



2023 Summer Activity Camps



Boys Soccer Camp

Dates: June 12 - July 26
Days: Mondays & Wednesdays
Time: 4:30 - 6:00pm
Grades: Incoming 7th - 12th
Cost: \$150

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.

Girls Soccer Camps



Camp 1

Dates: June 12-16
Days: Monday - Friday
Time: 9:00-11:00am
Grades: Incoming 7th - 12th
Cost: \$85

Camp 2

Dates: July 10-14
Days: Monday - Friday
Time: 10:00 am - noon
Grades: Incoming 7th - 12th
Cost: \$85

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. Students should bring a water bottle and wear soccer appropriate attire. Prep Soccer T-shirt is included with registration.



Volleyball Camps

Lower/Middle School

Dates: June 12 - June 15

Days: Monday thru Thursday

Time: 5:30 - 6:30pm

Grades: Incoming 3rd - 6th

Cost: \$85

Middle/Upper School

Dates: June 12-29th

Days: Mondays thru Thursdays

Time: 6:30-8:00pm

Grades: Incoming 7th - 12th

Cost: \$125

Serve, pass, set, spike and block! Campers will be instructed based on skill level. Each day includes skill stations, fun contests and team play. Registration includes a camp t-shirt. Proper athletic shoes and attire should be worn, including knee pads. Bring a water bottle.

Participants going into grades 7-12 are also encouraged to attend the speed and strength training sessions at Altius.

Boys & Girls Tennis Camp



Dates: July 17-20

Days: Monday - Thursday

Time: 9:00 am - 11:00 am

Grades: Incoming 5th - 7th

Cost: \$85

Camp will be held at the courts by Afton-Lakeland Elementary.

Prep Tennis Camp participants will learn the basics of tennis strokes, court movement, score keeping, and tennis terms. This will all happen in a fun and experiential environment with a great staff. This camp will light the fire for a lifelong love of tennis!

Each participant should bring a water bottle, racket and wear a hat/visor, athletic shoes and clothing. A t-shirt is included with registration.

Dance & Cheer Camp



Lower School

Dates: June 19-22

Days: Monday - Thursday

Time: 8:30 am - 10:00 am

Grades: Incoming 2nd - 6th

Cost: \$105

Middle & Upper School

Dates: June 19-22

Days: Monday - Thursday

Time: 10:15 - 11:45 am

Grades: Incoming 7th - 12th

Cost: \$105

Spend the morning learning a dance routine and official Prep cheers to be performed for parents on the Thursday morning of camp at 9:45 am. Campers will also be invited to perform at one of the home football games in the Fall (date TBD). Campers should wear athleticwear and bring water bottle. Registration includes a t-shirt and a set of poms.



Football Camp

Dates: June 12 - July 27th*

Days: Mondays, Wednesdays, & Thursdays

Time: 8:00-9:00am Strength & Conditioning

9:15-11:00am Football Drills

Grades: Incoming 7th - 12th

Cost: \$150

*no camp the week of July 3-7th

Whether your athlete is an accomplished player or just starting football, this program will be a great experience for them. The goal is to teach our athletes the correct techniques and practice habits that will allow them to reach their full potential.

Boys Basketball



Lower School

Dates: June 12-15th
Days: Monday - Thursday
Time: 9:00am - 10:30am
Grades: Incoming 2nd - 4th
Cost: \$85

Build a love for the game and develop sound fundamental skills. Each day includes skill stations, fun contests and team play. Campers should bring a water bottle, wear athletic attire and gym shoes. T-shirt included with registration.

Dates: June 12 - June 28

Days: Mondays & Wednesdays

Time: 1:00pm - 2:30pm

Grades: Incoming 5th - 7th

Cost: \$100

Middle School

Camp includes intensive training in fundamental skills such as passing, ball handling, attacking the rim, shooting, defensive footwork and rebounding and also team offensive and defensive philosophies. Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates. T-shirt included with registration.

Upper School

Dates: June 12 - June 29
Days: Mondays through Thursdays
Time: 10:30am - 12:30pm
Grades: Incoming 8th - 12th
Cost: \$150

Camp includes intensive training in fundamental skills such as passing, ball handling, attacking the rim, shooting, defensive footwork and rebounding and also team offensive and defensive philosophies. Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates. T-shirt included with registration.



Lower School

Girls Basketball

Dates: June 12-15

Days: Monday - Thursday

Time: 9:00am - 10:30am

Grades: Incoming 2nd - 6th

Cost: \$85

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. Campers receive a t-shirt.

Dates: June 13 - June 29

Days: Mondays thru Thursdays

Time: 3:00 - 5:00 pm

Grades: Incoming 7th - 12th

Cost: \$150

*Middle & Upper
School*

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. Campers receive a t-shirt. In addition to this camp, participants are encouraged to register for the speed and strength conditioning through Altius.

Boys & Girls Golf



Dates: July 10th - 13th

Days: Monday - Thursday

Time: 9:00 - 11:00 am

Grades: Incoming 3rd-7th

Cost: \$85

Held on the grass fields at St. Croix Prep. Great opportunity to be introduced to the game of golf. Each participant should have at least a driver, wedge and putter, wear athleticwear and bring a water bottle. A t-shirt is included with registration.

Girls Lacrosse



Lower School

Dates: June 12 - 16

Days: Monday - Friday

Time: 11:00-12:30

Grades: Incoming 2nd - 6th

Cost: \$85

Camp will include fun games and lacrosse skills. We will play games and get a chance to learn and practice basic skills while also having fun! Wear athletic attire and bring a water bottle, other equipment will be provided. T-shirt included with registration.

Dates: June 19 - July 26

Days: Mondays & Wednesdays

Time: 8:30 - 10:00 am

Grades: Incoming 7th - 12th grade

Cost: \$150

Middle & Upper School

Camp includes training on fundamentals as well as team philosophies coached by Varsity Coaches. Each participant needs goggles, cleats and a stick (contact Coach Brandt before purchasing stick). Registration includes a Prep Lacrosse tshirt. There is an optional strength and conditioning component through Altius.

Boys & Girls Track & Field



Dates: June 13 - July 28

Days: Tuesday & Thursdays

Time: 9:00 - 11:00 am

Grades: Incoming 1st-7th

Cost: \$125

RunJumpThrow (RJT), is a hands-on learning program that gets kids excited about physical activity by introducing them to the basic running, jumping, and throwing skills through track & field. These skills are the core of track & field and can be applied on the track or on nearly any other sport's playing field. Participants should bring a water bottle and dress in athleticwear, including tennis shoes.

There will be a special showcase to end the camp on Tuesday, August 1 starting at 9:00 am; spectators are welcome. Participation in all sessions is not mandatory.