



RAMS GIRLS BADMINTON

(Grades 5-12)

This instructional program will include a week of skill development in singles and doubles followed by a week of game strategies and tournament play.

Instructor: Brad Lundine (630) 424-6628

Location: GEHS Fieldhouse

Code	Grade	Day	Date	Time	Fee
201150-01	5-12	M-F	6/3 - 6/13	2:30 - 4:30 pm	\$65

RAMS BOYS SOCCER CAMP

(Grades 6-12)

This outstanding soccer experience will include a week of individual skill development, team tactics, and strategies.

Instructor: Josh Adler (630) 424-7154

Location: GEHS Practice Soccer Field

Code	Grade	Day	Date	Time	Fee
201150-45	6-12	M-F	6/10 - 6/21	8:00 - 10:00 am	\$85

RAMS BASEBALL CAMP

(Grades 5-9 Coed)

Take part in this exciting camp that will focus on the fundamentals of throwing, fielding, pitching, hitting, catching, base running, and situational drill work.

Instructor: Joel Pelland (630) 627-9250

Location: GEHS Baseball Fields

Code	Grade	Day	Date	Time	Fee
201150-05	5-7	M-F	6/24 - 6/28	9:30 - 11:00 am	\$65
201150-06	8-9	M-F	6/24 - 6/28	7:30 - 9:00 am	\$65

RAMS WRESTLING CAMP

(Grades 8-12 Coed)

Don't miss out on this wrestling camp that will emphasize technique and live wrestling.

Instructor: Kevin Carlson (630) 424-6635

Location: GEHS West Gym

Code	Grade	Day	Date	Time	Fee
201150-80	8-12	M-Th	6/17 - 6/20	8:00 - 10:00 am	\$30



Sunset Knoll Recreation Center
820 S. Finley Road
Lombard, IL 60148
www.lombardparks.com



RAMS

ATHLETIC CAMPS

2019



Brought to you by the
Lombard Park District and School District #87

Rams Athletic Camps are brought to you by the Lombard Park District and School District #87. All grades are listed as what grade the student is entering in the fall. To register, visit www.lombardparks.com

RAMS GIRLS SOCCER CAMP

(Grades 7-12)

This outstanding soccer camp provides a combination of individual skill development, team tactics, and strategies, including a series of small-sided games.

Instructor: Kent Overbey (630) 424-6445

Location: GEHS Turf Field

Code	Grade	Day	Date	Time	Fee
201150-55	6-12	M-F	6/3 - 6/7	4:00 - 6:00 pm	\$60

RAMS GIRLS SOFTBALL CAMP

(Grades 2-8)

Be a part of the Rams Softball Camp that will focus on the fundamentals of throwing, fielding, pitching, hitting, catching, and base running. Game situations and strategies will also be covered during camp.

Instructor: Dawn Chantos (630) 424-7180

Location: GEHS Softball Field

Code	Grade	Day	Date	Time	Fee
201150-60	3-10	M-Th	6/3 - 6/6	10:00 am - 12:00 pm	\$70

RAMS BOYS BASKETBALL CAMP

(Grades 3-12)

This exciting, low-pressure camp will stress fundamentals, game play, and having fun! Passing, dribbling, shooting, rebounding, and defense will be introduced.

Instructor: Scott Miller (630) 424-6446

Location: GEHS Fieldhouse

Code	Grade	Day	Date	Time	Fee
201150-10	3-8	M-Th	6/3 - 6/13	8:00 - 10:00 am	\$100
201150-11	9-12	M-Th	6/3 - 6/19	10:15 am - 12:15 pm	\$100

GIRLS GYMNASTICS CAMP

(Grades 7-12)

This instructional camp will include training in all four events: vault, bars, beam, and floor.

Instructor: Jess Bujasky (630) 627-9250

Location: GEHS Balcony

Code	Grade	Day	Date	Time	Fee
201150-40	6-12	M-F	6/3 - 6/14	8:00 - 11:00 am	\$60

RAMS BOYS CROSS COUNTRY CAMP

(Grades 6-12)

Participation in Cross Country Summer Camp is essential to a successful fall season. Athletes will work on endurance, strength training, and team building throughout the summer. Summer camp highlights include a team beach trip, weekly team building games, and a trip to Six Flags Great America!

Instructor: Chris Pietsch (630) 424-7163

Location: GEHS Concession Stand (next to outdoor track)

Code	Grade	Day	Dates	Time	Fee
201150-25	6-12	M-Th	6/18 - 7/27	7:00 - 9:00 am*	\$80

*Finish times vary.

RAMS GIRLS CROSS COUNTRY CAMP

(Grades 6-12)

Participation in Cross Country Summer Camp is essential to a successful fall season. Athletes will work on endurance, strength training, and team building throughout the summer. Summer camp highlights include a team beach trip, weekly team building games, and a trip to Six Flags Great America!

Instructor: Chris Pietsch (630) 424-7163

Location: GEHS Concession Stand (next to outdoor track)

Code	Grade	Day	Dates	Time	Fee
201150-26	6-12	M-F	6/18 - 7/27	7:00 - 9:00 am*	\$80

*Finish times vary.

NOTE: Bus services WILL be available for athletes traveling from Glendale Heights, Bloomingdale and Addison.

Check out the team website at www.glenbardeastcrosscountry.weebly.com

RAMS FOOTBALL CAMP

(Grades 9-12)

Come and be a part of Glenbard East Ram Football. This camp is for all players looking to further their football skills. Participants will be able to prepare for the upcoming season with organized practice, agilities, film study, speed training, and weight lifting. The varsity level will also compete in 7 on 7 passing games and have lineman challenges. The fee for freshman camp includes a lock for team locker rooms. Please register prior to start of camp. All participants must be registered to participate in the camp, no exceptions.

Instructors: John Walters (630) 424-6621

Location: GEHS Turf Field

Code	Grade	Day	Date	Time	Fee
201150-31	9-10	M-F	7/15 - 8/2	7:00 - 10:00 am	\$100
201150-32	11-12	M-F	7/10 - 8/2	7:00 - 10:00 am	\$125

RAMS VOLLEYBALL CAMP

(Grades 5-12 Coed)

Serve up some fun this summer at Volleyball Camp for boys and girls. Beginning and experienced volleyball players will enhance their skills through instruction in passing, setting, serving, and game strategy concluded with a tournament.

Instructor: Marci Maier (630) 424-6636

Location: GEHS Fieldhouse

Code	Grade	Day	Date	Time	Fee
201150-75	5-8	M-Th	7/15 - 7/25	10:00 am - 12:00 pm	\$65
201150-76	9-12	M-Th	7/15 - 7/25	12:15 - 2:15 pm	\$65

RAMS TENNIS CAMP

(Grades 6-12)

The Lombard Park District Tennis Team is a great way for players to learn a lifetime sport and improve their skills on the tennis court. We practice Monday-Thursday to prepare to play meets on Friday afternoons against other Park District teams. Beginners and all other ability levels are welcome.

Instructor: Bill Burt (630) 424-6463

Location: GEHS Tennis Courts

Code	Grade	Day	Date	Time	Fee
Girls					
201150-65	10-12	M-F	6/10 - 7/19	8:00 - 10:00 am	\$130
Boys					
201150-66	10-12	M-F	6/10 - 7/19	9:00 - 11:00 am	\$130
Coed					
201150-67	6-9	M-F	6/10 - 7/19	10:30 am - 12:00 pm	\$100

RAMS GIRLS BASKETBALL CAMP

(Grades 5-12)

Get together a group of friends and enroll for this comprehensive basketball camp that will concentrate on the fundamentals of shooting, dribbling, passing, rebounding, post and guard play, individual and team defense, as well as team play.

Instructor: Nicole Miller (630) 424-6478

Location: GEHS Main Gym

Code	Grade	Day	Date	Time	Fee
201150-16	5-8	M-Th	6/3 - 6/13	8:00 - 10:00 am	\$80
201150-17	9-12	M-Th	6/3 - 6/13	10:30 am - 12:30 pm	\$80