

## Forreston Jr./Sr. High School Athletic Department Summer Camp Information and Sports Physicals

**PHYSICALS** will once again be offered at a reduced rate by the Freeport Health Network. Physicals are required for all junior high and high school students participating in sports. The sports physicals will be given on **Wednesday, June 22, from 7:00 a.m. to 12:00 p.m. and Friday, July 15, from 1:00 p.m. to 4:00 p.m.** Physicals will be given at the Forreston Medical Center. Call 815-938-3130 for appointments. The cost is \$20 and you must pay for your physical that day. If you are paying by check, please make the check payable to FHN. IHSA/IESA physical forms, and consent forms for physicals are available in the high school office. This sports physical will not qualify for 6<sup>th</sup> and 9<sup>th</sup> grade entry for school. School entry physicals for 6<sup>th</sup> and 9<sup>th</sup> grade will work for sports physicals. These physicals are only good for sports and cover the entire school year. Physicals are not needed to attend camps.

**Girls' Basketball Camp** will be held in the high school gym. The dates and times for the camp are as follows. Students entering:

Grades 9-12	May 26, 27, 31 June 1, 3, 6, 8, 10, 13, 15 June, 17, 20, 22, 24, 27, 29 7:30 a.m.-10:00 a.m.	
Grades 5-8	June 6, 8, 10, 13, 15, 17, 20, 22, 24 8:45 a.m.-10:00 a.m.	\$35.00
Grades 1-4	June 14, 16, 21, 23 8:30 a.m.-9:30 a.m.	\$25.00

\*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

**Boys' Basketball Camp** will be held June 6-9 in the high school gym. The times for the camp are as follows. Students entering:

Grades 9-12	8:30 a.m.-11:00 a.m.	\$50.00
Grades 5-8	11:30 a.m.-1:30 p.m.	\$45.00
Grades 1-4	2:00 p.m.-3:30 p.m.	\$35.00

\*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

**Softball Camp** will be held May 27, June 3, June 10, and June 17 at Warnken Park in Forreston. The times for the camp are as follows. Students entering:

Grades 4-9	10:15 a.m.-11:15 a.m.	\$25.00
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**Baseball Camp** will be held June 13-16 (Grades 3-8<sup>th</sup>) at Warnken Park in Forreston. The times for the camp are as follows. Students entering:

Grades 9-12 (June 14, 16, 28, 30)	9:00 a.m.-11:00 a.m.	
Grades 9-12 (June 21, 23)	1:00 p.m.-3:00 p.m.	\$45.00
Grades 3-5	12:00 p.m.-2:00 p.m.	\$30.00
Grades 6-8	2:00 p.m.-4:00 p.m.	\$40.00

\*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

**Volleyball Camp** will be held June 27-30 in the high gym. The times are as follows. Students entering:

Grades 9-12	12:00 p.m.-3:00 p.m.	\$50.00
Grades 6-8	9:30 a.m.-11:30 a.m.	\$40.00
Grade 1-5	8:30 a.m.-9:30 a.m.	\$20.00

\*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

**Football Camp** will be held July 25-29 on the football practice field area behind the high school. The times are as follows. Students entering:

Grades 1-5	10:30 a.m.-11:30 a.m.	\$30.00
Grades 6-8	9:00 a.m.-11:00 a.m.	\$45.00
Grades 9-12	6:00 p.m.-8:00 p.m.	\$50.00

\*If you have more than one child attending this camp, the cost is \$20.00 for each additional family member.

**Beginning Band Camp** will be held August 8-12 in the FHS/FJH band room.

This camp is for students entering 6<sup>th</sup> grade beginning band next fall. The cost is \$30.00, which covers a 30 minute daily lesson. Lessons are scheduled between 4:00 p.m.-8:30 p.m. A schedule of lessons will be mailed to campers prior to the start of camp.

Detailed brochures are available at all of the schools in the district. You may register your child with the enclosed registration forms, or you may fill out a form in one of the brochures. Please register your child as soon as possible to help the directors plan the camps accordingly. Payment for the camps must accompany the registration form and separate checks need to be made for each camp, as they each have their own separate accounts.

If you have any further questions, please contact  
Pam Greenfield or Kyle Zick at the  
high school office, 938-2175.