

2025

June

Monthly Sports Calendar



MON	TUE	WED	THU
2 Fitness	3 Basketball	4 Fitness	5 Basketball
9 Fitness	10 Basketball	11 Fitness	12 Basketball
16 Fitness	17 Baseball/Softball	18 Fitness	19 Baseball/Softball
23 Fitness	24 Baseball/Softball	25 Fitness	26 Baseball/Softball
30 Fitness	1 Soccer	2 Fitness	3 Soccer

- FITNESS DAYS  
(MON/WED)
- LOWER-BODY STRENGTH, BALANCE, AND CARDIO ENDURANCE
- AGILITY, EXPLOSIVE SPEED, REACTION TIME
- CORE STRENGTH, SHOULDER MOBILITY, HAND-EYE COORDINATION
- LOWER-BODY POWER, SPRINT DRILLS, REACTION TIMING
- LEG STRENGTH, ENDURANCE CIRCUITS, COORDINATION

- SPORTS DAYS  
(TUES/THURS)
- DRIBBLING, SHOOTING FORM, PASSING DRILLS, LAYUPS, AND FOOTWORK
- DEFENSIVE STANCE, PIVOTING, REBOUNDING, MINI SCRIMMAGES
- THROWING TECHNIQUE, BATTING STANCE, CATCHING BASICS, BASE RUNNING
- FIELDING GROUND BALLS, THROWING ACCURACY, HITTING STATIONS
- 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.

2025

July

Monthly Sports Calendar



MON	TUE	WED	THU
7 Fitness	8 Soccer	9 Fitness	10 Soccer
14 Fitness	15 Flag Football	16 Fitness	17 Flag Football
21 Fitness	22 Flag Football	23 Fitness	24 Flag Football
28 Fitness	29 Volleyball	30 Fitness	31 Volleyball

LEG STRENGTH,  
ENDURANCE  
CIRCUITS,  
COORDINATION

DRIBBLING, PASSING, SHOOTING  
ACCURACY, BALL CONTROL DRILLS

ARM STRENGTH,  
AGILITY LADDERS,  
EXPLOSIVE  
MOVEMENT

THROWING AND CATCHING, FLAG  
PULLING, ROUTE RUNNING, TEAMWORK

SPRINT  
CONDITIONING,  
CORE CONTROL,  
LATERAL

GAME STRATEGIES, DEFENSIVE DRILLS,  
QUARTERBACK SKILLS

UPPER-BODY  
STRENGTH, JUMP  
TRAINING, REACTION  
DRILLS

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

August

4 Fitness	5 Volleyball	6 Fitness	7 Volleyball
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SHOULDER  
MOBILITY,  
COORDINATION,  
BALANCE

BLOCKING TECHNIQUES, TEAM  
RALLIES, VOLLEYBALL SCRIMMAGES

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