



2024 Summer Activity Camps

PREP
ACTIVITIES

stcroixprep.org



Boys Soccer Camp

Dates: June 10 - July 31
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.

In addition to our program camps, Prep will be hosting a Foot Tech Soccer Camp for boys and girls ages 7-18 the week of August 5-9, from 9:00-11:30 am each day. Go to MNfoottech.com to register and find more information.



Girls Soccer Camps

Camp 1

Dates: June 17, 18, 20, 21
Days: Mon, Tues, Thurs, Fri
Time: 8:00-10:00 am
Grades: Incoming 7th - 12th
Cost: \$85

Camp 2

Dates: June 24-27
Days: Monday - Thursday
Time: 8:00 am - 10:00 am
Grades: Incoming 7th - 12th
Cost: \$85

Camp 3

Dates: July 22-25
Days: Monday - Thursday
Time: 8:00 - 10:00 am
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.



Girls Volleyball Camps

Lower School

Dates: June 17, 18, 20 & 21
Days: Mon, Tues, Thurs & Fri.
Time: 2:00 - 3:30pm
Grades: Incoming 2nd - 4th
Cost: \$85

Middle School

Dates: June 3-26th
Days: Mondays & Wednesdays
Time: 4:00 - 5:30pm **AND**
Tuesdays
9:00 - 10:30am
Grades: Incoming 5th - 8th
Cost: \$150

Upper School

Dates: June 3-26th
Days: Mondays & Wednesdays
Time: 5:30 - 7:00pm **AND**
Tuesdays
10:30am - Noon
Grades: Incoming 9th - 12th
Cost: \$150

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.

Boys & Girls Tennis Camp



Dates: July 15-18
Days: Monday - Thursday
Time: 9:00 - 11:00 am
Grades: Incoming 5th - 8th
Cost: \$85

Camp will be held at the courts by Afton-Lakeland Elementary. All levels welcome -- come join the fun!

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.



Band Camps

Beginning Band Camp

*This camp is required for students entering 5th grade and playing a band instrument.

Dates: August 5 - 9
Days: Monday - Friday
Time: 9:00 am - Noon
Grades: Incoming 5th Graders*
Cost: \$70

Students learn the basics of playing an instrument, including care and maintenance, and review the fundamentals of music reading. SCPA upper school students help lead activities and a recess in the middle of the morning. The week concludes with a demonstration on Friday at 11:30 am. Families are responsible for providing an instrument and necessary accessories. Each student will receive a t-shirt.

Second Year Band Camp

Dates: August 5-8
Days: Monday - Thursday
Time: 1:00 - 3:00 pm
Grades: Incoming 6th Graders
Cost: \$50

Students participate in a mix of musical and band bonding (team building) exercises to get ready for the new school year. The week concludes with a demonstration on Thursday at 2:30pm. This camp is strongly recommended for all incoming 6th grade band students.

Dance & Cheer Camp



Lower School

Dates: June 10-13
Days: Monday - Thursday
Time: 8:30 - 10:00 am
Grades: Incoming 1st - 5th
Cost: \$105

Middle & Upper School

Dates: June 10-13
Days: Monday - Thursday
Time: 10:15 - 11:45 am
Grades: Incoming 6th - 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 24-25 season home boys basketball games (date TBD). Campers should wear athleticwear and bring water bottle. Registration includes a t-shirt and a set of poms.



Girls Basketball

Lower School

Dates: June 10-13

Days: Monday - Thursday

Time: 2:00 - 3:30 pm

Grades: Incoming 2nd - 6th

Cost: \$85

Camp includes intensive training in fundamental skills (passing, ball handling, attacking the rim, shooting, defensive footwork, and rebounding) and team offensive and defensive philosophies. Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates.

Middle & Upper School

Dates: June 3 - June 27*

Days: Mondays & Wednesdays*

Time: 7:00 - 8:30 am **AND**

Tuesdays & Thursdays

4:00 - 5:45 pm

Grades: Incoming 7th - 12th

Cost: \$195

The grade 7-12 camp will also feature 8 skill sessions on Tuesdays and Thursdays from Catalyst training. Catalyst is regarded as one of the top basketball training organizations in the Midwest and is trusted by dozens of programs around the state. Workouts will be led by Jared Berggren and other members of the Catalyst Training staff. Jared Berggren has a long-record for basketball training and development.

***There will be no camp on Wednesday, June 19th**

Boys Basketball



Lower School

Dates: June 3 - 6
Days: Monday - Thursday
Time: 2:00 - 3:30 pm
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.

Middle School

Dates: June 3 - June 27
Days: Mondays, Wednesdays & Thursdays*
*There will be no camp on June 10th or June 19th.
Time: 12:00 - 1:30pm
Grades: Incoming 5th - 8th
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.

Upper School

Grades: 9th - 12th Total Cost: \$450

Basketball Sessions at Prep

Dates: June 3 - June 27**
Days: Mondays, Wednesdays & Thursdays**
Time: 9:30 - 11:30 am
**There will be no camp on June 10th or June 19th, there will be an added session on Tuesday, June 11.

Speed & Strength Sessions at Altius

Dates: June 3 - August 1
Days: Tuesdays & Thursdays
Time: 7:30 am - 9:00 am

In addition, the Upper School camp will include Speed and Strength training sessions at Altius twice a week from June 3 until August 1.

Boys & Girls Track & Field



Camp 1

Dates: July 15 - 18

Days: Monday - Thursday

Time: 9:00-11:00 am

Grades: Incoming 1st - 5th

Cost: \$85

Camp 2

Dates: June 22 - July 25

Days: Monday - Thursday

Time: 9:00 - 11:00 am

Grades: Incoming 1st - 5th

Cost: \$85

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. Students are welcome to register for both weeks of camp or just one.

Nike Speed Camp



Dates: July 11 - 13

Days: Thursday, Friday & Saturday

Time: 9:00 am - 12:00 pm

Ages: 13-18

Prep will be hosting an Altis Speed Development Camp run by Nike and US Sports Camps. To register or learn more, go to ussportscamps.com and enter Prep's zip code (55082) into the search box (upper right).