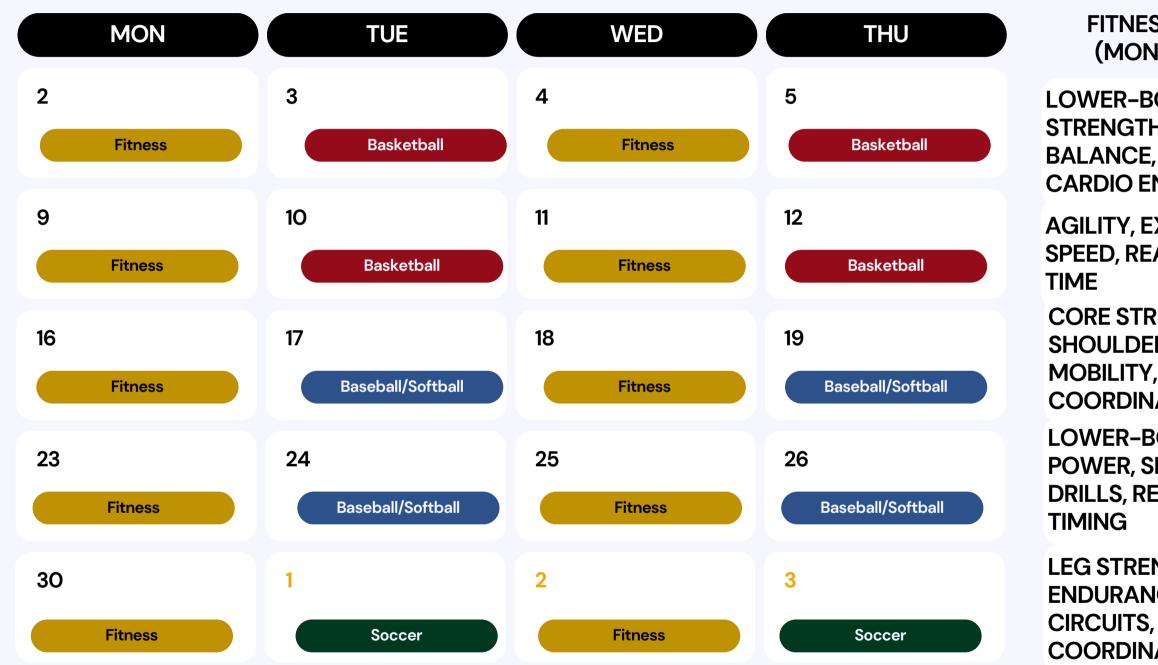
June 2025



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.

Monthly Sports Calendar



FITNESS DAYS (MON/WED)

LOWER-BODY STRENGTH, BALANCE, AND **CARDIO ENDURANCE**

AGILITY, EXPLOSIVE SPEED, REACTION

CORE STRENGTH, SHOULDER COORDINATION

LOWER-BODY POWER, SPRINT DRILLS, REACTION

LEG STRENGTH, **ENDURANCE** COORDINATION

SPORTS DAYS (TUES/THURS)

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

DEFENSIVE STANCE, PIVOTING, REBOUNDING, MINI SCRIMMAGES

THROWING TECHNIQUE, BATTING MOBILITY, HAND-EYE STANCE, CATCHING BASICS, BASE RUNNING

> FIELDING GROUND BALLS, THROWING ACCURACY, HITTING STATIONS

DRIBBLING, PASSING, SHOOTING ACCURACY, BALL CONTROL DRILLS

July

2025



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.

Monthly Sports Calendar



LEG STRENGTH, ENDURANCE CIRCUITS, COORDINATION

ARM STRENGTH, AGILITY LADDERS, EXPLOSIVE MOVEMENT

SPRINT CONDITIONING, CORE CONTROL, LATERAL

UPPER-BODY STRENGTH, JUMP TRAINING, REACTION DRILLS

DRIBBLING, PASSING, SHOOTING ACCURACY, BALL CONTROL DRILLS

THROWING AND CATCHING, FLAG PULLING, ROUTE RUNNING, TEAMWORK

GAME STRATEGIES, DEFENSIVE DRILLS, QUARTERBACK SKILLS

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

SHOULDER MOBILITY, COORDINATION, BALANCE

BLOCKING TECHNIQUES, TEAM RALLIES, VOLLEYBALL SCRIMMAGES