

2020 SUMMER PROGRAMS



LAKE COUNTRY LUTHERAN HIGH SCHOOL



401 Campus Drive Hartland, WI 53029



Thank you for your interest in Lake Country Lutheran High School! LCL is part of the Lutheran High School Association of Greater Milwaukee and is extremely proud to partner with the We Play For Him Recreation Association. LHSAGM and WPFH have similar goals and missions which makes this a great partnership!

Find more information about the schools and our mission here:

Lake Country Lutheran: 262-367-8600 - www.LakeCountryHS.org

LHSAGM: 414-421-9100 - www.weteachtruth.org

WPFH: www.WePlayForHim.net



All our summer camps and programs at Lake Country Lutheran High School are run through the We Play For Him Recreation Association (WPFH). Our WPFH youth programs are 100% aligned with our Brand, Mission, Vision and Core Values of the three High Schools in the Lutheran High School Association of Greater Milwaukee – Lake Country Lutheran, Milwaukee Lutheran and Martin Luther. We offer a supportive Christian community that helps your athlete discover their purpose and potential. Our goal is to not only teach the skills of sports, but to teach life skills that our children will use and carry with them long after they leave our program. It is through this lens that we aim to serve our youth, families and communities with the love of Jesus Christ showcased through athletics.

We have made some changes to our Summer programs due to COVID-19 regulations. Please see our updates in Red.

Consistent with the WIAA and high school restrictions, there will be no organized WPFH summer programs until July 1st, 2020.

***The only exception to this is that the Thunder Youth Baseball and Softball teams have been cleared to start participation in June given the recent ruling by the Supreme Court.**

July Notes

- 1. Programming in July is still contingent on the executive orders and local government allowing for these types of gatherings at that time.**
- 2. If programs are canceled or you had originally signed up for June dates and you can no longer attend the July dates, full refunds will be issued. Please contact Megan Loppnow at mloppnow@lakecountryhs.org**
- 3. There will be COVID-19 Guidelines in place for each program. We are in the process of putting those together, but please expect things to look different with the incorporation of social distancing and sanitation procedures.**
- 4. There will be a waiver that you will need to sign before participating in the camp.**
- 5. Deadline to register for summer programs is now Friday, June 26th.**

IMPACT PROGRAMS



9-12 IMPACT STRENGTH - \$75

This co-ed course is designed for athletes looking to increase their power and strength. The class will be run by Certified Personal Trainer, Jake Novak. While developing muscular strength over this summer long program, athletes will gain knowledge about proper training techniques, equipment, and the overall benefits of utilizing the weight room. *Combine with IMPACT from 8:30-9:30am for a discounted price of \$125. (Sessions meet Mon., Wed., & Fri.)*

Incoming Grades: 9th - 12th

July 6th - August 14th (Mondays, Wednesdays, Fridays)

7:30am – 8:30am

David Bahr, Impact Coordinator: dbahr@lakecountryhs.org

9-12 IMPACT - \$75

Individual Muscle, Power, Agility and Core Training

This co-ed course is designed to help increase every athlete's effectiveness on the court, field or course by increasing quickness, strength, body coordination, flexibility, jumping ability and endurance. *Combine with IMPACT Strength from 7:30-8:30am for a discounted price of \$125.*

Incoming Grades: 9th - 12th

July 6th - August 14th (Mondays, Wednesdays, Fridays)

8:30am - 9:30am

David Bahr, Impact Coordinator: dbahr@lakecountryhs.org

7-8 IMPACT - \$75

Individual Muscle, Power, Agility and Core Training

This co-ed course is designed to help increase every athlete's effectiveness on the court, field or course by increasing quickness, strength, body coordination, flexibility, jumping ability and endurance.

Incoming Grades: 7th - 8th

July 6th - August 14th (Mondays, Wednesdays, Fridays)

9:30am - 10:30am

David Bahr, Impact Coordinator: dbahr@lakecountryhs.org

BASKETBALL & FOOTBALL



BASKETBALL CAMPS

The camps will focus on learning the fundamentals of passing, shooting, ball-handling and defense through fun station work led by our H.S. kids and coaches. Each camper will receive a t-shirt along with a lot of fun! Each day will end in team play with 3 on 3 and 5 on 5.

Co-ed Incoming Grades: K5 - 1st **Cost: \$65**

July 13th - July 16th
11:00 am - 12:30 pm

Co-ed Incoming Grades: 2nd - 3rd **Cost: \$65**

July 13th - July 16th
11:30 am - 1:00 pm

Boys Incoming Grades: 4th - 8th **Cost: \$85**

July 13th - July 16th
1:30 pm - 4:00 pm

Girls Incoming Grades: 4th - 8th **Cost: \$85**

July 6th - August 3 (Monday nights only)
6:00 pm - 7:30 pm

Co-ed and Boys' Basketball - Carson Cantwell, Boys' Basketball Coach:
ccantwell@lakecountryhs.org

Girls' Basketball - Kim Hirt, Girls' Basketball Coach:
khirt@lakecountryhs.org

BOYS' FOOTBALL CAMPS

Join 2019 WIAA State Champion Head Coach Greg Brazgel and other Varsity coaches and players as they teach the football skills of passing, receiving, running, blocking, and tackling techniques. The camp experience will include instruction for different skills positions along with competitive play each day to utilize offensive and defensive concepts.

Incoming Grades: 4th - 8th **Cost: \$80**

Registered Thunder Football Players **Cost: \$50**

July 21st - July 24th
3:00pm - 5:00pm

Greg Brazgel, Football Coach: gbrazgel@lakecountryhs.org

VOLLEYBALL



GIRLS' INSTRUCTIONAL VOLLEYBALL LEAGUE - \$75

4th - 7th grade session: This Wednesday night camp/league features an hour of stations and individual instruction staffed by LCL coaches, alumni, and current players. The girls will learn the fundamentals of passing, serving, setting, and hitting through games and drills. The last thirty minutes will be different games and game-like drills that put those skills into practice. Come join us for some great volleyball fun!

7th - 9th grade session: This Wednesday night camp/league features 45 minutes of stations and instruction by LCL coaches and alumni where they will be refining their skills in serve and serve receive, hitting and defense and learning offensive systems. The last 45 minutes will be spent in league games and game-like drills coached by HS players and alumni.

Each week stands alone so if you miss a few due to vacation, you will be fine!!

Incoming Grades: 4th - 7th (Beginner)

July 1st - August 5th

5:00 pm - 6:30 pm

Incoming Grades: 7th (Advanced) - 9th

July 1st - August 5th

6:30 pm - 8:00 pm

Limited to the first 60 registrants for each camp.

Janet Bahr, Girls' Volleyball Coach: jbahr@lakecountryhs.org

CANCELLED PROGRAMS



EXPERIENCES (AND MORE EXPERIENCES) IN ART - CANCELLED

LUTHERAN BAND CAMP - CANCELLED

CO-ED SOCCER CAMPS - CANCELLED

GIRLS' DANCE CAMP - CANCELLED

INFORMATION



ALL REGISTRATION IS DONE ONLINE

Go to www.weplayforhim.net. Click on Lake Country Lutheran and Summer Programs. Create an account or login to an existing account. Register your camps and pay online.

MAY 1ST EARLY REGISTRATION DEADLINE: (Discounts taken off automatically)

Be sure to register early for your programs to take advantage of early registration discounts and to secure a spot! All Summer Program prices will be discounted by \$5 from booklet price prior to May 1st. Late registrations, after May 31st, will be an additional \$5 from booklet price and may be too late to receive a t-shirt.

REFUND POLICY:

Withdrawals 2 weeks or more prior to the camp will receive a full refund minus a \$5.00 processing fee. Withdrawals less than 2 weeks prior to the camp will receive a 50% refund. No refunds issued once the camp has begun.

Information on our Thunder programs is found on the school website: www.lakecountryhs.org under ATHLETICS and then THUNDER ATHLETICS or go directly to www.weplayforhim.net for more information.

Thunder Basketball

Team tryouts for 3rd-8th grade boys take place in September and 5th-8th grade girls occur in October. Register for Thunder Youth Basketball for grades K-4th by October 30th. Email Carson Cantwell at ccantwell@lakecountryhs.org for information about boys' thunder basketball and Caleb Cain at ccain@lakecountryhs.org for information about girls' thunder basketball.

Thunder Baseball

Teams have been picked for this spring/summer in U12, U13, and U14. Tryouts for the next year's teams will be from 6:00pm-8:00pm on Friday, July 10th and Friday, July 17th. Rain date is Monday, July 20th. Email David Bahr at dbahr@lakecountryhs.org for more information.

Thunder Football

Registration is open for Thunder tackle football for kids entering in grades 5-8. We will have a 5th and 6th grade combined team and a 7th and 8th grade combined team. Cost is \$300 if registered by March 31st and \$325 after that date. We are a member of the Greater Metro Milwaukee Youth Football League www.gmmyfl.org. For all Thunder contact information, please email Thunder Football Director, Aaron Boldt at aaron.boldt@gmail.com. To register, go to www.weplayforhim.net

Thunder Softball

Registration is open for Thunder Softball for the 2020 summer season. We will have a U10, U12 and U16 teams. Cost is \$200. League play starts the 2nd week of June and runs through the end of July. All teams will also play in 1-3 weekend tournaments. Mike Uttech and Ben Wehmeier will coach the U10 team, Rich Davis will coach the U12 team and Penny Weber will coach the U16 team. Greg Howe is the Thunder Softball Director supervising all three squads. To register, please go to www.weplayforhim.net or email Greg Howe for more information at culverspewaukee@aol.com

Look for Grade School Cross Country Run/Race Information coming in Fall 2020!