

2025

September

Scan To Enroll



Monthly Sports Calendar



MON	TUE	WED	THU
8 Fitness	9 Basketball	10 Fitness	11 Basketball
15 Fitness	16 Basketball	17 Fitness	18 Basketball
22 Fitness	23 Soccer	24 Fitness	25 Soccer
29 Fitness	30 Soccer		

CORE STRENGTH,
ENDURANCE,
COORDINATION,
MOBILITY

DRIBBLING, SHOOTING FORM, PASSING
DRILLS, LAYUPS, AND FOOTWORK

AGILITY, EXPLOSIVE
SPEED, REACTION
TIME

DEFENSIVE STANCE, PIVOTING,
REBOUNDING, MINI SCRIMMAGES

LEG STRENGTH,
ENDURANCE
CIRCUITS,
COORDINATION

DRIBBLING, PASSING, SHOOTING
ACCURACY, BALL CONTROL DRILLS

October

1 Fitness	2 Soccer
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LOWER-BODY
POWER, SPRINT
DRILLS, REACTION
TIMING

DRIBBLING, PASSING, SHOOTING
ACCURACY, BALL CONTROL DRILLS

Each camp day includes one 1-hour session, and parents will select their preferred time block at enrollment. Sessions are offered during two windows: Morning (9:00 AM–1:00 PM) and Afternoon (3:00 PM–7:00 PM).

After you choose which weeks your child will attend, you'll indicate all 1-hour time slots you're available within those windows. We'll use that availability to schedule your child's session and assign a coach accordingly.

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October

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Monthly Sports Calendar



MON	TUE	WED	THU
6 Fitness	7 Baseball/Softball	8 Fitness	9 Baseball/Softball
13 Fitness	14 Baseball/Softball	15 Fitness	16 Baseball/Softball
20 Fitness	21 Flag Football	22 Fitness	23 Flag Football
27 Fitness	28 Flag Football	29 Fitness	30 Flag Football

CORE STRENGTH,
SHOULDER
MOBILITY, HAND-EYE
COORDINATION

LOWER-BODY
POWER, SPRINT
DRILLS, REACTION
TIMING

ARM STRENGTH,
AGILITY LADDERS,
EXPLOSIVE
MOVEMENT

SPRINT
CONDITIONING,
CORE CONTROL,
LATERAL
MOVEMENT

THROWING TECHNIQUE, BATTING
STANCE, CATCHING BASICS, BASE
RUNNING

FIELDING GROUND BALLS, THROWING
ACCURACY, HITTING STATIONS

THROWING AND CATCHING, FLAG
PULLING, ROUTE RUNNING, TEAMWORK

GAME STRATEGIES, DEFENSIVE DRILLS,
QUARTERBACK SKILLS

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November

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Monthly Sports Calendar



MON	TUE	WED	THU
3 Fitness	4 Volleyball	5 Fitness	6 Volleyball
10 Fitness	11 Volleyball	12 Fitness	13 Volleyball

UPPER-BODY STRENGTH, JUMP TRAINING, REACTION DRILLS

SHOULDER MOBILITY, COORDINATION, BALANCE

PASSING (BUMP/SET), UNDERHAND/OVERHAND SERVING, COURT MOVEMENT

BLOCKING TECHNIQUES, TEAM RALLIES, VOLLEYBALL SCRIMMAGES

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After you choose which weeks your child will attend, you'll indicate all 1-hour time slots you're available within those windows. We'll use that availability to schedule your child's session and assign a coach accordingly.