

Track & Field



Tennis

Beginning players will work on stroke development with an emphasis on the skills necessary to the fundamentals of tennis. Advanced players will work on stroke variation, techniques and game strategy.

BOYS & GIRLS YOUTH CAMP

Contact: jcupp@lw210.org or tdaly@lw210.org

Dates: June 20-23

Grades: K-8

Time: 5:00-6:00 pm

Cost: \$60.00

Instructors: LWW Tennis Staff

Location: Lincoln-Way West Tennis Courts

T-Shirt included (Adult Sizes)

No Refunds

Special Instructions: Players should bring tennis rackets and water. Facility changes due to weather will be posted at the tennis courts.

BOYS & GIRLS HIGH SCHOOL CAMP

Contact: jcupp@lw210.org or tdaly@lw210.org

Dates: Session 1: June 6-9 9:30 am-12:00 pm

Cost: \$80.00

Dates: Session 2: June 20-23 6:00-8:30 pm

Cost: \$80.00

Dates: Session 3-July 25-28 9:30 am-12:00 pm

Cost: \$80.00

Grades: 9-12

Instructors: LWW Tennis Staff

Location: Lincoln-Way West Tennis Courts

T-Shirt included (Adult Sizes)

No Refunds

Special Instructions: Players should bring tennis rackets and water. Facility changes due to weather will be posted at the tennis courts.

A hurdles camp led by the Lincoln Way-West coaching staff. There will be instruction in hurdle technique, drills and practice. All camps are coed.

BOYS & GIRLS HURDLES CAMP

Contact: jstrain@lw210.org

Dates: June 1, 8, 15, 22 July 13, 20, 27

Grades: 6-12

Time: 5:15-6:30 pm

Cost: \$100.00

Instructors: LWW Track Staff

Location: Lincoln-Way West Track

T-Shirt included (Youth and Adult sizes)

A pole vault camp led by the Lincoln-Way Central & Lincoln Way-West coaching staff. This is a camp that can accommodate beginners and advanced vaulters. Camp will include video analysis, pole vault drills, pole vault education, pole vault practice, and competitions. All camps are coed.

BOYS & GIRLS POLE VAULT CAMP 1

Contact: jstrain@lw210.org (West) or dwaddell@lw210.org (Central)

Dates: May 30-31 June 1-2, 6-9

Grades: 6-12

Time: 8:30-10:30 am

Cost: \$150.00

Instructors: Lincoln-Way Track Staff

Location: **Lincoln-Way Central Track**

Register: <https://lwc.8to18.com/accounts/login>

T-Shirt included (Youth and Adult sizes)

No Refunds



BOYS & GIRLS POLE VAULT CAMP 2

Contact: jstrain@lw210.org (West) or dwaddell@lw210.org (Central)

Dates: June 14, 16, 21, 23 July 12, 14, 19, 21, 26, 28

Grades: 6-12

Time: 8:30-10:30 am

Cost: \$75.00

Instructors: Lincoln-Way Track Staff

Location: Lincoln-Way West Fieldhouse

T-Shirt included (Youth and Adult sizes)

No Refunds

Elite Speed school camp is OPEN TO ALL ATHLETES OF ALL SPORTS. This camp will teach proper sprint mechanics. It utilizes Lazer timing technology. Athletes will improve their 40-yard dash time, vertical leap, broad jump, speed in mph, and overall athleticism.

BOYS & GIRLS SPEED SCHOOL

Contact: jstrain@lw210.org

Dates: June 2, 7, 9, 14, 16, 21, 23 July 12, 14, 19, 21, 26, 28

Grades: 6-12

Time: 5:15-6:30 pm

Cost: \$150.00

Instructors: LWW Track Staff

Location: Lincoln-Way West Track

T-Shirt included (Youth and Adult sizes) No Refunds