



LANSING HIGH SCHOOL

U.S.D. # 469



Dr. Alan Penrose, Principal
Nick Gray, Asst. Principal
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SUMMER OPPORTUNITIES FOR LANSING STUDENTS 2024

Go to--<https://usd469.socs.net/vnews/display.v/ART/624e112495e4b>
to get the camp flyers, sign-up information and costs for the camps listed below.

FOOTBALL—Rick Pollard rick.pollard@usd469.net

- 9th-12th Grade Football Camp: May 28th – May 31st. 8:00 am - 10:15 am--\$50
- 6th-8th Grade Football Camp: June 3rd- June 6th. 12:15-1:15pm--\$50
- Youth Football Camp: May 28th – May 31st. 6:30 pm – 7:30 pm--\$50
- Skill Workouts 9th-12th Grade M-TH starting June 3rd. 8:30 am – 10am

BASEBALL—Mike Basler michael.basler@usd469.net

- Position Camp 10-15 yrs old (C/IF/OF). 10 am – 11:30 am. May 28-30--\$50
- Hitting Camp 10-15 yrs old. 9 am – 10:30 am. June 4, 11, 18, 25--\$75
- High School Skills Development (must be returning HS player or attend the position camp)—9 am – 10:30 am. June 3,10,17,24.

BOYS BASKETBALL—Larry Hogan larry.hogan@usd469.net

- High School Team Camp – June 17th – 20th. 3:00 pm – 5:00 pm. \$40
- Kids Camp – July 22nd – 25th.
 - 4th – 6th Grade - 1:00 pm - 2:30 pm. \$40
 - 7th – 8th Grade – 3:00 pm – 4:30 pm \$40
- Skill Workouts 9th-12th Grade Tue-Thu starting June 4th – 8:30 am – 10:00 am. (must be at weights prior to attend)

GIRLS BASKETBALL—Brett Pierce brett.pierce@usd469.net

- HS camp May 29th – 31st 8 am – 10 am – Cost \$10
- 3rd – 8th Grade Girls Camp May 29th – 31st 10 am – Noon – Cost \$20
- Skill Workouts 7th – 12th Grade before weights Tue & Thu - 8:30 am – 9:45 am Starting June 3rd

CROSS COUNTRY—Josh Floetke joshua.floetke@usd469.net

- Grades 7-12—Will meet 6:45 am at the Intermediate School Track Mondays, Tuesdays, and Thursdays June 3rd – July 18th for open runs. It is open to anyone who wants to attend and not limited to only cross country runners. Runs each day will be determined on ability level and condition of each athlete. Coach Floetke will discuss at the running session which weight/conditioning session to attend.

SOFTBALL—Gabby Stage gabby.stage@usd469.net

BOYS SOCCER—Brad Alexander

brad.alexander@usd469.net

- Grades 9-12 skill development—Mon-Thu 8:30 am – 10:00 am. (must be at weights prior to attend)
- Team Soccer Camp – Grades 8-12 – June 18th – 20th. 8:30 am – 10:00 am.
- Youth Soccer Camp – Grades K-7 – June 18th – 20th. 10:00 am – 11:30 am.

GIRLS SOCCER—TBD

[tbd](#)

- Grades 9-12 skill development—Mon-Thu 8:30 am – 10:00 am. (must attend weights after skills)
- Team Soccer Camp – Grades 8-12 – June 18th – 20th. 8:30 am – 10:00 am.
- Youth Soccer Camp – Grades K-7 – June 18th – 20th. 10:00 am – 11:30 am.

SWIMMING—Josh Floetke (boys) & David Bresser (girls)

joshua.floetke@usd469.net

david.bresser@usd469.net

- Sea Lions: May 28 - June 28 – Morning Practice Time is TBD (HS time likely 9:15-10:30 am)
- HS clinics/practice with Coach Bresser (stroke work, technique, turns, starts): July 15-Aug 2 (7:30-9:00 am): By appt. - \$5/day

VOLLEYBALL—Alexis Shepherd

alexis.shepherd@usd469.net

- Grades 9 – 12 Skill sessions Mon & Wed.. Starting June 3rd. 8:30 am – 10:00 am.
- Team Always High School Camp June 24th – 27th. 4:00 pm – 6:00 pm. **\$60**
- Team Always Elementary (Grades 3-5) Camp. June 24th – 27th. 12:00 pm – 1:30 pm. **\$60**
- Team Always MS (Grades 6-8) Camp. June 24th – 27th. 2:00 pm – 3:30 pm. **\$60**
- Lansing Varsity 8 Team Camp—June 10-11. 8:00 am – 3:00 pm.

WRESTLING—Paul Hansen

paul.hansen@usd469.net

- Open Mat – grades 7-12 – May 28th – July 18th – Tuesdays 6:00 pm – 7:30 pm
- Open Mat – grades K-6 – May 28th – July 18th – Tuesdays 6:00 pm – 7:30 pm
- HS Team Camp -- July 23rd 25th – 6:00 pm – 8:00 pm --