



LANSING HIGH SCHOOL

U.S.D. # 469



Dr. Alan Penrose, Principal
Nick Gray, Asst. Principal
Dr. Sandy Van Cise, Asst. Principal
Gary Mattingly, Activities / Athletic Director
Kari Anderson, Counselor
Wes Cackler, Counselor
Kristie Wessel, Counselor

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SUMMER OPPORTUNITIES FOR LANSING STUDENTS 2023

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

FOOTBALL—Rick Pollard rick.pollard@usd469.net

- 9th-12th Grade Football Camp: June 5th - June 9th. 8:00 am - 10:00 am--\$50
- 6th-8th Grade Football Camp: June 5th - June 9th. 10:30 am - 12:30 pm--\$50
- Youth Football Camp: June 6th - June 8th. 6:00 pm - 7:15 pm--\$50
- Skill Workouts 9th-12th Grade M-TH (and every other Friday) starting June 12th. 8:00 am - 9:30 am. (must be at weights prior to attend)

BASEBALL—Mike Basler michael.basler@usd469.net

- Youth 10yrs - 15 yrs Summer Camp - May 30, 31 & June 1. 10:00 am - noon. \$50
- Summer Skills Days:
 - Incoming Freshmen: June 5, 12, 19, 26 & July 10. 10:00 am - 11:30 am.
 - All High School Grades: June 6, 13, 20, 27 & July 11. 10:00am - 11:30 am.

BOYS BASKETBALL—Jason Jones jason.jones@usd469.net

- High School Team Camp - May 30th - June 2nd. 3:30 pm - 6:30 pm. \$40
- 3rd - 8th Grade Camp - May 30th - June 1st. 1:00 pm - 2:30 pm. \$40
- Skill Workouts 9th-12th Grade M-TH (and every other Friday) starting June 5th. 8:00 am - 9:30 am. (must be at weights prior to attend)

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

- HS camp May 30th - June 2nd. 8:00 am - 10:00 am. **FREE**
- 3rd - 8th Grade Girls Camp May 30th-June 2nd. 10 am - 12 am. **FREE**
- Skill Workouts 9th - 12th Grade M-TH (Every Other Friday) starting June 5th 8:00 am - 9:30 am with weights following 9:30 am-10:30 am.

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

- Grades 7-12—Will meet 6:45 am at the Intermediate School Track Mon-Thu June 5th - July 21st 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—Jackie Sells jackie.sells@usd469.net

- Open Cage Tuesdays & Thursdays 8:00 am - 9:00 am starting June 5th. (All ages)

BOYS SOCCER—Parker Ast parker.ast@usd469.net

- Grades 9-12 skill development—Mon-Thu 8:00 am – 9:30 am. (must be at weights prior to attend)
- Team Soccer Camp – Grades 8-12 – June 20th – 22nd. 8:00 am – 9:30 am.
- Youth Soccer Camp – Grades K-7 – June 20th – 22nd. 10:00 am – 11:30 am.

GIRLS SOCCER—Seth Hemker seth.hemker@usd469.net

- Grades 9-12 skill development—Mon-Thu 8:00 am – 9:30 am.
- Team Soccer Camp – Grades 8-12 – June 20th – 22nd. 8:00 am – 9:30 am.

SWIMMING—Josh Floetke (boys) & David Bresser (girls) joshua.floetke@usd469.net david.bresser@usd469.net

- Sea Lions: May 30 - June 30 – Morning Practice Time is TBD
- HS clinics/practice with Coach Bresser (stroke work, technique, turns, starts): July 10-Aug 11: By appointment - \$5/day

VOLLEYBALL—Kim Jones & Jason Jones kim.jones@usd469.net jason.jones@usd469.net

- Grades 9 – 12 Skill sessions T & TH. Starting June 12th. 10:30 am - 11:30 am.
- Team Always High School Camp June 5th -9th. 3:30 pm - 5:30 pm. **\$40**
- Team Always Elementary and Middle School Camp June 5th – 8th. 1:00 pm - 2:30 pm. **\$40**

WRESTLING—Paul Hansen paul.hansen@usd469.net

- Open Mat – grades 7-12 – June 8th - July 31st. Tuesday & Thursday. 9:30-10:30 am.
- Open Mat – grades K-6 – June 8th – July 31st. Wednesdays. 6:00 pm – 7:00 pm.