



General Sports Camps Information

- *Cass Gym is located on the northeast side of the LLCC-Springfield campus.*
- *Concessions are available for softball, baseball and men's basketball camps **only**.*
- *Refund policy – all camps are non-refundable.*
- *Walk-ins are welcome.*
- *All camps are directed by the LLCC head coach of that sport with help from his/her assistants and players.*
- *Insurance waivers are on page 8.*
- *Emergency number at Lincoln Land Community College – 217.786.2426.*
- *Please direct any questions regarding sports camps to 217.786.2426, toll-free outside Springfield, 800.727.4161, ext. 62426.*

**To register, call
217.786.2426.**

**Please check
lincolnlandloggers.com
for updates.**

SPORTS CAMPS | Camp Descriptions

For more information, call 217.786.2426, toll-free outside Springfield, 800.727.4161, ext. 62426.

BASEBALL CAMPS

Boys • Ages 7-18

FUNDAMENTAL SKILLS CAMP

June 17-20, 9 a.m.-2 p.m. • \$150
July 15-18, 9 a.m. -noon • \$100

Baseball camp is open to players between the ages of 7 and 18, regardless of skill level. This day camp offers personal and group instruction in all phases of the game of baseball. Our knowledgeable and energetic staff provides proper instruction and drills to enhance the skill level of each individual. Campers are instructed in fundamentals including: hitting, pitching, infield, outfield, catching, base running, bunting, cut-offs and relays, rundowns and sliding. Games will be played to emphasize the techniques learned in daily instruction. Throughout the camps the LLCC baseball staff will place an emphasis on bringing a solid approach to all facets of the game.

Players receive:

- four days of elite professional instruction (no more than 10 people to a group);
- opportunity to learn from and be evaluated by the LLCC baseball coaching staff;
- June camp only – lunch everyday (hamburgers/hot dogs, chips and drink); and
- a camp T-shirt.

What to bring

Each camper must bring his own baseball equipment. Players should bring a glove, bat, cleats/spikes, running or turf shoes, hat, helmet and any other equipment they feel necessary to compete. Catchers must bring their own gear. The Lincoln Land Community College baseball program is not be responsible for lost items.

BOYS BASKETBALL CAMPS

Ages 8-15

FUNDAMENTALS CAMP

June 24-27, 8:30-11 a.m. • \$80

Drills and games are modified to fit different age groups. The last 20 minutes of camp are saved for competition, during which campers practice the skills that they have learned. Hot shot and free throw competitions take place all week. A hustle award will be given for each age group (coach's decision). The intent is to make camp as competitive as possible.

SHOOTING AND BALL HANDLING CAMP

June 24-27, Noon-2 p.m. • \$60

This camp provides instruction for players of all skill levels. Shooting and ball handling techniques are emphasized to each camper. Participants are exposed to new drills that can be used on their own to continue skill development.

Shooting instruction will include learning the basics of shooting properly, creating your own shot, quick release shooting and finishing moves.

Ball handling instruction includes creating space from defenders, change of direction skills and dribble penetration for effective scoring and passing opportunities.

Campers learn:

- to focus on the target;
- the triple threat position;
- to face up with the jumper;
- to read the defense when shooting;
- shooting off and reading screens; and
- free throw techniques.

Plus, our staff will share many more fundamental techniques to help each camper become a consistent scorer.

GIRLS BASKETBALL CAMP

Ages 10-18

SHOOTING AND BALL HANDLING CAMP

June 10-13, 9-11 a.m. • \$60

This camp provides instruction for players of all skill levels. Shooting and ball handling techniques will be emphasized to each camper. Participants are exposed to new drills that can be used on their own to continue skill development.

Shooting instruction will include learning the basics of shooting properly, creating your own shot, quick release shooting and finishing moves.

Ball handling instruction includes creating space from defenders, change of direction skills and dribble penetration for effective scoring and passing opportunities.

The camp is being directed by LLCC women's basketball coaching staff Gary Albert and Casey Siddens, along with current and past collegiate players.

Each camper receives a Loggers basketball T-shirt.

SOCCER CAMP

Please check lincolnlandloggers.com for updates about soccer camp.

SOFTBALL CAMP

Girls • Ages 9-18

FUNDAMENTAL SKILLS CAMP TECHNICAL AND TACTICAL SKILL DEVELOPMENT

July 8-11, 9 a.m.-2 p.m. (lunch included)
\$150

This camp covers all aspects of the game of fast-pitch softball. Instruction is provided in the areas of pitching, hitting, running, bunting, fielding, throwing, catching, infield and outfield positional play, as well as conditioning. In addition to improving technical skills, the camp is designed to improve the tactical knowledge of each camper. Campers will learn the meaning of "getting better takes care of winning!"

Players receive:

- camp T-shirt;
- four days of professional instruction by college coaches and/or college players;
- one coach/college player for every eight campers;
- lunch is provided each day (sandwich, chips and drink); and
- each camper is evaluated on her skills with suggestions for improvement.

We offer the latest techniques in practice and skill development strategies. Parents and coaches are invited to observe and videotape these techniques during the camps.

Camp Instruction Location:

Instruction will be provided both outside, on back softball diamond and inside the gym (batting cages). All campers will check in at the Athletics Office inside Cass Gymnasium.

What to bring:

Campers should bring shoes, bats, batting helmet, gloves and any other equipment they feel necessary. Catchers need to bring their own catching gear. Please make sure all personal equipment is properly labeled. The Lincoln Land Community College softball program is not responsible for lost or damaged items.

(Note: Each camper should have a pair of running or turf shoes for use inside the gym.)

VOLLEYBALL CAMPS

Girls • Ages 9-15

FUNDAMENTALS CAMP

June 17-19, 8:15-11 a.m. • \$65
June 17-19, 12-2:45 p.m. • \$65

This three-day camp emphasizes the skills and fundamentals necessary to be a successful volleyball player at all levels. The only requirements for players are a good attitude and work ethic!

What to bring:

Campers should bring: kneepads, volleyball shoes or court shoes, T-shirt, shorts and socks.

SPORTS CAMPS | 2013 Registration Form

Name of camper _____
Last First Middle

Age _____ Adult T-Shirt size _____

Home address _____

City/State/Zip _____

Parent/Guardian home phone _____ Parent/Guardian daytime phone _____

E-mail _____



GIRLS CAMPS

I will attend the following **GIRLS BASKETBALL** camp:

☐ Shooting and Ball Handling Camp - \$60
June 10-13 • 9-11 a.m.

I will attend the following **SOFTBALL** camp:

☐ Fundamental Skills Camp - \$150
July 8-11 • 9 a.m.-2 p.m.

I will attend the following **VOLLEYBALL** camp:

☐ Fundamentals Camp - \$65
June 17-19 • 8:15-11 a.m.

☐ Fundamentals Camp - \$65
June 17-19 • 12-2:45 p.m.

BOYS CAMPS

I will attend the following **BASEBALL** camp:

☐ Fundamentals Camp
___ June 17-20 • 9 a.m.-2 p.m. • \$150
___ July 15-18 • 9 a.m.-Noon • \$100

I will attend the following **BOYS BASKETBALL** camp:

☐ Fundamentals Camp - \$80
June 24-27 • 8:30-11 a.m.

☐ Shooting and Ball Handling Camp - \$60
June 24-27 • Noon-2 p.m.

SOCCER CAMP

Please check lincolnlandloggers.com for updates about soccer camp.

Please make checks payable to: Lincoln Land Community College

Charge to: () Visa () MasterCard () Discover V# _____ (three-digit number on back of card)

Number _____ exp. date _____

Name as on card/Signature required _____

Please return this form to: Lincoln Land Community College, Athletics Department, 5250 Shepherd Road,
P.O. Box 19256, Springfield, Illinois 62794-9256

To register by phone with VISA, MasterCard or Discover card, please call 786.2426.
(Have camp information and VISA/MasterCard/Discover card information available.)

If registering for CFK classes also, please include CFK registration form and separate check for CFK payment.

sports
insurance
waiver on
back



SPORTS CAMPS | Insurance Waiver

RELEASE AND HOLD HARMLESS AGREEMENT



I, _____, the undersigned, as parent or
(print name)

guardian of _____, desire to have my child
(child's name)

participate in the athletic camp program offered through Lincoln Land Community College.

1. **By execution of this release form**, I agree that all requirements, directions and standards set by Lincoln Land Community College staff, use of any equipment or supplies under the supervision of the staff, shall be deemed to have been accomplished for the benefit of my child.
2. **I grant permission of**, photography and understand that any picture of my child could possibly be used in future athletic camp promotional items.
3. **The undersigned hereby releases and discharges for all time**, Lincoln Land Community College personnel, agents, officers, and trustees from all liability to the undersigned for any losses or damage including bodily injury and or death as a result participating in said camp.
4. **The undersigned hereby assumes full responsibility and risk of bodily injury, death and or property damage** while my child is participating in said camp.
5. **The undersigned acknowledges** that the child named is a minor under the age of 18 and as his/her legal guardian I have discussed the risk involved in participating in this camp program.
6. **The undersigned hereby agrees that this release and hold harmless agreement** is intended to be as broad and inclusive as is permitted by law of the state of Illinois.
7. **The undersigned understands that this release applies to** all claims for property loss, injury or illness, or death or any other damages suffered while transporting to or from such camp.
8. **The undersigned agrees to abide by** the same rules and regulations that govern Lincoln Land Community College.
9. **I assure** that there are no known physical or other reasons that preclude my child from participating in athletic camp program.
10. **I authorize Lincoln Land Community College staff** to obtain medical care, emergency or otherwise, at its sole discretion deemed necessary for my child. I maintain adequate health insurance or personal funds to provide payment for all costs associated with medical care and indemnify Lincoln Land Community College for any costs associated with such care.

Before signing this release, I state that:

- 1) I have read it.
- 2) I understand it and know that I am giving up important rights.
- 3) I sign it freely as my own act and deed.
- 4) I intend to be legally bound by it.

Signature

Date

EMERGENCY CONTACT INFORMATION

Emergency Contact: _____
Name of guardian or parent

Emergency Phone #: _____