

CHEERLEADING CAMPS

FCBS CHEER DAWG CAMP

Learn basic cheerleading skills and routines. Campers will receive daily spirit items; parent performance on Thursday.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
4 +	M-Th	10am-12pm	Jun 7-10	Central Park	Staff	\$75	\$90	359107-A

LHS LIL' LONGHORN CHEER CAMP

Learn basic cheerleading skills and routines. Campers will receive daily spirit items; parent performance on Friday.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
4-12	M-F	9am-12pm	Jun 14-18	Lambert HS	S. Ray	\$120	\$144	313154-A
4-12	M-F	10am-12:30pm	Jun 28-Jul 2	Lambert HS	S. Ray	\$110	\$132	313154-B

SFHS CHEERLEADING CAMP

Learn basic cheerleading skills and routines; parent performance on Friday.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
4-12	M-F	9am-12pm	Jul 19-23	S. Forsyth HS	S. Watson	\$125	\$150	313156-A

FOOTBALL CAMPS

LHS LONGHORN JR. FOOTBALL CAMP

Campers will learn football fundamentals by LHS coaching staff. Participants will receive T-Shirt and Sports bag.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
6-14	Tu-F	9am-12pm	Jun 1-4	Lambert HS	S. Maxwell	\$125	\$150	312654-A

NFHS FOOTBALL CAMP

July 12-15 – Learn proper fundamentals, skills and football techniques (Cleats or Tennis Shoes, Shorts and T-Shirt) July 19-22 – Quarterbacks & Wide Receivers will learn position specific fundamental skills to improve their game. (Must Bring Cleats)

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
8-14	M-Th	6-8:30pm	Jul 12-15	N. Forsyth HS	J. Zito	\$100	\$120	312657-A
10-14	M-Th	7:15-8:30pm	Jul 19-22	N. Forsyth HS	J. Zito	\$100	\$120	312657-B

SFHS FOOTBALL CAMP

Learn proper fundamentals, skills and football techniques. Wear cleats or tennis shoes, shorts and t-shirt.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
8-14	M-F	9am-12pm	Jun 14-18	S. Forsyth HS	J. Arnette	\$100	\$120	312656-A

GENERAL SPORTS CAMPS

"ALL-SPORTS" ALL-STAR CAMP

Learn the fundamentals for baseball/Whiffle ball, basketball, football and soccer by Forsyth County High School Coaches.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
4-8	M-Th	9am-12pm	Jun 14-17	Central Park	School Coaches	\$110	\$132	311702-A

BULLDOG ALL SPORTS CAMP

Learn the fundamentals of basketball, soccer, flag football, volleyball and softball/kickball.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
8-12	M-F	10:30am-1:30pm	Jun 7-11	Otwell Middle School	J. Jager	\$100	\$120	311753-A

SANDLOT DAY CAMP

Campers will play different sports each day. Participants will be divided in to teams & have special contests. Ages 9-12 bring a sack lunch.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
5-8	M-F	9am-12pm	Jun 28-Jul 2	Central Park	FCPRD Staff	\$110	\$132	311102-A
9-12	M-F	9am-3pm	Jul 19-23	Central Park	FCPRD Staff	\$130	\$156	311102-B

GOLF CAMP

NORTH GEORGIA GOLF ACADEMY JR. CAMP

Learn the fundamentals of golf.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
6-16	Tu-F	9:30am-12pm	Jun 1-4	Hampton Golf Club	K. Hill	\$175	\$210	313661-A
6-16	Tu-F	9:30am-12pm	Jun 8-11	Hampton Golf Club	K. Hill	\$175	\$210	313661-B
6-16	Tu-F	9:30am-12pm	Jun 22-25	Hampton Golf Club	K. Hill	\$175	\$210	313661-C
6-16	Tu-F	9:30am-12pm	Jul 13-16	Hampton Golf Club	K. Hill	\$175	\$210	313661-D
6-16	Tu-F	9:30am-12pm	Jul 20-23	Hampton Golf Club	K. Hill	\$175	\$210	313661-E
6-16	Tu-F	9:30am-12pm	Jul 27-30	Hampton Golf Club	K. Hill	\$175	\$210	313661-F

SOCCER CAMPS

LHS YOUTH CO-ED SOCCER CAMP

Learn the fundamentals of soccer. Campers will receive a T-Shirt, soccer ball and certificate of participation; Friday is the rainout day.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
4-5	M-Th	9-10:30am	Jun 7-10	Lambert HS	S. Luthart, C. Wilson	\$85	\$102	313354-A
6-7	M-Th	9-10:30am	Jun 7-10	Lambert HS	S. Luthart, C. Wilson	\$90	\$108	313354-B
8-9	M-Th	9-10:30am	Jun 7-10	Lambert HS	S. Luthart, C. Wilson	\$95	\$114	313354-C
10-12	M-Th	12-2pm	Jun 7-10	Lambert HS	S. Luthart, C. Wilson	\$100	\$120	313354-D
13-14	M-Th	12-2pm	Jun 7-10	Lambert HS	S. Luthart, C. Wilson	\$105	\$126	313354-E

TAVANI SOCCER CAMP

Tavani Soccer camp is a fun and intense camp for boys and girls ages 7 to 15. Camp is designed to develop tactical, technical and physical skills to a higher level. Daily sessions emphasizing dribbling, passing, shooting, team play are emphasized in small-sided games. The week will culminate in camp tournament. The camp will be held, M-F, 9am - 12 Noon, at Sharon Springs Park Field 10. Register at www.tavanisoccer.com. For additional information contact us at camp@tavanisoccer.com or call 770-396-8258.

For more information: 770-781-2215 Visit us at: www.forsythco.com

LACROSSE CAMPS

LHS LONGHORN LACROSSE CAMP

Learn the fundamentals of the game. The boy's camp will be instructed by Mide Pressler, former Duke University Coach - currently at Bryant College and Coach of the US National Team as well as the LHS Coaching Staff. Bring a drink, snack and towel.

GENDER	AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
Girls	8-18	M-W	6-9pm	Jun 7-9	Lambert HS	LHS Staff	\$90	\$108	311254-A
Boys	8-18	M-F	9am-5pm	Jun 14-18	Lambert HS	LHS Staff	\$375	\$450	311254-B

NFYLA BOYS LACROSSE CAMP

Learn the sport of Lacrosse or strengthen existing skills. All levels welcome. Participants must provide own gear. Visit website for detailed information, www.nofolax.com

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
7-15	M-F	6-8pm	Jul 12-16	Bennett Park	NFYLA Staff	\$175	\$210	311206-A

WFHS BOYS LACROSSE CAMP

Learn the Basic Fundamentals of Lacrosse. Participants must provide own equipment.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
8-14	M-F	8-11am	Jun 14-18	W. Forsyth HS	C. McIlvain	\$175	\$210	311255-A
8-14	M-F	8-11am	Jul 12-16	W. Forsyth HS	C. McIlvain	\$175	\$210	311255-B

SFHS GIRLS LACROSSE CAMP

Beginner camp will learn basic fundamentals of lacrosse; advanced camp will focus on game plans and play full field games.

LEVEL	AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
Beg	8-14	M-F	8:30-10:30am	Jul 12-16	S. Forsyth HS	K. Richelt	\$125	\$150	311256-B
Adv	15-17	T	7:30-9pm	Jun 8-Jul 27	S. Forsyth HS	K. Richelt	\$60	\$72	311256-A

Speed and Agility Camps

BPK RAIDERS SPEED/AGILITY CAMP

Speed, agility and fitness training for any type of sport.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
7-13	M-F	6:45-8pm	Jul 19-30	Bennett Park	R. Zacholski	\$125	\$150	312806-A

"BIGGER, FASTER, STRONGER"

Speed, agility and fitness training for any type of sport.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
8-16	M-Th	5:30-8pm	Jun 7-10	Central Park	J. Bishop	\$100	\$120	312807-A

LHS CO-ED SPEED TRAINING CAMP

Campers will receive performance training in areas of straight ahead speed and lateral speed/agility training. The camp will focus on athletic performance for all sports. Sign up for 2 Sessions for \$175 or 3 Sessions for \$225. Anyone attending all 3 sessions will receive a T-shirt and an individual running form analysis DVD using Dartfish technology.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
7-15	M,Tu,Th,F	10:30am-12pm	Jun 21-25	Lambert HS	S. Maxwell	\$100	\$120	312854-A
7-15	M,Tu,Th,F	10:30am-12pm	Jun 28-Jul 2	Lambert HS	S. Maxwell	\$100	\$120	312854-B
7-15	M,Tu,Th,F	10:30am-12pm	Jul 19-23	Lambert HS	S. Maxwell	\$100	\$120	312854-C

LHS CO-ED SPEED DEVELOPMENT

Camp will focus on the bio-mechanics of speed acceleration and deceleration training. Campers will receive a T-shirt and an individualized running form analysis DVD using Dartfish technology.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
6-14	M-Th	8am-12pm	Jul 5-8	Lambert HS	S. Maxwell	\$125	\$150	312954-A

VCMS - SPEED & AGILITY CAMP

Speed, agility, power and balance development utilizing weight sleds, hand weights, weight belts, resistance bungee cords, running parachutes, agility ladders, mini-hurdles, overspeed trainers, plyometric trainers and more. Ideal for all athletes of any sport or fitness level.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
8-15	M-Th	4:30-6pm	Apr 19-22	Vickery Creek Middle	M. Taylor	\$65	\$78	212852-A
8-15	M-Th	4-5:30pm	Jun 7-10	Vickery Creek Middle	M. Taylor	\$65	\$78	312852-A

WFHS SPEED & AGILITY CAMP

Speed, agility and light weight strength development.

AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	NO CLASS	FEE	NR FEE	ACTIVITY#
8-12	M-Th	11:30am-1:30pm	Jun 7-24	W. Forsyth HS	R. Zacholski, J. Albritton	Jun 11, 18	\$200	\$240	312855-A

NFHS COED SPEED TRAINING CAMP

Learn proper form running, speed training, plyometrics and agility training. Campers must take beginner camp to enroll in the advanced camp. Receive a \$25.00 discount if you enroll in both camps.

LEVEL	AGES	DAYS	TIME	DATES	LOCATION	INSTRUCTOR	FEE	NR FEE	ACTIVITY#
Beg	8-14	M-Th	6-7pm	Jul 19-22	N. Forsyth HS	J. Zito, G. Hughes	\$100	\$120	312857-A
Adv	8-14	M-Th	6-7pm	Jul 26-29	N. Forsyth HS	J. Zito, G. Hughes	\$100	\$120	312857-B