

GRAYSLAKE CENTRAL



2024 ATHLETIC SUMMER CAMP PROGRAMS

Athletic Director

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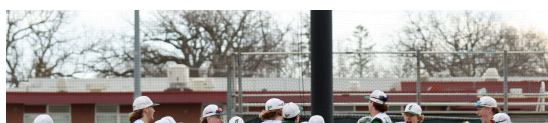
**400 North Lake Street
Grayslake, Illinois 60030**

Phone: 847-986-3300 ext. 5025

Fax: 224-541-4920

**Grayslake Central's Summer Camp Registration
will be online, please go to the following link:**

d127.cr3.rschooltoday.com/public/getclass/category_id/-1/program_id/23

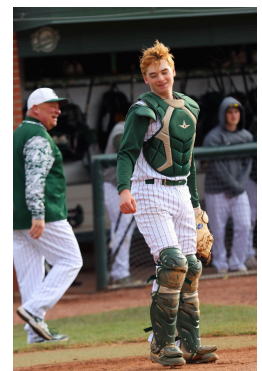
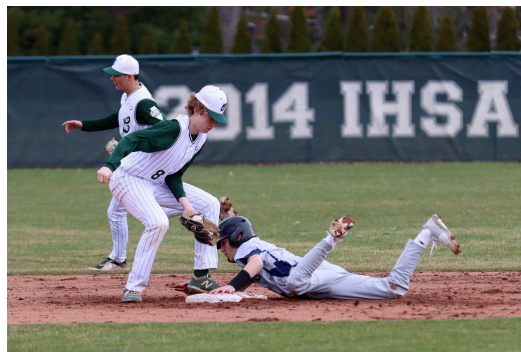
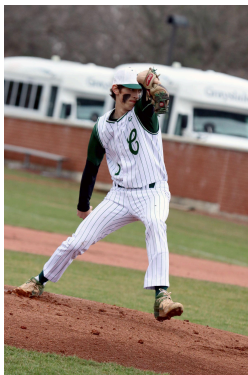


BASEBALL

Coach Troy Whalen – twhalen@d127.org, 847-309-0851 (cell)

DATE	DAYS	TIMES	GRADE	LOCATION	COST
6/10 - 6/14	M-F	9:30 am - 11:30 am	7 – 10 year old	Varsity Baseball Field	\$90
6/10 - 6/14	M-F	11:30 am - 1:30 pm	11 – 14 year old	Varsity Baseball Field	\$90
6/10 - 6/14	M-F	1:30 pm- 3:30 pm	Freshmen / Sophomores	Varsity Baseball Field	\$90

***** Players should sign up for their GYBA age group.**



BOYS BASKETBALL

Coach Brian Centella – bcentella@d127.org, 847-986-3300 ext. 5708

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/3 - 6/27	M-TH	8:00 am -10:00 am	9 th – 12 th Grades	FIELDHOUSE BIG GYM	\$150
6/10 - 6/14	M-F	10:00 am- 11:30 am	5 th – 8 th Grades	FIELDHOUSE BIG GYM	\$90
6/10 - 6/14	M-F	12:00 pm – 1:30 pm	2 nd – 5 th Grades	FIELDHOUSE BIG GYM	\$90





GIRLS BASKETBALL

Coach Steve Ikenn – sikenn@d127.org, 847-986-3300 ext. 5640

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/3 -6/27	M-TH	1:30 pm -3:30pm	9th - 12th Grades	FIELDHOUSE	\$150*
6/17 - 6/27	M-TH	11:00 am -12:30 pm	3 rd – 8 TH Grades	FIELDHOUSE	\$95

***Registration to play in a separate summer league is included in the cost of the High School Camp.**





CROSS COUNTRY

Coach Jimmy Centella - jcentella@d127.org, 847-986-3300 ext. 5708

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/17- 7/26	M, W, F Tues	7:30 am - 9:00 am 5:00 - 6:00 pm	6th - 12th Grades	SEE BELOW	\$115*
6/19 - 7/26	W, F Tues	7:30 am - 8:45 am 5:00 - 6:00 pm	4th - 8th Grades	SEE BELOW	\$75*

* Cost includes camp shirt

Middle school runners with above average talent and/or commitment to running are encouraged to join the HS camp. Don't hesitate to contact Coach Centella with any questions

Locations

Monday- Independence Grove-Back Parking Lot (Take main entrance of 137, go left to furthest lot back)

Wednesday- Central Park (Enter across street from GCHS)

Friday- Nippersink Forest Preserve (Enter off Rte 120 and go past the first parking lot, take a right to the larger parking lot on right side)





GIRLS GOLF

Coach Bryan Dovichi: bdovichi@d127.org, 847-986-3300 ext. 5609

DATE	DAYS	TIME *	GRADE	LOCATION	COST
6/4 & 6/5	T, W	Group 1: 6:45 am - 7:20 am Group 2: 7:20 am - 7:55 am Group 3: 7:55 am - 8:30 am All Levels: 9:00 am - 10:15 am	9th - 12th	Eiserman Stadium	\$130
7/16	TUES	8:00 am - 9:15 am 9:30 am - 10:15 am		Brae Loch GC, Driving Range	
7/17	W	8:00 am - 10:00 am		Grayslake Par 3	

***Includes all range fees. Group assignments will be sent to participants prior to camp start date.**

This camp will give girls the opportunity to come together as a team and prepare for the upcoming season that starts on Monday, August 12th. The camp will focus on swing basics, long and short game, and finding club distances.

Grayslake Driving Range: 425 US 45, Grayslake (Corner of 120 & 45)

Brae Loch Golf Course: 33600 US 45, Grayslake

Grayslake Par 3: 2150 N Drury Lane, Grayslake



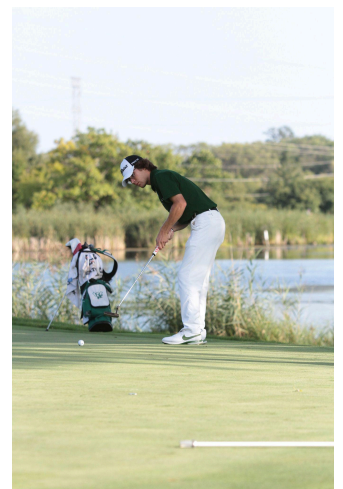


BOYS GOLF

Coach Jim Mazzetta – jmazzetta@d127.org, 847-986-3300 ext. 3600

DATE	DAYS	TIME	LEVEL	LOCATION	COST
7/8, 7/10, 7/15, 7/17	M,W	8:00 am - 10:00 am	BEGINNERS	Pine Meadows Golf Club	\$125
		10:00 am - 12:00 pm	ADVANCED	Pine Meadows Golf Club	\$125

Camp will consist of working on short and long game, putting, and course management.



FOOTBALL

Coach Brent Pearlman -bpearlman@d127.org

Rams Camp (For incoming Freshmen through Seniors)

Please follow the link below for a complete detailed football calendar

<https://docs.google.com/spreadsheets/d/1nAmmD9ABBBF45lQcMaI30PpZFuNOnnaC/edit?usp=sharing&ouid=100931140926061131284&rtpof=true&sd=true>

Incoming Freshmen please join the Remind App with this code: remind.com/join/ffaea3e

Varsity Players and Families use this code: remind.com/join/4d8aac

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/3- 6/6	M- TH	10:00 am - 12:00 pm	9th - 12th Grade	Eiserman Stadium/ Weight Room Training	\$250
6/10 - 6/13	M -TH	12:00 pm - 2:00 pm	9th -12th Grade	Eiserman Stadium Weight Room Training	
6/17 - 6/27	M -TH	10:00 am - 1:00 pm	9th - 12th Grade	Eiserman Stadium	
6/20, 6/27, 7/11, 7/18, 7/25	TH	5:00 pm - 8:00 pm Passing League	9th - 12th Grade	Eiserman Stadium	
7/8 - 7/11 7/15 - 7/18 7/29 -8/1	M -TH	8:00 am - 11:00 am	9th - 12th Grade	Eiserman Stadium / Weight Room	
7/22 - 7/25	M-TH	7:00 am -10:00 am	9th -12th Grade	Eiserman Stadium	

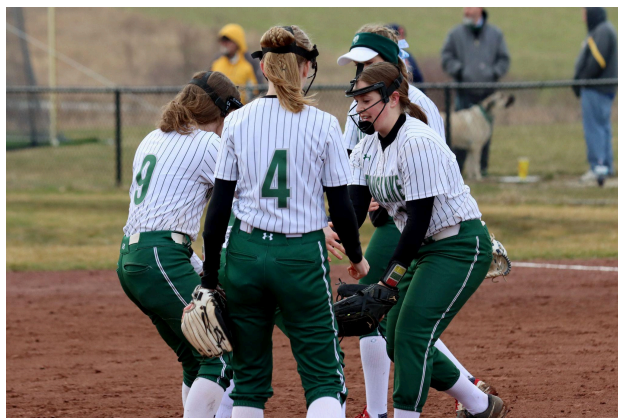
Camp Details

The GCHS Rams football camp is a comprehensive developmental program designed to prepare the entire roster, INCOMING FRESHMEN through SENIORS, for the 2024 season. We welcome all ***new*** players, especially incoming freshmen, to join us as we build a consistent championship caliber program. Please make sure you are registered for camp well before our Equipment Distribution on June 3rd. Our camp is scheduled and designed in collaboration with the head coaches of all other sports to ensure access for multiple sport athletes. Multi-sport athletes will continue to be the backbone of our program and the reason for its success.

The structure of our summer program is designed to be two mini-camp style sessions, one in June and one in July. June will consist of a heavy emphasis on sport specific individual skill development along with training for improvement in areas of strength and speed. Our primary goal during this portion of camp is to build the interpersonal relationships amongst players and staff necessary to compete at the highest level possible. Further, we will instill the appropriate work ethic and habits that will be relative to our success in the fall. Beginning in July, we will shift our focus to installing and practicing the specific schemes we will employ throughout the fall season.

For the duration of camp our players will practice in Helmets and Shoulder pads. All players are required to wear shorts with their 5 pad girdle underneath for injury prevention. ***Each player needs to purchase their own padded girdle and football cleats.*** Weightlifting and speed training is included as a part of this camp with no additional fees. The fee for RAMS camp ***does not include the cost of the fall athletic fee.***





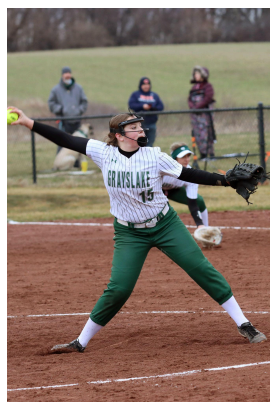
SOFTBALL

Coach Jim Plaza - jplaza@d127.org, 847-986-3300 ext. 5060

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/10- 6/13	M-Th	9:00 am -11:00 am	9th-12th Grade	Softball Field	\$100*
6/10- 6/13	M-Th	11:00 am - 1:00 pm	3rd- 8th Grade	Softball Field	\$100*

During this camp, campers will work with GCHS Staff and the H.S. Softball players learn the proper techniques in throwing, hitting, fielding, and pitching. This camp is a great opportunity to learn more about what GCHS softball is all about! The Varsity Softball Team is looking forward to spending time with you at camp this summer.

*** Cost includes T-shirt (Please be sure to enter size when registering on Rschool)**





WRESTLING

Coach Matt Joseph - mjoseph@d127.org, 847-986-3300, ext. 5681

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/3- 6/7	M-F	4:00 pm - 6:00 pm	3rd-12th	Big Gym	\$100

BAGUBA TOURNAMENT 6/8/24*not included in the price of summer camp.

Each day will include technique, drilling, live wrestling, and conditioning. This camp is designed for inexperienced and experienced wrestlers of all ages.



BOYS and GIRLS TENNIS

Asst. Katie Lashbrook, (USPTA, IHSTCA) - klashbrook@d127.org

Brenda Zador (Boys JV Assistant Coach) - bzador@d127.org

Competition Camp - Members of GCHS Tennis Team.

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/18 -6/28	T,W,TH,F	4:30pm -6:30pm	9th - 12th Grade	Tennis Courts	\$80*

*Incoming Freshmen need to contact Coach Katie Lashbrook for approval.

Special Features of this camp:

Small ratio of Instructors to Players

Match play on Friday

Advanced Singles Strategy

Advanced Doubles Strategy



Coach Chuck Lawson (USTA, IHSTCA) - clawson@d127.org

Brenda Zador (Boys JV Assistant Coach) - bzador@d127.org

Skills Camp - Athletes will work on individual skills and match play

DATE	DAYS	TIME	GRADE	LOCATION	COST
Advanced 7/15- 8/2	M - F	8:00 am - 10:00 am	11th - 12th Grade	Central Courts	\$100
Intermediate/Beginner 7/15 - 8/2	M - F	10:00 am - 12:00 pm	8th - 10th Grade	Central Courts	\$100
Youth Camp 7/15- 8/2	M -F	12:00 pm - 1:00 pm	4th - 7th Grade	Central Courts	\$70

Please Note: First day of all camps will be for skill evaluation. Campers must attend or plan to attend GCHS to be in Advanced or Intermediate camps.



GIRLS VOLLEYBALL

Coach Arian Colton - acolton@d127.org, 847-986-3300 ext. 5567

CAMP	DATE	DAYS	TIME	GRADE	LOCATION	COST
Serve & Serve Receive Camp	7/8-7/11	M - TH	8:00 am - 9:00 am	9th - 12th grade	Fieldhouse	\$50
Setter/Hitter Camp	7/8-7/11	M-TH	9:00 am - 10:00 am	9th - 12th grade	Fieldhouse	\$50
Middle School Camp	7/8-7/11	M - TH	10:15 am - 11:30 am	6th - 8th grade	Fieldhouse	\$50
Varsity Camp	7/15-7/18; 7/22-7/25	M- TH	8:00 am - 10:00 am	11th - 12th grade and returning varsity athletes	Fieldhouse	\$175
9th & 10th Grade Camp	7/15-7/18; 7/22-7/25	M - TH	10:00 am - 11:30 am	9th - 10th grade	Fieldhouse	\$175





BOYS VOLLEYBALL

Coach Dan Erlenbaugh - derlenbaugh@d127.org, 847-986-3300 ext. 5707

DATE	DAYS	TIME	GRADE	LOCATION	COST
7/8- 7/11	M-TH	12:00 pm - 2:00 pm	7th - 12th Grade	Field House	\$70 *

Athletes will focus on fundamentals, as well as game-like situations.

*** Includes t-shirt**





BOYS and GIRLS SOCCER CAMP

Coach Keith Andersson – kandersson@d127.org

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/10 - 6/13	M-TH	8:00 am - 9:30 am	2nd - 7th Grade	Eiserman Stadium	\$125
7/22 - 7/25	M-TH	10:00 am - 11:30 am	8th - 12th Grade	Eiserman Stadium	\$125

The High School Soccer Camp Staff will help campers improve upon their fundamental technique, while creating an atmosphere that unlocks the game within each child. Fun, age-appropriate activities will make this week of camp a winner! Our coaches understand the youth player and will provide tremendous learning opportunities, encouraging further enjoyment of the game long after camp has ended.

Each player needs to bring the following every day to camp: running shoes, soccer shoes, water bottle, inflated soccer ball and shin guards.

All registrants and parents should follow: @gchsoccer1 on twitter to stay informed of any potential changes in the schedule or plan. This will be our primary means of communication for camp.



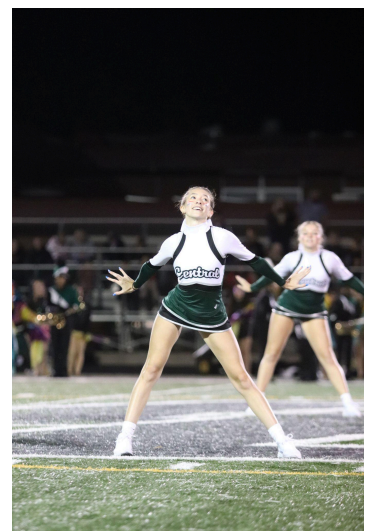


DANCE

Coach Stephanie Kischuk - skischuk2d127.org, 847-986-3300 ext. 5532

DATE	DAYS	TIME	GRADE	LOCATION	COST
6/11, 6/12, 6/13	T, W, TH	9:00 am - 11:30 am	K - 8th Grade	Dance Room, Small Gym	\$100

The price includes a t-shirt and dancers who participate in camp will have the opportunity to perform at a football half-time game with the varsity dance team in the Fall.





Girls Bowling Summer Camp

Coach Nicole Belmont - nbelmont@d127.org , 847-986-3300 ext. 5600

DATES	DAYS	TIMES	GRADE	LOCATION	COSTS
6/17-6/20	M - TH	10:00 am - 12:30 pm	6 - 12th	Lakes Bowl	\$125

Participants will receive one-on-one instruction, videotape analysis, and specific drills tailored to their strengths and weaknesses in addition to competitive league bowling.

Camp Schedule

10:00 am -11:00 am: Individual instruction, videotaping analysis, skills and drill work

11:00 am -12:15 pm: League play (2 games)





NO CAMPS THE WEEK OF JULY 1 - 5

****Dates, times and locations are subject to change.****

If you have questions, please contact

GCHS Athletic Office

**400 N. Lake St.
Grayslake, IL 60030
847-986-3300 ext. 5025**

jmaiden@d127.org

