

Lakes Football



2011
*High School Summer Camp
Information and Registration*



Lakes Community High School
1600 Eagle Way
Attn: Luke Mertens, Head Football Coach
Lake Villa, IL 60046

Phone: 847-838-7100 ext. 8011
Fax: 847-838-3670
Email: lmertens@lakeseagles.com
www.lakesfootball.com

2011 Sophomore/Varsity Schedule

DATE	OPPONENT	TIME
Fri.. Aug. 26	Grayslake North	5:00 / 7:30 pm
Fri. Sept. 2	@ Woodstock North	5:00 / 7:15 pm
Fri. Sept. 9	Grant	5:00 / 7:30 pm
Fri. Sept. 16	@ Lake Zurich	5:00 / 7:30 pm
Fri. Sept. 23	@ Vernon Hills	5:00 / 7:30 pm
Fri. Sept. 30	Antioch	5:00 / 7:30 pm
Thurs. Oct. 6	@ Wauconda	4:30 / 7:00 pm
Fri. Oct. 14	@ North Chicago	5:00 / 7:30 pm
Fri. Oct. 21	Round Lake	5:00 / 7:30 pm

LAKES FOOTBALL SUMMER CAMPS

Your Application

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

All campers receive Lakes Football shorts or a shirt; cost also includes fees for a trainer.

- Eagles High School Camp (\$80)
 Eagles Freshman Camp (\$80)

Parental Consent

I certify that my child has no injury/illness which would limit his participation in camp and has had a physical examination during the past year. My child will bring proof of a recent physical examination or a doctor's written permission to attend camp. I also authorize the director of the camp to act for me in any emergency requiring medical attention. I hereby release, exonerate and discharge the camp and their employees from any injuries incurred in camp or on the way to camp. I have medical coverage and will be responsible for any medical or other charges related to his attendance at camp. I give my child permission to attend the Lakes Football Summer Camps.

Parent's Signature: _____

Parent's Name (Print): _____

Date: _____

Emergency Contact: _____

Emergency Phone: _____

Make checks payable to Lakes Football

No Refunds Please

Send Application to:

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High School Camp (Grades 10-12)

7/6—7/29; 8am-12:30pm. Mon—Friday

This camp is necessary as a continuation of the off-season for our student-athletes. In addition to strength, speed, agility, and flexibility training, teaching the fundamentals and philosophy of football, as well as specific position techniques, will be the focus.

Incoming Freshman Camp (Grade 9)

7/6—7/29; 12:30pm-2:30pm. Mon—Friday

An essential camp for incoming freshmen planning to play high school football, campers will be exposed to football fundamentals and techniques. Additionally, proper form in running, stretching, and weightlifting, which are all imperative for success on the gridiron, will be taught. Most importantly, campers will learn about sacrifice, effort, and brotherhood—the pillars of the Lakes Football Program.

Equipment

All campers will need athletic clothing and spikes, turf, or gym shoes. All other equipment will be supplied by Lakes High School.



Save the Date

Wednesday, August 10th

IHSA opening day of practice.
Attendance mandatory. More information to come.

www.lakesfootball.com

Lakes Football Mission Statement

The mission of the Lakes Community High School Football Program is to educate our student-athletes for life. We strive to enable all participants to fully realize their potential and to achieve goals that once appeared beyond their reach.

Our coaching philosophy is predicated upon the belief that football is merely an extension of the classroom. As coaches, we teach and exemplify the life skills necessary to cultivate the whole person. Our success is measured in terms of making each team member a better person for being involved with Lakes Football.

Our program creates an environment embedded in:

Sacrifice, Effort, and
Brotherhood!

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