

# LAKEES FOOTBALL SUMMER CAMP

## ***VARSITY & SOPHS***

June 9,11,12 Lift/Meet 7am-9:30am

June 16, 17, 18 Lift/Meet 7am-9:30am

June 23, 25, 26 Lift/Meet/Practice 7am-11am

June 30, July 1 Lift/Meet/Practice 7am-11am

July 2-8 Break

July 9, 10 Lift/Meet/Practice 7am-11am

July 14-31 (M-TH) Lift/Meet/Practice 7am-11am

## ***FRESHMEN***

June 9,11,12 Lifting 6:30am-7:30am

June 16, 17, 18 Lifting 6:30am-7:30am

June 30, July 1 Lift/Meet/Practice 7am-11am

July 2-8 Break

July 9, 10 Lift/Meet/Practice 7am-11am

July 14-31 (M-TH) Lift/Meet/Practice 7am-11am

J U S T B E



SCAN  
ME



REGISTER

**NO EXPERIENCE  
NECESSARY!**

<https://lakespride.com/>

Any Questions? Contact Jason Ellerman  
[jason.ellerman@chsd117.org](mailto:jason.ellerman@chsd117.org)