

Jon Vegosen Champ Camp Backgrounder



JCYS Jon Vegosen Champ Camp is a health and fitness camp that includes tennis and swim lessons, and cooking demonstrations, along with traditional summer camp experiences including sports and games, arts and crafts, theater and dance, and themed dress-up days.

Champ Camp is partially funded by JCYS Director for Life Jon Vegosen. An avid tennis player, Mr. Vegosen is Chairman of the Board and President of the United States Tennis Association, Chairman of the US Open, and serves on numerous tennis associations throughout the globe. His contributions allow scholarships for 75 children on the North Shore that would otherwise be unable to attend a summer camp experience. Partnering with Chicago Public School District 112 and the Oak Terrace Elementary School, which is primarily Hispanic and 71% free & reduced lunch eligible, Champ Camp is held during the five weeks of morning summer school, and transportation and scholarships are available to these students.

Throughout the five-week program, elementary-aged campers receive a high-quality, structured summer recreation program.

Tennis Instruction Within age and skill leveled groups, Champ Camp uses *Ten and Under Tennis*, the United States Tennis Association's preferred method of tennis curriculum. Aided by appropriately sized rackets, four different types of tennis balls, a reduced court size and a shorter net, Champ Camp participants develop a foundation for the sport in an approachable and less intimidating way.

Swim Lessons Led by Aquatics Director, Geoffrey Schott, American Red Cross certified swim instructors conduct daily small group swim instruction utilizing the Red Cross Learn-to-Swim curriculum. Teachers adapt to each child's unique learning style in the Lillian L. Lutz Recreation Center's state-of-the-art swimming pool, that features two shallow ends – one of which is only two feet deep – making the heated pool perfect for beginning swimmers.

Nurture Cooking Lessons Champ Camp has partnered with Nurture, a nonprofit organization on the North Shore that addresses hunger, and childhood obesity and wellness. Through weekly hands-on cooking lessons, campers build a strong foundation of healthy habits and a love of nutrition, children are given the tools and resources needed to prepare healthy and delicious meals at home.

Benefits of Exercise Through tennis, swimming and activities on the sports court, counselors create a supportive teaching environment that encourage campers to enjoy and realize the benefits of exercise. With encouragement and a belief in each camper's ability, Champ Camp counselors improve each camper's awareness and comprehension of regular physical activity.



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