



## Specialized Instructional Sports Camp

### Soccer Camp: June 28 thru July 2 or August 16 thru August 20

**Youth Instructional Soccer Camp:** this camp is designed for children enrolled from a beginning entry level skill to the advanced more technical skilled. Each camper depending on age and level of play will be divided into groups. All coaching staff involved in this camp are licensed, certified coaches.

- Campers in the age bracket 4 to 8 years will engage in the level of technical skill development with the specific focus on passing, receiving, shooting, and dribbling.
- Campers in the age bracket 9 to 13 years will engage taking the technical and tactical skill to the next level with the focus on the fundamentals of the game.
- Campers 9 years and older who are dedicated to the game of soccer will experience a more intense like program which will be designed to improve all aspects of your own game on a competitive level.

This Program will run daily for the weeks assigned Monday thru Friday from the hours of 10 am until 12noon. All campers enrolled in this camp must have the required equipment needed in order to participate! All campers enrolled will have opportunity to play on the indoor, climate controlled turf, or outside turf field. When finished, each camper will return to their regular camp grade for additional camper fun.

Equipment needed daily: water bottle, soccer ball, cleats or indoor shoes and shin guards!

### Soft Lacrosse Camp: July 12 thru July 16

**Youth Instructional Lacrosse Camp:** this camp program is designed for the beginner to intermediate players. Each camper depending on the age and gender will be divided into groups for instructional learning. All coaching staff involved in this camp are licensed, certified coaches.

Each camper will have the opportunity to focus on the following:

- Technical skills for small sided games
- Catching, throwing, cradling, shooting & passing
- Skills needed for game play
- Boys are separate from Girls / game play and rules are not the same

This Program will run daily for the weeks assigned Monday thru Friday from the hours of 10 am until 12noon. All campers enrolled in this camp must have the required equipment needed in order to participate!

**All campers enrolled will have opportunity to play on the indoor, climate controlled turf, or outside turf field. When finished, each camper will return to their regular camp grade for additional camper fun**

**Equipment required for boys: stick, mouth guard, athletic cup w/ supporter.**

**Equipment required for girls: stick, mouth guard, goggles (are recommended)**

### **Baseball Camp: August 2 thru August 6**

**Youth Instructional Baseball Camp: this camp program is designed for the beginner to the more advanced player. Each camper depending on the age and skill level will be divided into groups for instructional learning. All coaching staff involved in this camp are licensed, certified coaches.**

**Each camper will have the opportunity to focus on the following:**

- **The aspect of the game**
- **Infield play skills**
  
- **Hitting, fielding, throwing, base running, pitching, catching**
  
- **Fundamentals of the game**

**This Program will run daily for the weeks assigned Monday thru Friday from the hours of 10 am until 12noon. When finished, each camper will return to their regular camp grade for additional camper fun. All campers enrolled will have opportunity to play on the indoor, climate controlled turf, or outdoor turf field.**

**Equipment required for both boys/ girls: hat & glove**