

# ***St. Croix Prep Summer Camps***

**Please Note:** The week of July 3<sup>th</sup> to July 9<sup>th</sup> 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 team offensive and defensive systems. *This camp also includes a strength/conditioning and agility component held at Altius Performance for incoming 6-12 graders.* 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: 5-12**

Begins: Monday, June 7

Dates: June 7, 9, 14(A), 16(A), 21(A), 23(A), 28(A), 30(A)

July 12(A), 14(A), 19(A), 21(A)

*\*(A) – indicates Altius Strength and Conditioning days along with volleyball training.*

Times: **Grades 5-8** – 5:00-6:30pm

**Grades 9-12** – Altius - 3:30-4:30pm, Volleyball - 6:30-8:00pm

Location: PREP Gymnasiums and Altius Performance

Cost: Altius - \$200, Payment made through Altius

Skills - \$150, Payment made through St. Croix Prep Schoolpay

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 7

Dates: June 7, 8, 14, 15, 21, 22, 28, 29

July 12, 13, 19, 20, 26, 27

Time: 8:00am-10:00am

Location: St. Croix Prep Stadium, North and South Fields, and PREP 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 14

Dates: June 14, 15, 16, 17, 18

July 12, 13, 14, 15,

Time: 10:30am-12:30pm

Location: St. Croix Prep Stadium, North and South Fields.

Cost: \$100

Campers Receive: Camp T-Shirt

# *St. Croix Prep Summer Camps*

## **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. ***Once again, 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 14  
Dates: June 14, 15, 16, 17  
Time: 10:00am-11:30am  
Location: PREP Gymnasium  
Cost: \$50  
Campers Receive: Camp T-Shirt

### **Grades: 5-8**

Begins: Monday, June 14  
Dates: June 14, 16, 21, 23, 28, 30  
July 12, 14, 19, 21, 26, 28  
Time: 12:00pm-1:30pm  
Location: PREP Gymnasium  
Cost: \$150  
Campers Receive: Camp T-Shirt

### **Grades: 9-12**

Begins: Monday, June 14  
Dates: June 14, 15, 16, 17, 21, 22, 23, 24, 28, 29, 30  
July 1, 12, 13, 14, 15, 19, 20, 21, 22, 26, 27, 28, 29  
Monday's & Wednesday's – Basketball, Time: 2:00pm-4:00pm  
Tuesday's & Thursday's – Strength & Conditioning, Time: 1:30pm-3:00pm  
Location: PREP Gymnasium and Altius Performance  
Cost: \$200  
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 also includes a strength/conditioning and agility component held at Altius Performance.

### **Grades: 2-5**

Begins: Monday, June 7  
Dates: June 7, 8, 9, 10  
Time: 1:00-2:30pm  
Location: PREP Gymnasium  
Cost: \$50  
Campers Receive: Camp T-Shirt

### **Grades: 6-12**

Begins: Tuesday, June 15  
Dates: June 14, 15, 16, 17, 21, 22, 23, 24, 28, 29, 30  
July 1, 12, 13, 14, 15, 19, 20, 21, 22, 27, 29  
Tuesday's and Thursday's – Basketball: 3:00-5:00pm  
Monday's and Wednesday's – Strength & Conditioning: 3:30pm-4:30pm  
Location: PREP Gymnasium and Altius Performance  
Cost: Altius - \$200, Payment made through Altius  
Skills - \$150, Payment made through St. Croix Prep Schoolpay  
Campers Receive: Camp T-Shirt

# *St. Croix Prep Summer Camps*

## **Football Camps**

### **Force Football Strength and Speed**

**Grades: 9-12**

Begins: Tuesday, June 8

Dates: June 8, 10, 15, 17, 22, 24, 29  
July 1, 13, 15, 20, 22, 27, 29

Time: 7:30am – 8:30am

Location: St. Croix Prep Stadium

Cost: \$125

### **Force Football Passing Camp**

**Grades 9-12**

Begins: June 8

Dates: June 8, 10, 15, 17, 22, 24  
July 13, 15, 20, 22, 27

Time: 8:30am-10:30am

Location: St. Croix Prep Stadium

Cost: \$50

### **Force Football Middle School Camp**

**Grades: 6-8**

Dates: July 27, 28, 29

Time: 10:30am-11:30am

Location: St. Croix Prep Stadium, N & S Fields

Cost: \$50

### **Force Football Lineman Camp**

**Grades: 9-12**

Dates: June 8, 15, 22, 29

July 13, 20, 27

Time: 6:00-7:30pm

Location: St. Croix Prep Stadium

Cost: \$50

### **Force Football 7 on 7 Passing League**

**Grades: 9-12**

Dates: July 11, 18, 25

Time: 6:00pm-8:00pm (Approximately)

Location: Various Schools in the East Metro

Cost: No Fee

\*This is for any 9-12 grader not planning on playing offensive or defensive line.

## **Day Ball Baseball Camp**

Camp includes intensive training in fundamental skills such as fielding, baserunning, hitting, throwing, and catching) as well as giving individuals an opportunity to enjoy the game of baseball and build camaraderie with all camp participants.

### **Grades 2-4**

Begins: Mon, June 7

Dates: June 7, 14, 21, 28

Time: 10:00am-11:00am

Location: Barkers Alps #2

Cost: \$50

Campers Receive: Camp T-Shirt

### **Grades 5-7**

Begins: Tues. June 8

Dates: June 8, 15, 21, 28

Time: 10:00am-11:00am

Location: Barkers Alps #2

Cost: \$50

Campers Receive: Camp T-Shirt

### **Grades 8-12**

Begins: Mon. June 7

Dates: June 7, 8, 14, 15, 21, 22, 28, 29

Time: 11:00am-12:00pm

Location: Barkers Alps #2

Cost: \$75

Campers Receive: Camp T-Shirt

# *St. Croix Prep Summer Camps*

## **Girls Lacrosse Camp**

Girls' lacrosse camp includes fundamental, intermediate, and advanced skill training as well as team offensive and defensive strategies. This camp also includes a strength/conditioning and agility component held at Altius Performance. Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates.

### **Grades: 7-12**

Begins: Monday, June 14

Dates: June 14, 15, 16, 17, 21, 22, 23, 24, 28, 29, 30

July 1, 12, 13, 14, 15, 19, 20, 21, 22, 26, 27, 28, 29

Monday & Wednesday's - Lacrosse Skills, Time: 11:00am-1:00pm at PREP Fields

Tuesday & Thursday - Strength & Conditioning, Time: 8:30am-9:30am at Altius

Location: PREP Fields and Altius Performance

Cost: Altius - \$200, Payment made through Altius

Skills - \$75, Payment made through St. Croix Prep Schoolpay

Campers Receive: Camp T-Shirt

## **Archery Camp**

Camp includes one on one instruction that will focus on improving each shooter's form to build confidence to achieve a higher skill level and greater appreciation for the sport of archery.

### **Grades 5-12**

Begins: Monday, June 14

Times: 6:00-7:30pm

Dates: Session 1: June 14, 16, 21, 23, 28, 30

Session 2: July 12, 14, 19, 21, 26, 28

Session 3: August 2, 4, 9, 11, 16, 18

Location: St. Croix Prep Auxiliary Gym

Cost: \$80 per session / \$200 for all three sessions.

## **Jazz Camp**

Over the course of six sessions, students will learn the fundamentals of jazz articulation, phrasing, and improvisation. Upon completion, students will have learned several jazz tunes by ear. They will also be familiar with swing rhythms, know how to listen to jazz, and feel increased confidence with improvisation. Students on any instrument are welcome to participate.

**Grades:** 7-10 (Entering)

**Cost:** Free

**Dates:** July 20, 21, 22, 27, 28, 29

**Time:** 10:30am-12:00pm