching, and de-flagging or defensive positioning – will be presented in a fun and invigorating training environment. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase new and refined skills. All campers will receive a t-shirt and a merit award! Participants must bring their own football. All participants must visit www.skyhawks.com to order their free shirt.

Ages: 6-12 years
R/NR Fee: \$109/136

Code	Dates	Days	Time
19381-1	7/30-8/3	M-F	9:00a-Noon

Vernon Hills Athletic Complex – Fields 8 & 9



Skyhawks Track & Field

Skyhawks Track & Field was developed to introduce young athletes to a sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety while keeping a major focus on fun! Using special equipment, our staff teaches the standard track & field events: long distance, sprints, soft hurdles, relays, shot put, discus, and standing long-jump. Our exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end-of-the-week track meet!

Ages: 7-12 years
R/NR Fee: \$109/136

Code	Dates	Days	Time
19391-1	6/11-6/15	M-F	9:00a-Noon

Vernon Hills Athletic Complex



Cheerleading

Skyhawks Sports cheerleading teaches young athletes all the essential skills to lead the crowd and support the team while preparing for competition. Each athlete will learn Skyhawks Sports cheers, as well as the proper hand and body movements and jumping techniques that make cheering the competitive sport it is today. Each week concludes with a choreographed performance and perhaps a chance to cheer at a Skyhawks Sports football or basketball tournament! All campers will receive a t-shirt and a merit award! All participants must visit www.skyhawks.com to order their free shirt and ensure appropriate size.

Ages: 5-10 years
R/NR Fee: \$109/136

Code	Dates	Days	Time
19394-1	7/30-8/3	M-F	9:00a-Noon

Vernon Hills Athletic Complex

Basketball

Skyhawks Sports basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through game-speed drills and exercises, focusing on ball handling, passing, shooting, defense, and rebounding. Having fun while developing a refined player who knows how to combine these skills is the goal of every Skyhawks Sports basketball program. Athletes will put their skills to the test in an end-of-the-week tournament! All campers will receive a t-shirt and a merit award! Campers must bring their own basketball. All participants who sign up for Skyhawks programs must visit www.skyhawks.com to order their free shirt .

Ages: 4-7 years
R/NR Fee: \$109/136

Code	Dates	Days	Time
19397-1	7/23-7/27	M-F	9:00a-Noon

Sullivan Community Center Gymnasium

Skyhawks Sports Camps



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Skyhawks participants should bring a snack, a water bottle, shoes (running shoes are fine), and sunscreen to each camp. Please put your child's name and phone number on all personal belongings. For more information about the Skyhawks programs, visit their website at www.skyhawks.com.

Sports Camps

Terry Thourson Basketball Camp

This comprehensive and in-depth camp covers 21 areas of basketball performance. Coach Terry Thourson utilizes over 30 years of coaching and basketball experience to teach his proven drills and techniques that enhance player development. Each child will receive a complete basketball primer. If you have any questions, contact Coach Thourson at (847) 624-1787.

Ages: Boys and Girls, Grades 1-8 (Fall 2012)

Code	Grade	Dates	Days	Time	R/NR Fee
19321-1	1-4	6/18-6/22	M-F	9:00-10:30a	\$50/63
19321-2	5-8	6/18-6/22	M-F	10:45a-12:45p	\$67/84
19321-3	1-4	7/9-7/13	M-F	6:00-7:30p	\$50/63
19321-4	1-4	7/23-7/27	M-F	6:00-7:30p	\$50/63
19321-5	5-8	8/6-8/10	M-F	8:30-10:30a	\$67/84
19321-6	1-4	8/6-8/10	M-F	10:45a-12:15p	\$50/63
19321-7	1-4	8/13-8/17	M-F	1:00-2:30p	\$50/63
19321-8	5-8	8/13-8/17	M-F	2:45-4:45p	\$67/84

Aspen Elementary School

Shooting Camp (Extension of Terry Thourson Basketball Camp)

Ages: Boys and Girls, Grades 5-8 (Fall 2012)

Code	Grade	Dates	Days	Time	R/NR Fee
19322-1	5-8	6/25-6/27	M-W	12:30-2:30p	\$41/51

Aspen Elementary School



Grosse Pointe Park

Fliptastic Fun Camps

Camp begins with one hour of gymnastics instruction in the morning, followed by plenty of exercise and activities throughout the day. Weekly activities will include: trampoline time, foam pit races, a visit from the ice cream truck, a giant inflatable water slide, water balloon tosses, and other games and projects suited for our gymnastics facility. Each week has a different theme. Bring a swimsuit, towel and peanut-free lunch.



Ages: 3-4 years

Days/Time: T/Th, 9:00a - 12:00p

Fee: \$65/81

Code	Dates	Theme
12492-1	6/19-6/21	Deep Blue Sea
12492-2	6/26-6/28	Red, White & Blue
12492-3	7/17-7/19	Wild, Wild, West
12492-4	7/24-7/26	Sports
12492-5	7/31-8/2	Insects & Butterflies
12492-6	8/7-8/9	In the Jungle
12492-7	8/14-8/16	Back to School

Ages: 5-12 years

Days/Time: M-F, 9:00a - 2:00p

R/NR Fee: \$195/244

Code	Dates	Theme
12491-1	6/18-6/22	Deep Blue Sea
12491-2	6/25-6/29	Red, White & Blue
12491-3	7/16-7/20	Wild, Wild, West
12491-4	7/23-7/27	Sports
12491-5	7/30-8/3	Insects & Butterflies
12491-6	8/6-8/10	In the Jungle
12491-7	8/13-8/17	Back to School

Flips Gymnastics, 27825 Irma Lee Cr, Lake Forest



Boys Lacrosse America Camp

This “soft lacrosse” camp is for players new to the sport, or players with little lacrosse experience. Soft lacrosse incorporates all of the fast paced action and fun of regular lacrosse, but eliminates the need for hot and expensive protective equipment. Participants will be provided with a loaner lacrosse stick, mouthguard and all other necessary equipment. Players will participate in fun and exciting drills and scrimmages that aim to teach the fundamentals and rules of the sport in a safe and fun environment. Lacrosse is a great crossover sport for football, hockey, soccer and basketball players. Players will be split into groups by age and should bring their own water bottle. All participants will get a camp t-shirt.

Grades: K-6 (Fall 2012)

Code	Dates	Days	Time	R/NR Fee	Location
19331-1	6/18-6/20	M-W	1:00p-2:30p	\$150/188	Nicholas Dowden Park, Libertyville
19331-2	7/16-7/19	M-W	1:00p-2:30p	\$150/188	Deerpath Park, Vernon Hills

For more information, call Lacrosse America at 847-412-5LAX or visit www.lacrosseamerica.com.

Girls Lacrosse Camp

Beginners: Girls will learn the fundamental skills of the game in a fun, fast-paced, and dynamic environment with drills and games. There is opportunity for more advanced skill development such as offensive and defensive positioning and simulated game play.

Experienced: This camp will help the more experienced player fine tune skills, correct positioning, and learn advanced techniques for improving her game. With small group onstruction, there will be opportunity for one-on-one personal expertise sharing. Experienced players will engage in game play with instruction - all in a fast-paced and dynamic environment.

Girls, grades 3-9 (Fall 2012) • Deerpath Park, Lake Forest

Code	Grade	Dates	Days	Time	Fee
19333-1	3-9	7/16-7/20	M-F	10:00a-12:00p	\$140
19333-2	3-9	7/16-7/20	M-F	10:00a-12:00p	\$140

Coaches are women with high school, collegiate or post-collegiate playing experience and current varsity high school and college athletes. Please Note: Goggles, sticks and mouth guards are required equipment to play.