

St. Croix Prep Summer Camps-2017

Please Note: The week of July 1st to July 7th is a NO CONTACT period for High School Coaches. Coaches cannot conduct camps or work with any athletes during this week. There will be NO SCPA camps conducted during this week.

Volleyball Camp

Camp includes intensive training in fundamental skills (passing, attacking, serving, defense and blocking) and also on team offensive and defensive systems. Campers are placed into groups of similar skill level to create optimal opportunities for individual improvement and fun! SCPA coaches will determine skill level and camp times for each participant.

Grades: 6-12

Begins: Monday, June 12

Dates: June 12, 14, 19, 21, 26, 28

July 10, 12, 17, 19, 24, 26, 31

Times: Beginner / Intermediate – 5:00-6:30, Experienced – 6:30-8:00

Location: SCPA Gymnasiums and Fitness Center

Cost: \$150

Campers Receive: Camp T-Shirt

Boys Soccer Camp

Camp includes a combination of intensive on-field training and a strength and conditioning component. Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates.

Grades: 7-12

Begins: Monday, June 5

Dates: June 5, 6, 12, 13, 19, 20, 26, 27

July 10, 11, 17, 18

Time: 10:00am – 12:00pm

Location: Lucy Winton Bell Fields and SCPA Fitness Center

Cost: \$150

Campers Receive: Camp T-Shirt

Girls Soccer Camp

Camp focuses on intensive on-field training to develop individual skill and team philosophy. More importantly it gives individuals an opportunity to enjoying the game of soccer and building camaraderie with all camp participants.

Grades: 7-12

Begins: Monday, June 26

Dates: June 26, 27, 28, 29

July 10, 11, 12, 13

Time: 9:00am-11:00am

Location: Lucy Winton Bell Fields

Cost: \$90

Campers Receive: Camp T-Shirt

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Boys Basketball Camp

Camp includes intensive training in fundamental skills (passing, ball handling, attacking the rim, shooting, defensive footwork and rebounding) and also team offensive and defensive philosophies. ***NEW: this year's basketball camp includes a strength/conditioning and agility component for 9-12 graders only!!*** Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates.

Grades: 2-4

Begins: Monday, June 5
Dates: June 5, 6, 7, 8
Time: 11:00am-12:30pm
Location: SCPA Gymnasium
Cost: \$40
Campers Receive: Camp T-Shirt

Grades: 9-12

Begins: Monday, June 12
Dates: June 12, 13, 14, 15, 19, 20, 21, 22, 26, 27, 28, 29
July 10, 11, 12, 13, 17, 18, 19, 20, 24, 25, 26, 27
Monday & Wednesday's – Basketball, Time: 2:00pm-4:00pm
Tuesday & Thursday – Strength & Conditioning, Time: 3:30-5:00
Location: SCPA Gymnasium and Fitness Center
Cost: \$200
Campers Receive: Camp T-Shirt

Grades: 5-8

Begins: Monday, June 12
Dates: June 12, 14, 19, 21, 26, 28
July 10, 12, 17, 19, 24, 26
Time: 12:00pm-1:30pm
Location: SCPA Gymnasium
Cost: \$150
Campers Receive: Camp T-Shirt

Girls Basketball Camp

Camp focuses on intensive on-court training that includes individual skill and small group instruction emphasizing shooting, passing, ball handling, and defensive and offensive philosophy. This camp gives individuals an opportunity to enjoy the game of basketball while building camaraderie with all camp participants.

Grades: 2-4

Begins: Monday, June 5
Dates: June 5, 6, 7, 8
Time: 4:30-6:00
Location: SCPA Gymnasium
Cost: \$40
Campers Receive: Camp T-Shirt

Grades: 5-6

Begins: Monday, June 5
Dates: June 5, 6, 7, 8
Time: 6:00-7:30
Location: SCPA Gymnasium
Cost: \$40
Campers Receive: Camp T-Shirt

Grades: 7-12

Begins: Tuesday, June 13
Dates: June 13, 15, 20, 22, 27, 29
July 11, 13, 18, 20, 25, 27
Time: 4:30-6:00
Location: SCPA Gymnasium
Cost: \$150
Campers Receive: Camp T-Shirt

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Varsity Football Spring OTA

Spring camp is a fun and important camp for both individual training and team concepts. We'll be installing our passing game and pass defense for 7 on 7. For lineman we'll install our foundational concepts for offensive and defensive line play. We'll also be testing for speed and strength and demonstrate our lifts for summer lifting and agility.

Grades: 9-12

Dates: June 14, 15, 16

Time: 6:00pm-8:00pm

Location: New Life Academy Football Field

Cost: \$50

Jr. High Football Camp

Players will learn football skills for offense, defense, and special teams. They will include the same techniques, plays, and fundamentals taught at the varsity level. Combined with scrimmaging opportunities this non-contact camp will be a fun and great learning experience.

Grades: 6-8

Date: July 24, 25, 26

Time: 9:00am-11:00am

Location: New Life Academy Football Field

Cost: \$50

Varsity Football Summer OTA

For all interested players entering 9-12 grades. This four-day camp will focus on offense, defense, and special teams position development. The varsity coaching staff will implement defensive and offensive team concepts. Final testing for speed and strength will also be conducted.

Grades: 9-12

Date: July 24, 25, 26, 27, 28

Time: 6:00pm-8:00pm

Location: New Life Academy Football Field and Weight Room

Cost: \$95

Dance Team Camp

Camp will introduce girls to the competitive dance as it is administered through the MSHSL. Both Jazz and High Kick will be taught. This camp will help participants prepare for the school sponsored JV Dance Team program that will be run by SCPA this winter.

Grades 7th thru 12th

Date: June 13, 15, 27, 29

July 11, 13, 25, 27

Time: 6:00 to 7:30 pm

Location: SCPA Gym

Cost: \$150 (Campers Receive T-Shirt)

Grades K thru 6th

Date: July 11 & 13

Time: 6:00 – 7:30 pm

Location: SCPA Gym

Cost: \$20 (Campers Received T-Shirt)