

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 13, from 1:00 p.m. to 5:00 p.m. and Wednesday, July 11, from 1:00 p.m. to 5:00 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 or FVV website. This sports physical will not qualify for 6th and 9th grade entry for school. **(School entry physicals for 6th and 9th grade will work for sports physicals.)** These sports physicals are only good for sports and cover the entire school year. Sports physicals are not needed to attend camps.

Girls' Basketball Camp will be held June 4-7 in the high school gym. The dates and times for the camp are as follows. Students entering:

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

*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 4-7 in the high school gym. The times for the camp are as follows. Students entering:

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

*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 July 6, 13, 20, 27 at Forreston High School Cardinal Field Complex. The times for the camp are as follows. Students entering:

Grades 9-12	9:00 a.m.-10:30 a.m.	\$30.00
Grades 3-8	10:30 a.m.-12:00 p.m.	\$25.00

*If you have more than one child attending this camp, the cost is \$20 for each additional family member.

Baseball Camp will be held June 11-14 at Warnken Park in Forreston. The times for the camp are as follows. Students entering:

Grades 9-12	9:00 a.m.-11:00 a.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 25-28 in the high gym. The times are as follows. Students entering:

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

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

Football Camp will be held July 23-27 on the football practice field area behind the high school. The times are as follows. Students entering:

Grades 6-8	9:00 a.m.-11:00 a.m.	\$45.00
Grades 1-5	10:30 a.m.-11:30 a.m.	\$30.00
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 6-10 in the FHS/FJH band room.

This camp is for students entering 6th 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.