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## LANCER VOLLEYBALL CAMP

Open to girls entering grades 5-9

Monday-Thursday

July 19-22, 2010

Grades 5-7 8:00-10:00 AM

Grades 8-9 10:15 AM-12:30 PM

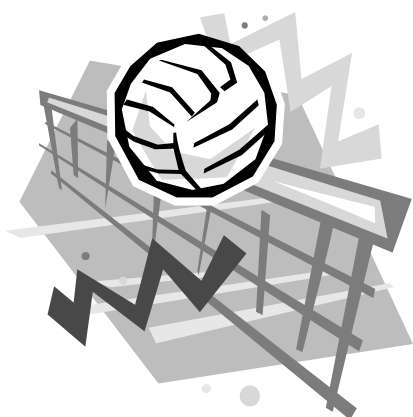
The Lancer volleyball camp provides girls an excellent opportunity to learn and improve basic skills and develop team skills including offensive and defensive systems of play. Current members of the Lancer volleyball coaching staff and varsity players will instruct and coach throughout the camp.

Cost of the camp is \$40.00; participants will also receive a camp t-shirt.

**Camp Coordinator:** Dave Jirikovic

MLHS Varsity Volleyball Coach

920-682-0215, ext. 445



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## LANCER FOOTBALL CAMP

Open to boys entering grades 5-8

Monday-Thursday

July 26-29, 2010

(Rain date—July 30th)

8:30-11:00 AM

Our Lancer football coaching staff is excited to offer this comprehensive, non-contact football skill development camp. Both coaches from Junior Lancers and MLHS will run the camp with assistance from MLHS alumni football players and current varsity players. The purpose is to offer a beneficial skills camp for your son(s) and introduce them to the fun of one of the greatest of team sports.

Our camp will emphasize to our wing-T offense and 4-4 defense that the boys will use in their football season. Although the camp is designed for Junior Lancers, all boys are welcome to attend.

All parents are welcome to attend any or all of the sessions of the camp. If you know any parents who would like to send their son to our camp, please share the information with them.

Cost of the camp is \$40.00; each participant will receive a camp t-shirt on the last day of the camp.

Campers are to wear gym clothing and football spikes (soccer cleats will work fine). Please no protective football equipment! Water and restrooms will be available to all campers.

**Camp Coordinator:** Dave Uhlhorn

MLHS Co-Head Varsity Football Coach

920-682-0215, ext. 113

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A graphic for Manitowoc Lutheran High School Summer Camps 2010. The text "Manitowoc Lutheran High School" is at the top in a curved font. Below it are the letters "M", "L", "H" stacked vertically in red. To the right is a basketball hoop and ball. Below that is the text "Summer Camps" in a large, black, serif font. To the right of "Summer Camps" are the numbers "2", "0", "1", "0" stacked vertically in red. Below the numbers is a red football helmet. To the left of the helmet is a volleyball on a net. Below the helmet is a blue and white athletic jersey with the number "13" on it. To the left of the jersey is a blue and white athletic shoe. The background is light grey with some abstract shapes.

Registration deadline: May 22, 2010

Registration forms available at

[www.mlhslancers.com](http://www.mlhslancers.com)

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## LANCER BOYS BASKETBALL CAMP

Open to boys entering grades 5-9

Monday-Thursday

June 14-17, 2010

Grades 5-6 8:00-10:00 AM

Grades 7-9 10:00 AM-12:00 Noon

The focus of the 25th annual Lancer boys basketball camp will be individual skill development and team play. Competitions will be conducted with awards given in numerous events.

Cost of the camp is \$40.00; each participant will receive a camp basketball.

Camp Coordinator: Rev. Tim Lindloff

MLHS Varsity Boys Basketball Coach

920-682-0215, ext. 102



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## LANCER GIRLS BASKETBALL CAMP

Open to girls entering grades 5-9

Monday-Thursday

June 14-17, 2010

Grades 5-6 12:15-2:15 PM

Grades 7-9 2:30-4:45 PM

The Lancer girls basketball camp will focus on the fundamentals of the game. Daily scrimmages will be held along with a shooting contest. Awards will be given to the shooting contest and scrimmage winners.

Cost of the camp is \$40.00; each participant will receive a camp t-shirt.

Camp Coordinator: Dave Jirikowic

MLHS Varsity Girls Basketball Coach

920-682-0215, ext. 445



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## LANCER WRESTLING CAMP

Open to boys entering grades 3-8 & 9-12

Wednesday-Saturday

July 14-17, 2010

Camp 8:00 AM-12:00 Noon

Chief technician at the camp will be Morgan Sickinger, MLHS alumnus who currently coaches at Xavier High School, Appleton. MLHS wrestling coach Mr. Hahnke will oversee the operation of the camp. Guest technicians will be current MLHS wrestlers and alumni, as well as other various college wrestlers.

Each day of the wrestling camp will consist of two 45 minute sessions. The camp will be followed by a tournament held at MLHS. If enrolled in the camp, there will be no additional fee for the tournament. However, if participating solely in the tournament, there will be a \$10 fee for the tournament. More details on the tournament will be shared the first day of camp.

The camp will be limited to the first 35 wrestlers who register. Cost is \$40.00 which includes a camp t-shirt.

Camp Coordinator: Steve Hahnke

MLHS Varsity Wrestling Coach

920-682-0215, ext. 470

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