



Athletic Summer Camps Overview

Girls Hoops Camp

Location: High School Campus – Large Gym

Dates: Tuesday, May 28 – Thursday, May 30

Ages: Entering 3rd Grade – 8th Grade

Time: 8:30 a.m. – 11:30 a.m.

Cost: \$60 for one child; \$55 for each additional child

Instructor: Coach Steve Quattlebaum

This camp will focus on individual skill development. Campers are taught fundamentals of the game, which include shooting, ball handling, passing, rebounding and defense. Campers are encouraged to improve through competition including several contests and games. Please contact Coach Q at squattlebaum@cacmustangs.org if you have any questions.

Boys Hoops Camp (3rd – 7th)

Location: High School Campus – Large Gym

Dates: Monday, June 3 – Wednesday, June 5

Ages: Entering 3rd Grade - 7th Grade

Time: 8:30 a.m. – 11:30 a.m.

Cost: \$60 for one child; \$55 for each additional child

Instructor: Coach Matt Hall

This camp will focus on individual skill development. Campers are taught fundamentals of the game, which includes shooting, ball handling, passing, rebounding and defense. Campers are encouraged to improve through competition including several contests and games. Please contact Coach Hall at mhall@cacmustangs.org if you have any questions.



Athletic Summer Camps Overview

Football Camp

Location: High School Campus –HS Football Practice Field (behind Field House)

Dates: Tuesday, June 11 – Thursday, June 13

Ages: Entering 1st Grade – 7th Grade

Time: 8:30 a.m. – 10:30 a.m.

Cost: \$60 for one child; \$55 for each additional child

Instructors: Coach Tommy Shoemaker & football staff

Campers will receive instruction in the fundamentals and techniques of football including: Position stance and footwork, passing, receiving and route running and pass coverage. Please contact Coach Shoemaker at tshoemaker@cacmustangs.org if you have any questions.

Mustang Baseball: Camp of Champions (4th – 6th)

Location: High School Campus –Practice field behind the high school

Dates: Monday, July 8 – Thursday, July 11

Time: 12:30 – 3:30 p.m.

Cost: \$60.00 for one child; \$55.00 for each additional child

Instructors: Coach Patrick Smith, Coach Zach Stewart & CAC Mustang Baseball Players

This camp will focus on individual skill development. We will work on sliding techniques with Slip an Slides. There will be team competitions as well as individual awards for Longest throw, fastest 60, and Home Run Derby. The goal is for the ball players to have a great experience with baseball and learn along the way. Contact Coach Smith at psmith@cac-mustangs.org or Coach Stewart at zstewart@cacmustangs.org. if you have any questions. Please come, bring friends, and learn what mustang baseball is all about.



Athletic Summer Camps Overview

Mustang Baseball: Camp of Champions (7th – 9th)

Location: High School Campus –Practice field behind the high school

Dates: Monday, July 15 – Thursday, July 18

Time: 12:30 – 3:30 p.m.

Cost: \$60.00 for one child; \$55.00 for each additional child

Instructors: Coach Patrick Smith, Coach Zach Stewart & CAC Mustang Baseball Players

This camp will focus on individual skill development. We will work on sliding techniques with Slip an Slides. There will be team competitions as well as individual awards for Longest throw, fastest 60, and Home Run Derby. The goal is for the ball players to have a great experience with baseball and learn along the way. Contact Coach Smith at psmith@cac-mustangs.org or Coach Stewart at zstewart@cacmustangs.org. if you have any questions. Please come, bring friends, and learn what mustang baseball is all about.

Lady Mustang Volleyball Camp

Location: High School Campus – Large Gym

Dates: Monday, July 15 – Wednesday, July 17

Ages: Entering 4th Grade – 9th Grade

Time: 9 a.m. – 11:30 a.m.

Cost: \$60 for one child; \$55 for each additional child

Instructor: Coach Lynn Brown

This camp is designed to provide an introduction to the fundamental skills of volleyball. Each camp will be exposed to basic passing, setting, and serving techniques in a relaxed, non-threatening environment.



Athletic Summer Camps Overview

Pat Smith Summer Wrestling Camp

Location: Mighty Bluebirds

Dates: Friday, June 28 – Sunday, June 30

Ages: Kindergarten – 12th Grade

Cost: \$180

Limited to the first 65 wrestlers

At the Pat Smith Camp you will learn the most important techniques in the four areas of wrestling (Takedowns, Defense, Top & Bottom Position) that I used to become the first 4X Division 1 NCAA Champion! This is the same technique that was taught at Oklahoma State University while helping guide the Cowboys to 5 NCAA team titles as a coach! Online registration is now open! This camp will fill up fast! Don't miss out!