HOMEWOOD-FLOSSMOOR HIGH SCHOOL
FINANCE COMMITTEE AGENDA
Tuesday, August 5, 2025 – 7:45 a.m.
Viking Room

Agenda

1. Call to Order
2. Approval of the April 8, 2025 Finance Committee Meeting Minutes
3. Comments
4. Topics:
    a. FY25 Capital Projects Updates
    b. Future Projects
        i. Five-Year Facilities Plan Update
        ii. Facilities/Programs Exploratory Presentation
        iii. South Lot Project
        iv. South Flooring Project
    c. Summer Camps
    d. FY26 Counsel Agreements
    e. Tentative 2025-2026 Budget Presentation
    f. Executive Session

        Motion to enter into Executive Session pursuant to 5 ILCS 120/2(c)(2) of the Open Meetings Act to consider the appointment, employment, compensation, discipline, performance, or dismissal of specific employees of the School District and for the purpose of meetings between internal or external auditors and governmental audit committees, finance committees, and their equivalents.

    g. Approval of the April 8, 2025 Finance Committee Closed Meeting Minutes
    h. Return to Open Session
5. Adjournment

Approval of the April 8, 2025 Finance Committee Meeting Minutes

MINUTES OF FINANCE COMMITTEE MEETING
Homewood-Flossmoor High School, 999 Kedzie Ave., Flossmoor
April 8, 2025

In attendance for all or part of the meeting were Ms. Jackson, Mr. Pauling, Mr. Anderson, Dr. Wakeley, Dr. Cook, Mr. Patterson, Dr. Hester, Mrs. Erdey, Mr. Richardson, Mr. Dvorkin, Mr. Perozzi. In addition, Incoming Superintendent Dr. Norrell was in attendance. Mr. Ryan Kelley, DLA Architects, Mr. Brian Tyrrell, Alliant, and Ms. Kathryn Fromm, Athletico, were also present.

Ms. Marilyn Thomas, HF Chronicle, was in attendance. No members of the public were in attendance.

The meeting was called to order at 7:51 a.m.

Approval of Minutes. The February 6, 2025, Finance Committee minutes stand approved as presented.

Comments. Mr. Pauling noted that today is Mr. Anderson's last Finance Committee meeting. He extended his appreciation to Mr. Anderson for his years of dutiful service on the Finance Committee over the course of the past several years. He noted that many important initiatives that have made a difference to not only our students, not only to our board but also to the district and the community were led by Mr. Anderson. Mr. Pauling directed his comments to Mr. Anderson stating "we are all indebted to you. It has been an honor working beside you. Congratulations and thank you!" Mr. Anderson thanked Mr. Pauling and stated that it has been his honor to serve and for those that have been around him know that he really enjoys being this part of it and he has relished the opportunity to use his corporate skill set to help the district. Ms. Jackson added that Mr. Anderson will be sorely missed.

2025-2026 Budget Process
Dr. Cook spoke on the Budget process that is currently underway. He noted the process follows the same framework as it has in previous years. He is currently collecting data on departmental needs. He pointed out that the allocation and disbursement of funds may differ somewhat in next year's budget. He also noted that he will be meeting with Dr. Norrell in the near future to review the budget and gain her input.

Shuttle Bus Purchase
Dr. Cook explained that in Fiscal Year 2022, the district purchased a used 2017 full-size, 54-seat bus with wheelchair accessibility for two individuals at a cost of $64,500. The bus was used to shuttle students between the two campus buildings. However, due to significant electrical issues related to the wheelchair lift, the bus has required frequent and costly repairs. In the current fiscal year alone, repair costs have totaled nearly $15,000. Since then, costly repairs continue to be incurred that include electrical issues with the wheelchair lift. He shared that the repair facility is over 70 miles away and repair parts for this particular bus can take over two months to receive. Dr. Cook reviewed two options available to the district: purchase a new 54-seat bus with wheelchair accessibility for two individuals at a cost of $165,000, with an optional five-year warranty for an additional $3,000; or, lease the same bus for $27,000 per year over five years, with an extended warranty included in the lease. Dr. Cook stated his recommendation is to lease a new bus. He explained that leasing the vehicle is a more cost-effective and operationally reliable solution as opposed to purchasing a new bus at a cost

$165,000 that does not include an extended warranty. The committee concurred with Dr. Cook's recommendation of the leasing option of a new shuttle bus. Mr. Anderson recommended that Dr. Cook look into a purchase option at the end of its 5-year lease term. This item will be on the April 15 board agenda for approval.

Professional Learning Community

Dr. Norrell stated that at the March 2025 Planning Committee meeting, a proposal was presented to implement Professional Learning Communities (PLCs) aligned with the district's strategic priorities. Because the proposal has a strong financial component the Planning Committee requested it be presented to the Finance Committee for the committee's review. She explained that part of the change to the district's current PLC structure will be a better understanding of the true structure and nature of the PLC with the entire district being a PLC versus the individual team meetings that have been taking place at HF. Dr. Norrell added that all teachers will need to do some pointed work around standards and assessments and that these things need to be done through sufficient planning, which needs a cycle and a structure to allow it to work best. Dr. Norrell explained that the proposed PLC structure directly supports three of the district's strategic goals: College, Career, and Life Readiness; Fiscal Responsibility and Equitable Resources; and Professional Excellence. A key component of the proposal is the establishment of a Collaborative Team Leader (CTL) structure. CTLs would serve as instructional leaders within their departments, fostering a culture of collaboration and continuous improvement. Their responsibilities would include: Implementing standards-based curriculum; Utilizing data-informed instructional practices; and Leading analysis of student achievement data to drive instructional decisions. To support the successful launch of the PLC model, training will begin in Summer 2025. In June, a six-member administrative team will attend PLC training in Minneapolis, Minnesota and in July, a group of 45 staff members will attend the PLC at Work Institute in Lincolnshire, Illinois. Dr. Hester added the funding to cover the training costs is available through Title I Title II grant funds. Dr. Norrell stated to support the implementation and leadership of PLCs, the proposal includes a $2,000 stipend for each CTL member. The total cost for the training for the Administrative Leaders, 11 Department Leads, and the 32 Collaborative Team Leaders is estimated to be $55,000. Stipends based on the contract hourly rate of $40/hour are being proposed for 32 CTLs. Dr. Wakeley added that many other school districts are using this structure and this will hold everything together for the big push for the work they want to get done. Dr. Norrell added that the proposed structure is much more job embedded professional learning and it links to our instructional coaching program. In addition, it will help leverage our coaches with teams instead of just individuals. Dr. Norrell feels the energy is contagious and hopes the teachers will be excited. Dr. Hester noted the proposed structure will have measurements tied to it. Dr. Norrell stated that this will be an annual spend and she has met with the HFEO leadership and they are in agreement and a Memorandum of Understanding (MOU) will be forthcoming to the board for approval. This item will be on the April 15 board agenda for approval.

Capital Projects Update

- Current Projects – Mr. Ryan Kelley spoke on current capital projects. He noted the Science addition is nearing completion with final punch list items being finished. A final completion date of April 15th is projected. The paving project that was delayed last year due to some wintery conditions will begin again on April 16th. Mr. Kelley hopes everyone has had an opportunity to walk through the new addition. Dr. Wakeley added that a ribbon cutting will be held in May with the date and time to be announced soon. Mr. Kelley added that the culinary area has been completed and the area is being well used.

- Near Future Projects – Dr. Cook noted that for over the past year they have been working with Operations & Maintenance and DLA Architects mapping out capital projects that are needed over the next 4 or 5 years. These include:
    - Roof Projects to be completed next year - $1.4 million
    - A-Building HVAC System to be completed next year - $2.3 million
    - Recording Studio has a projected cost of $1 million. Mrs. Erdey is working with Ms. Wallace, mother of former HF alumni and recording artist Jarad Anthony Higgins (Juice WRLD), who has expressed that she would like to give back to the community and help in providing a place where HF students can express themselves and use the recording studio as a learning tool. Cost estimates and rendered plans have been given to Ms. Wallace and she has offered to contribute $200,000 of her own money and will speak with Interscope Records, Juice WRLDs recording label, about providing additional funding for this project or their expertise in helping design the recording studio. Dr. Wakeley added that locations to house the recording studio are currently being discussed. Mrs. Erdey will continue discussions with Ms. Wallace and more information will be forthcoming to the Finance Committee in the near future.
    - Bus Drop-Off and Safety Fence – Mr. Kelley provided an overview of a new bus route on campus and installation of a safety fence based on the completion of the traffic study that was performed and the committee's request to prioritize this as a safety concern on campus. The proposed cost of this project is approximately $5 million. Mr. Kelley stated that with this new route, there will be a separation of bus traffic, vehicular traffic and pedestrian traffic. Discussion ensued regarding the addition of a perimeter ornamental fencing with decorative stone piers along Flossmoor Road and wrapping Kedzie Avenue and Governors Highway. He pointed out that a new parent pick-up and drop-off lot will replace the staff parking lot at the South Building and a new staff parking lot will be available off of Flossmoor Road. With the traffic study, Mr. Kelley pointed out that they paid particular attention to pedestrian traffic and making those areas safe with designated loading zones for buses and fencing. Ms. Jackson stated that she wants to ensure that the traffic congestion that currently occurs on the roads around campus remains in sight as they move forward with any changes. Mr. Pauling requested an additional schematic for the North Building to provide a better view of the traffic flow at that location. Mr. Anderson expressed that the projected cost of $5 million is higher than he anticipated and voiced that it will be a pretty big investment at this time. However, he deferred to Ms. Jackson and Mr. Pauling who will remain on the Finance Committee after his departure. Dr. Wakeley noted that this project was born out of when they started prioritizing projects into the future and the committee recommended looking at the traffic safety issue on campus sooner than later. He added that traffic flow on campus has been an issue for decades and this does not necessarily need to be on next year's budget. However, Dr. Wakeley added that to do it correctly, this is how it would need to be done. Mr. Pauling agreed with Mr. Anderson and also expressed it is also a higher cost to him and he would like to discuss additional possible options. Mr. Anderson reminded the committee that the district has bonding authority available. Dr. Cook noted using the district's reserve for this project would bring the district's reserves closer to the 6 months reserve and he would like to see what it looks like next year due to the uncertainty of future government funding. Ms. Jackson also agreed with Mr. Anderson and Mr. Pauling and emphasized safety is important and she thinks some balance needs to be found. Mr. Kelley added that phasing the project is an option that can also

be looked at if this project moves forward. The recommendation of the committee was to pause on this proposed project and look at it with other possible options to consider over the next 12 months.

Service Contract Agreements

- Health Insurance Cooperative – Dr. Cook stated that at the committee's request from a previous Finance Committee meeting, Mr. Bryan Tyrrell, Senior Vice-President, Alliant, presented an overview of services provided by Alliant to Homewood-Flossmoor Community High School District 233. In addition, he spoke on a marketplace evaluation that provided positive results with the district being self-insured. He added BlueCross Blue Shield of Illinois insurance is currently providing the best coverage for the district. He overviewed the pros and cons of the district moving from self-insured to a Health Insurance Cooperative and stated that the district's self-insured structure that is currently in place is the best position the district can be in. Mr. Tyrrell pointed out that there is no guarantee that the district would gain lower costs by joining a health insurance cooperative. He added the cooperatives are running much higher typically because they attract older unhealthier groups. After a fulsome discussion, Mr. Anderson extended his appreciation to Mr. Tyrrell for providing this information prior to today's meeting for the committee's review. Dr. Cook noted that Mr. Tyrrell has been a committed advocate providing solutions that have met the district's insurance needs through the district's partnership with Alliant. Mr. Anderson stated that it is suggested to continue with our current status of self-insured. He added that it is blaring obvious the quality service the district is currently receiving as opposed to what the district would get by joining a cooperative. He noted the relationship with Mr. Tyrrell and Aliant has been great and it has always been a benefit to the board.

- Athletico Management, LLC – Ms. Kathryn Fromm, Manager of Athletic Training Services, provided an overview of services provided to HF by Athletico. She presented Athletico's proposal to continue providing athletic training services for the district during the 2025-2026 school year that reflects a 5% increase over the 2024-2025 contract rate. She explained the proposed rate increase is due to rising staff costs related to salaries and health benefits; support for continuing education; state licensure and tuition reimbursement; and increased recruitment and retention challenges due to enhanced certification requirements. Dr. Cook noted the anticipated increase in local revenue, based on the December 31, 2024, All Urban Consumer Price Index (CPI), is projected to be 3.4%. He added A 3.4% increase (aligned with projected CPI) would result in a cost of $93,060; a 5% increase (as proposed) would result in a cost of $94,500 with the difference between the two options of $1,440. Mr. Anderson stated he is a huge proponent of having Athletico trainers on campus who are available to tend to HF students and visiting athletes immediately if injuries occur on HF's campus. Ms. Fromm noted that Athletico's request for a 5% increase is their standard ask across the board with all clients. This item will be added to the April 15 board meeting for approval.

- Custodial Cleaning Service – Dr. Cook shared that a pre-bid meeting was held on March 27th with nine bidders. A bid opening is scheduled for April 24th. The district's current custodial cleaning Service, RJB, is also participating in the bid process. Dr. Cook noted that they will visit the schools of the three lowest bidders. More information will be available at the next Finance Committee.

Technology Budget Presentation

Mr. Richardson presented an overview of the proposed technology budget for the upcoming 2025-2026 school year. He noted that he has also provided a report that highlights the technology requests that were removed (Priority 2) from the budget with rationale as to why they were removed. Priority 1 technology requests list the needs for the upcoming year. The total proposed budget for 2025-2026 is $922,584.67 which is an increase from 2024–2025: +0.30% There is an increase of just $2,748 from last year's $919,836.59 budget. Mr. Richardson stated this demonstrates their commitment to fiscal responsibility while maintaining tech advancement. The replacement of existing technology is 84.30% of the budget while new technology integration accounts for 15.70% of the budget. The majority of requested funds are allocated to:

- Information Services – 60.3% of budget ($571,387.65) – covering core infrastructure, device management, and essential systems.
- CTE (Career & Technical Education) – 7.8%
- Security – 7.4%
- Library/Media – 4.1%
- Administration – 1.1%

Mr. Richardson added that these areas reflect their ongoing effort to support instructional technology, maintain secure systems, and invest in future-ready infrastructure. The major investments coming from Information Services includes a data center, network switches, wireless access points and firewall replacement. These investments are crucial to replace aging infrastructures while providing performance and security enhancements. Chromebooks continue to be the dominant request, supporting 1:1 student access and digital instruction. Currently they are working with their vendors with a 10 – 12 percent increase due to tariffs. The one big expense is the Chromebooks because those components come out of China with a potential 10 percent increase. He noted retired equipment can sometimes be transferred to departments like CTE where a lot of technology is not required. They also communicate with other districts where donations can be made with the equipment. Retired equipment also goes to a company to recycle. Mr. Richardson stated that this year's proposal reflects a minimal budget increase while continuing to prioritize student access, staff needs, security, and scalable infrastructure.
He also cautioned that the pricing can change drastically before the next fiscal year based on the current tariff situation. Some vendors have reported the possibility of up to a 10%-12% increase in pricing. Mr. Anderson expressed his appreciation on behalf of the committee to Mr. Richardson for a great presentation. This item will be on the April 15 board agenda for approval.

Transfer of Funds

Dr. Cook stated the district has historically transferred funds from the Working Cash Fund (Fund 70) to the Capital Projects Fund (Fund 60) to support facility improvements and infrastructure needs. He explained that Fund 60 does not receive direct revenue and can only be funded through internal transfers and funds transferred into Fund 60 can only be used for capital improvements and may not be redirected to other accounts. Based on year-end projections and available fund balances, Dr. Cook recommended the following transfers to maintain financial stability and ensure capital needs are met. He is requesting a $12 million transfer from Education Fund (Fund 10) to Capital Projects Fund (Fund 60) and a $2 million transfer from Transportation Fund (Fund 40) to Operations & Maintenance Fund (Fund 20). He pointed out that the district cannot be negative in any of the funds but particularly in the capital projects fund. These transfers will result in a projected reserve balance of approximately 8 months while supporting ongoing and upcoming capital projects while maintaining adequate reserve levels. The transfer of these funds aligns with both historical financial practices and the strategic goal of maintaining and improving the district's infrastructure. This item will be on the April 15 board agenda for approval.

Executive Session
The committee moved into Executive Session at 10:05 a.m., pursuant to 5 ILCS 120/2(c)(2) of the Open Meetings Act to discuss collective negotiating matters between the public body and its employees or their representatives, or deliberations concerning salary schedules for one or more classes of employees.

Return to Open Session. The committee returned to Open Session at 10:10 a.m.

Adjournment. The meeting adjourned at 10:10 a.m.

Facilities/Programs Exploratory Presentation

DR. JENNIFER NORRELL
SUPERINTENDENT
HOMEWOOD-FLOSSMOOR COMMUNITY HIGH SCHOOL DISTRICT 233

MEMO

To: Board of Education
From: Dr. Jennifer Norrell, Superintendent for Homewood-Flossmoor 233
Date: August 1, 2025
Subject: Facilities/Programs Exploratory Presentation

Through review of the 5-year facilities plan along with the strategic plan implementation focus for the next 4 years, culminating in 2029, district leadership proposes a potential plan for board input and consensus for continued movement and exploration. The exploration presented at the August 2025 Finance meeting will include South campus B-Building and G-Building. This exploration will provide the committee with an overview merging student academic programs and facility needs. This presentation will highlight the direct connection between advancements in student achievement, fulfillment of State requirements for commendable and exemplary ratings and quality post-secondary preparations for all students at HF High School.

This plan will include connections to the 5-year facilities plans and opportunities to more efficiently address required facilities maintenance. Connection to programmatic structures being implemented to increase student college, career and life readiness will allow the use of multiple funding sources for facilities improvements. Leveraging funds will assist with project costs while continuing to increase student achievement and quality of experiences.

It is important to note, the presentation also includes improvements that could address life safety items that may appear in the 10-year facilities plans.

If the Board of Education gives approval, leadership will expand research efforts and provide timelines with options. District leadership will also advance the exploration and propose bid documents for board review and possible release in Fall of 2025.

South Lot Project

MEMO

To: Dr. Jennifer Norrell, Superintendent for Homewood-Flossmoor CHSD 233
From: Dr. Lawrence Cook, CSBO for Homewood-Flossmoor CHSD 233
Date: July 31st, 2025
Subject: Security Gate - Viking Drive

It is recommended that Homewood-Flossmoor CHSD 233l install two electric operating gates on Viking Drive near Door 9, along with a 12-foot sliding gate just north of that location (see attached illustration). This installation will provide an added layer of safety and security for students, staff, and vehicles during the school day.

This recommendation is made following discussions with Dr. Clinton Alexander and Dr. Jennifer Norrell, and in collaboration with Mr. James Patterson and Mr. Steve Richardson. The electric gates that were selected are compatible with the district's existing Open Path electronic entry system, which all faculty and staff already use for secure building access.

To accommodate situations where a student needs to leave campus during the day, the system will also include a video intercom reader, enabling secure remote operation of the gates when needed.

Proposed Equipment and Costs (excluding labor):

- LiftMaster gates and materials: $6,675.00
- Open Path controllers and programming: $4,790.00
- 12' metal sliding gate: $3,678.00
- Total equipment cost (excluding installation): $15,143.00

The plan is to purchase equipment directly to reduce costs and contract out the physical installation, power setup, and data integration. Mr. Patterson is currently awaiting quotes from two contractors for the installation portion, which is expected to range between $15,000 and $17,500.

This project supports the district's commitment to providing a safe, secure, and well-managed campus environment for all students and staff.

Please let me know if you would like to discuss this recommendation further or need additional details

for planning or implementation.

South Flooring Project

MEMO

To: Dr. Jennifer Norrell, Superintendent for Homewood-Flossmoor CHSD 233
From: Dr. Lawrence Cook, CSBO for Homewood-Flossmoor CHSD 233
Date: July 31st, 2025
Subject: Hallway/Corridor Flooring Project

It is recommended that Homewood-Flossmoor High School move forward with the replacement of worn flooring in key high-traffic areas as part of the 2025–2026 Operations and Maintenance (O&M) budget. This upgrade is intended to improve safety, enhance the appearance of shared spaces, and support a positive and professional learning environment.

Proposed Project Scope and Locations:

- Superintendent's Hallway through to the terrazzo flooring near the Principal's Office
- Hallway past the South Gym extending to the start of B-Building
- Guidance Hallway concluding at Door 26

The project will be completed by Diversify Flooring as a cooperative purchase through Sourcewell, using Mohawk Hot & Heavy LVT for all identified areas.

Total combined cost: $112,940

This flooring replacement is a proactive facility improvement that supports the district's strategic goal of maintaining high-quality, well-kept, and safe learning environments for students, staff, and visitors.

Please let me know if you would like to discuss this recommendation further or need additional details for planning or implementation.

Summer Camps

SUMMER 2025 SPORTS CAMPS

999 Kedzie Ave., Flossmoor, IL 60422 | 708-799-3000 | hfhighschool.org | @hfhs59






HF SUMMER SPORTS CAMPS PROVIDE STUDENT-ATHLETES IN OUR COMMUNITY WITH A FOUNDATION OF FUNDAMENTAL SKILLS, KNOWLEDGE, CHARACTER, LEADERSHIP AND LOVE FOR ATHLETICS.

Recognizing that while skills and drills are critical to the improvement of an athlete, making the sport fun is essential to developing the passion for the game. We hope you'll join the tradition of HF athletics this summer by training and learning from some of the best coaches in high school athletics in some of the best facilities in the country!

REGISTER AT HF.8TO18.COM

NO CAMPS ON JUNE 19 OR JULY 4

ATHLETIC TRAINING AIDES

Camp Goals: Anatomy (bones, muscle groups and ligaments), Medical Terminology (planes of motion and directional terms), Thermal Modalities (hot packs, ice bags and ice baths) and Taping (wrists, thumbs and ankles). Injuries to be discussed include ankle, knee, wrist, thumb and finger sprains; fractures; and concussions, along with emergency care. *Athletic Training Aides will be given the opportunity to test for proficiency in the skill areas outlined on the Athletic Training Aides Proficiency Check-Off Form at the end of the camp and throughout the school year.*

Director: Brad Kleine, bkleine@hf233.org
Location: Fieldhouse Classroom

Co-Ed Grades 9-12
Dates: July 21-25
Day/Time: M-F, 8-10 a.m.
Fee: $65

BADMINTON

Open to beginners and advanced players, this camp provides you with instruction in the core fundamentals and singles/doubles strategy. Camp will include developing skills, such as: movements on the court, stroke technique and strategy. You will have playing opportunities with daily challenge matches and a fun tournament at the end of the week. *T-shirt included!*

Director: Alexander Pratt, apratt@gmail.com
Location: Fieldhouse

Grades 6-12
Dates: June 23-27 (all week & June 30-July 2 (M, T, W) 5-8 p.m.
Fee: $75

BASEBALL

Join us for a high-energy, fast-paced camp designed to elevate your game! *This session will focus on both the mental and physical aspects of baseball, covering key fundamentals like hitting, fielding, bunting, speed, and overall baseball IQ.* Players will gain valuable insight of the game while experiencing the intensity and structure of Viking baseball. Come ready to compete, learn, and take your skills to the next level!

Director: Marcus Rodgers, marcus.rodgers@hf233.org
Location: Varsity Baseball Field

Little Sluggers Grades K-4
Dates: June 16-18
Time: 10-12 p.m.
Fee: $100

Grades 5-8
Session 1: June 16-18
Session 2 June 30-July 2
Time: 1-3 p.m.
Fee: $100/session or $175 for both

Grade 9
Dates: June 30-July 2
Time: 10-12 p.m.
Fee: $100



BASKETBALL

BOYS: Under the direction of HF coaching staff, this camp offers individual skill training and development, open gym games and summer league/summer shootouts camp experiences. Staff strongly encourages your participation in this program. *Selection for total summer league and/or shootouts is at the discretion of staff.*

Director: Jamere Dismukes, jamere.dismukes@hf233.org
Location: Fieldhouse & North Gym

Grades 9-12
Dates: June 2-5, 9 a.m.-Noon
June 9-26, M-Th, 2-5 p.m.
Fee: $250

YOUTH BOYS: HF coaches & current players are excited to offer this camp to take you to the next level! Camp will focus on ball handling, defense, rebounding, transitions, shooting and basic offensive sets, taught through a variety of instructional talks, drills, competitions and games. *Competitions include Hot Shot, Free Throws, One-on-One, Three-on-Three and Five-on-Five.* Bring a water bottle and light snack.

Director: Jamere Dismukes, jamere.dismukes@hf233.org
Location: Fieldhouse & North Gym

Grades 4-8
Session 1: July 7-10
Session 2: July 14-17
Session 3: July 21-24
Day/Time: M-Th, 10 a.m.-1 p.m.
Fee: $175/session; or $300/all sessions

GIRLS: The emphasis will be on individual skill development. Develop shooting, ball handling, passing, rebounding and offensive-movement skills in games and drills. *Become familiar with offensive and defensive concepts.* Camp will culminate with a day of games and a picnic. T-shirt included!

Director: Tony Smith, asmith@hf233.org
Location: Fieldhouse

Grades 5-12
Session: June 9-26
Day/Time: M-Th, 1-3 p.m.
Fee: $150

CHEERLEADING

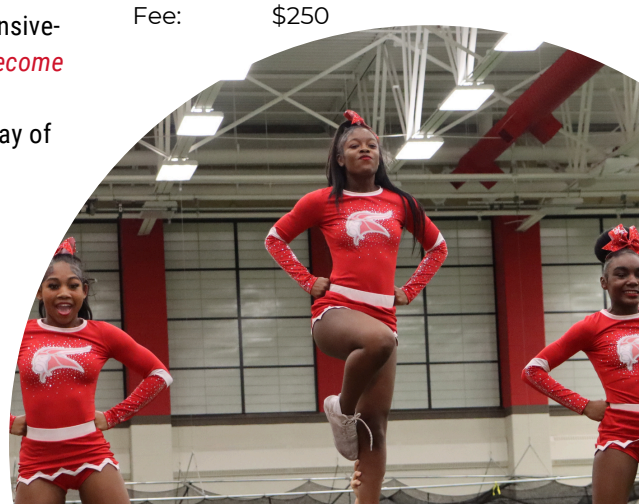
YOUTH: This camp is designed for the aspiring young athlete who wants to develop cheer skills in an exciting, creative and fun atmosphere. We are fortunate to have a dynamic staff of collegiate cheerleaders and members of our own HF Cheer team. Campers will learn individual cheer skills, basic tumbling, partner stunts, spirit dances and, most importantly, teamwork. *At the session's end, a routine will be performed for family and friends.* One T- shirt included per athlete is included.

Director: Zenia Smith, zsmith@hf233.org
Location: North Cheer Room

Co-Ed Grades K-8
Session 1: July 7-10
Session 2: July 14-17
Session 3: July 21-24
All Sessions : July 7-24 (grades K-8)
Day/Time: M-Th, 5-7 p.m.
Fee: $100/session or $275 all sessions

HIGH SCHOOL: Both new and experienced cheerleaders will be welcomed into our disciplined, FUN program! Campers will learn cheers, chants, jumps and stunts. We will focus on basic fundamental skills and perfect them in progression to advanced skills. *We will inspire, mentor & nurture athletes, while teaching the sport of cheer.*

Co-Ed Grades 9-12
Dates: June 9-26
Day/Time: M-Th, 1:30-4:30 p.m.
Fee: $250



CROSS COUNTRY

HIGH SCHOOL: Sessions will offer runners a variety of base and strength workouts. **Athletes will learn about training strategies and prepare for the season.** Athletes should wear athletic attire and bring water and a towel.

Directors: Hailey Baumstein, hailey.baumstein@hf233.org & Brian O'Donnell, bodonnell@hf233.org
Location: Stadium Tarmac

Co-Ed Grades 9-12

Dates:	June 16-20 June 30-July 3 July 14-18 July 28-Aug 1
Time:	M-Th, 6:30-7:30 a.m.
Fee:	$25

YOUTH: Each day will consist of stretching drills, runs, strength activities and games. *Coaches will introduce a variety of workouts, while instructing athletes on form, training and fueling strategies.* Athletes should wear athletic attire and bring water and a towel.

Directors: Hailey Baumstein, hailey.baumstein@hf233.org & Brian O'Donnell, bodonnell@hf233.org
Location: Stadium Tarmac

Co-Ed Grades 6-8

Session:	June 16-20
Day/Time:	M-F, 6:30-7:30 a.m.
Fee:	$25

DANCE

This co-ed camp is open to all youth, who want to learn and develop their technique and knowledge of dance in an interactive and high-energy environment. You will learn from former professional dancers and members of the HF Dance Team. *Throughout the camp, each dancer will learn a variety of styles, from Jazz to Modern, Hip Hop to Ballet.* Dance tank included in fee.

Director: Kari-Lynn Burroughs, karilynnmb@gmail.com
Location: Fieldhouse, Dance Studio

Co-Ed Grades 9-12

Session:	June 3-26
Day/Time:	T-Th, 1:30-3:30 p.m.
Fee:	$200





FOOTBALL & STRENGTH DEVELOPMENT

The purpose of the Viking Football camps is to give our players and coaches a head start to the upcoming season. *All athletes will receive expert instruction and an opportunity to receive fundamental football skills.* During each camp, we will be implementing our team offense, defense and special teams.

Director: Troy McAllister, troy.mcallister@hf233.org
Location: Stadium

Grade 9

Dates & Time:	June 9-13, June 16-18, July 7-9, July 14-16 1-5 p.m. July 21-23 & July 28-30 8-12 p.m.
Fee:	$250

Grades 10, 11 & 12 (Strength & Development)

Dates & Time:	June 9-13, June 16-18, July 7-9, July 14-16, July 21-23 (1-5 p.m.) & July 28-30, (3-7 p.m.)
Fee:	$300

Additional Strength Training dates will be communicated by the coach staff.

Equipment Pickup: June 6

2 p.m. Seniors
3 p.m. Juniors
4 p.m. Sophomores

Grades 5-8

Dates:	July 7-10
Time:	8-10 a.m.
Fee:	$100

This camp focuses on learning the skills of football, the rules of the game and allows campers to compete in 7-on-7 games. *No experience is necessary and all skill levels are welcome. More advanced players will learn advanced techniques as they prepare for high school competition.* All campers will be instructed by current HF football players and coaches.

(GIRLS) FLAG FOOTBALL

No previous experience needed. **This camp is a great way to learn about the sport of flag football in a fun and supportive environment.** We will teach the basic fundamentals of flag football and help athletes identify what positions they may want to try out for in the fall. Athletes should bring water and molded or plastic cleats (no metal cleats) as this will help with traction on the north field turf. Athletic shoes can be worn if the athlete does not have cleats. All campers should bring athletic shoes every day in case bad weather forces us into the fieldhouse.

Grades 9-12
Director: Walter Collins wcollins@hf233.org
Location: North Field
Session: July 21-31,
Day/Time: M-Th, 10am-12pm
Fee: $100

GOLF

This co-ed camp is tailored to each individual's goals. *Whether you are a beginner or an experienced golfer, all skill levels are welcome!* Campers will work on a variety of skills including short game, iron play, drivers and woods, swing mechanics and much more!

Co-Ed Grades 6-12
Director: Chris Stiglic, cstiglic@hf233.org
Location: Coyote Run Golf Course
Session: July 21-24
Day/Time: M-Th, 9-10:30 a.m.
Fee: $120

GYMNASTICS

The HF Girls Gymnastics summer camp is for gymnasts at any level: beginner, intermediate, and advanced. We will work on conditioning, event skills, and routines that all contribute to the HF girls gymnastics program experience. *Whether you want to try the sport for the first time, improve the skills you already have, or learn new skills, this camp is for you!*

Director: Kory Thompson, kory.thompson@hf233.org
Location: Gymnastics Room (North Gym)

Grade 9 -12

Dates & Time:	June 9-25 M & W 1-3 p.m.
Fee:	$150

Grade K-8

Dates & Time:	June 9-25 M & W 10 a.m.-12 p.m.
Fee:	$150

LACROSSE

YOUTH: This camp will teach a basic understanding of the game, as well as techniques and drills to improve your game. *You will learn from HF coaches, as well as current and past varsity players.* Fee includes rental for helmet, gloves, shoulder pads and elbow pads. Please bring a lacrosse stick & wear cleats.

Director: Jason Keane, jkeane34@gmail.com
Location: North Field

Grades 6-8

Dates: July 7-24
Day/Time: M, Tu, Th, 2:30-4 p.m.
Fee: $60

HIGH SCHOOL:This camp will give you a headstart for the upcoming season. *All athletes will receive expert instruction and an opportunity to learn fundamental skills from our coaching staff.* During each session, we will be installing our team offense and defense.

Grades 9-12

Dates: June 9-26 & July 7-24
Day/Time: M, Tu & Th, 2:30-4 p.m.
Fee: $120

SOFTBALL

Join us for the Viking Softball Summer Camp, where players of all levels can develop their skills, compete, and have fun in a positive and energetic environment. This camp will focus on hitting, fielding, throwing, and base running, with experienced coaches and varsity players providing instruction and feedback. Participants should bring plenty of water, gym shoes or turf shoes (no metal cleats), a glove, and athletic clothing (softball pants preferred). Whether you're new to the game or looking to refine your skills for the next season, this camp is a great opportunity to grow as a player!

Director: Corinne Zimmerman, corinne.zimmerman@hf233.org
Location: Varsity Softball Field

Girls Grades 6-9

Session: June 23-26
Day/Time: 1:30-3:30 p.m.
Fee: $50



SOCCER

This camp is for any soccer player at any level. The goal is to introduce basic instruction and skills for our upcoming seasons. During each session, players will work with staff to develop confidence, game understanding and chemistry with their future teammates. *Whether you want to build on your existing talent or play for the first time, this camp is for you!*

Directors: Allison Farkos, afarkos@hf233.org & Jairo Garcia, jairo.garcia@hf233.org
Location: North Field

Co-Ed Grades 9-12

Dates: July 9-August 1
Day/Time: W & F, 2-4 p.m.
Fee: $100

Co-Ed Grades 5-8

Bring your future Vikings to a week-long HF athlete run camp! *Soccer, sun and fun!* It will be great exposure to their future in HF soccer.

Dates: June 23-June 27
Day/Time: 9:30-11 a.m.
Fee: $75
Location: North Field

VIKING PERFORMANCE

Want to be a more explosive & powerful athlete? Or have you been hindered with injuries in the past? Viking Performance is Strength, Power, & Speed development designed for you as an Athlete and the Sport(s) you play. Viking Performance consists of strength training, speed, agility, & injury mitigation.

Grades 9-12

Camp Director: Adam Vogel, adam.vogel@hf233.org
Location: South Weight Room
Session: June 9-July 17
Day/Time: M, T, Th 1-2:15 p.m.
Fee: $85

Grades 6-8

Session: June 9-July 17
Day/Time: M, T, Th 11:30-12:30 p.m.
Fee: $85
Location: North Weight Room

VOLLEYBALL

GIRLS—Experience Viking Volleyball! *Participants will engage in fundamental skill development and competitive team play.* The Varsity level camp will combine volleyball with Performance Training and High school volleyball experience is strongly recommended for the Varsity level camp.

Director: Nate Nesbit, nnesbit@hf233.org
Location: (see below for specifics)

Grades 11-12

Training: June 9-July 17 (M, T Th)
Camp: July 7, 8, 10 T & Th,
Day/Time: 1-2 p.m. (Training) 2-4 p.m. (Camp)
Fee: $125
Location: South Gym

Grades 9-10

Camp: July 7,8,10,15,17,22,24
Day/Time: 2-4 p.m.
Fee: $100
Location: North Fieldhouse

Grades 5-8

Camp: July 7-10
Day/Time: 11:30 a.m.-1:30 p.m.
Fee: $100
Location: North Fieldhouse

BOYS—This camp focuses on learning the skills of volleyball, the rules of the game and allows the campers to compete in games and contests. No experience is necessary, however, all skills are welcome. *More advanced players will learn advanced techniques as they prepare for high school competition.*

Director: Mark Ciesielski, mciesielski@hf233.org
Location: South Gym

Grades 4-9

Camp: June 9-12
Day/Time: M-Th 2-4 p.m.
Fee: $100
Location: South Gym

TENNIS (BOYS & GIRLS)

Campers will be coached on the basic fundamental technique for hitting ground strokes, volleys, and serves. Campers will also learn how to set up points from an offensive and defensive perspective. A minimum of 6 participants is needed to run this camp.

Director: Kory Thompson, kory.thompson@hf233.org
Location: Tennis Courts

Grade 9 -12

Dates & Time: July 29-31 4:30-6:30 p.m.
Fee: $60



WATER POLO (CO-ED)

Water Polo camp will teach kids the rules, fundamentals, and skills needed to compete. The goal for the camp is to teach and develop Water Polo skills for the upcoming season. Prior Water Polo experience is not required but athletes are expected to be able to swim at least 25 yards safely without stopping. Athletes must arrive and leave in their swimsuits.

Director: John Fitzgerald, jfitzgerald@hf233.org
Location: Flossmoor Golf Club

Grades 6-12

Session: June 10-26, MWH | July 8-17, MWH
Day/Time: 8-10am
Fee: $100



WRESTLING

BOYS-This camp is for those who want to learn and master the sport of wrestling. Current and former HF wrestlers, along with various coaches, will teach wrestlers of any level how to master the sport and how to have fun while they do it!

Director: Jim Sokoloski, jsokoloski@hf233.org
Location: Fieldhouse Wrestling Room

Grades 5-8

Session: June 9-12, 16-18, 23-27
Time: 1-3 p.m.
Fee: $75

Grades 9-12

Sessions: June 30-July 3, July 7,9 & 10, July 14, 16 & 17, July 21, 23 & 24 1-3 p.m.
Fee: $100



GIRLS--No experience is necessary, girls new to wrestling are welcome! The HF girls varsity coaches and wrestlers will teach the basics of wrestling and will introduce the benefits of wrestling including: developing a strong work ethic, discipline, self-defense, mind-body coordination, resilience, and team camaraderie.

Director: Scott Aronson saronson@hf233.org
Location: Activity Room

Grades 6-9

Session: June 10-July 15
Day/Time: Tuesdays 4-5:30 p.m.
Fee: $50

Grades 10-12

Summer League only. Contact head Coach Scott Aronson for details at saronson@hf233.org

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SUMMER 2025 SPORTS CAMPS