



2026 SUMMER PROGRAMS



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**Milwaukee
Lutheran**
MIDDLE & HIGH SCHOOL

MILWAUKEE LUTHERAN MIDDLE & HIGH SCHOOL
9700 W GRANTOSA DR. MILWAUKEE, WI

SUMMER FUN!



Thank you for your interest in Milwaukee Lutheran,
a Christ-centered school of excellence!
Milwaukee Lutheran is part of WeTeachTruth
Lutheran Education. Find more information
about the schools and our mission here:

Milwaukee Lutheran: 414-461-6000
milwaukeeelutheran.org

WeTeachTruth Lutheran Education: 414-421-9100
weteachtruth.org

FOOTBALL

FOOTBALL YOUTH CAMP

The Red Knight youth football camp is an organized event designed to teach young players the fundamentals of football, improve their skills, and foster teamwork in a fun and supportive environment. The camp typically caters to players of various skill levels, from beginners to more experienced athletes, and offers specialized coaching from member of Milwaukee Lutheran varsity football coaching staff to help them develop their abilities on both offense and defense. Participants will engage in drills focusing on techniques like passing, catching, running, blocking, and tackling. Additionally, they may participate in team-building exercises, practice game scenarios, and receive guidance on strength, conditioning, and sportsmanship.

Position-Specific Training: Quarterback, Running Back, Wide Receiver, Lineman, Linebackers, Defensive Backs, and Special Team

Passing and Catching: Drills to improve throwing, catching, and accuracy.

Footwork and Agility: Drills designed to improve speed, footwork, and quickness.

Offensive and Defensive Strategies: Teaching football basics, play calling, and tactical strategies.

Tackling and Blocking: Safe and effective techniques for tackling and blocking.

Incoming Grades: 1st–8th
July 27–30 | 9am–12pm

Cost: \$25*
* Includes T-shirt



TRACK

TRACK CAMP

The Junior Red Knight co-ed track and field summer camp is a great way for young athletes to develop their skills in a supportive, competitive, and fun environment. Participants will focus on both individual and team events, helping athletes improved their speed, agility, endurance, and overall athleticism. The camp will focus on the following areas:

Sprints: Running short distances with a focus on technique and power.

Distance: Endurance running for longer races (800 meters, 1600 meters, etc.).

Hurdles: Techniques for clearing hurdles efficiently.

Relays: Team-based events that emphasize coordination and teamwork.

Field Events: High jump, long jump, shot put, discus.

Incoming Grades: 6th–8th

July 6–8 | 9–11am

Cost: \$25*

* Includes T-shirt



VOLLEYBALL

GIRLS VOLLEYBALL

Milwaukee Lutheran's Youth Volleyball Camp is designed to develop athletes of all skill levels in a positive, competitive, and high-energy environment. This camp focuses on strengthening fundamental skills, building game knowledge, improving physical conditioning, and fostering teamwork and leadership both on and off the court.

Throughout the camp, athletes will receive hands-on instruction from experienced high school coaches and players. Each day is structured to include dynamic warm-ups, skill-specific training sessions, position-based drills, and competitive gameplay. Campers will work on serving consistency, passing accuracy, setting technique, attacking mechanics, blocking timing, defensive positioning, and court communication.

Our goal is not only to elevate individual performance but also to cultivate a strong sense of teamwork, sportsmanship, and passion for the game. Whether preparing for the upcoming season or looking to refine specific skills, this camp offers an excellent opportunity for athletes to grow, compete, and have fun in a supportive and encouraging environment.

Incoming Grades: 6th–8th

June 29, 30, July 1 | 10am–12pm

Cost: \$25*

* Includes T-shirt

BASEBALL

BASEBALL CAMP

Our Youth Baseball Camp is designed to teach young athletes the fundamentals of the game in a fun, energetic, and positive environment. Whether your child is new to baseball or looking to sharpen their skills, this camp focuses on building strong fundamentals, confidence, and a love for the game.

Campers will receive instruction from experienced coaches and high school players who are passionate about teaching the game the right way. Each day includes structured skill stations, interactive drills, fun competitions, and controlled scrimmages to help players apply what they learn in game-like situations.

Incoming Grades: 6th–8th

August 3–5 | 9–11am

Cost: \$25*

* Includes T-shirt

BASKETBALL

BASKETBALL CAMP

Our Youth Basketball Camp is designed to introduce young athletes to the fundamentals of the game while building confidence, teamwork, and a love for basketball. This camp provides a fun, structured, and positive environment where players of all skill levels can learn, grow, and compete.

Campers will receive instruction from experienced coaches and high school players who are passionate about teaching the game the right way. Each day includes skill development drills, interactive games, team competitions, and controlled scrimmages to help athletes apply what they learn in real-game situations.

Girls Camp

Incoming Grades: 6th–8th

July 20, 22, 24 | 2–4pm

Cost: \$25*

* Includes T-shirt

Boys Camp

Incoming Grades: 6th–8th

July 27–July 29 | 9am–12pm

Cost: \$25*

* Includes T-shirt



STRENGTH & CONDITIONING

STRENGTH & CONDITIONING CAMP

Our Youth Strength & Conditioning Camp is designed to help young athletes build a strong athletic foundation in a safe, structured, and encouraging environment. This program focuses on proper movement mechanics, body control, speed development, and overall athletic performance — all taught in an age-appropriate way.

Whether your child participates in sports year-round or is just getting started, this camp will help improve strength, coordination, confidence, and injury prevention.

Our goal is to help young athletes develop strength the right way — focusing on proper technique, consistency, and long-term growth. This camp provides a strong foundation that benefits athletes in all sports while building healthy habits that last a lifetime.

Boys Camp

Incoming Grades: 6th–12th

June 8–July 16 | 8:30–10:00am

(Mondays, Tuesdays, Thursdays)

No sessions during the week of June 29th

Cost: \$25*

* Includes T-shirt

Girls Camp

Incoming Grades: 6th–12th

June 8–July 16 | 10:15–11:45am

(Mondays, Tuesdays, Thursdays)

No sessions during the week of June 29th

Cost: \$25*

* Includes T-shirt



SCAN TO REGISTER



For more information on Summer Programs contact:

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