



SJES Summer Sports Camps 2019

Co-ed Strength and Agility (grades 5-8) – July 15-19, 9 a.m.-11

Camp will focus on improving children's speed, agility, and plyometrics (power). This will help children to improve their athletic skills for the sports they choose to play. Parents should expect their children to not only compete, but also to have fun! Exercises include: use of speed ladders, activator fast-twitch muscle fibers, running mechanics, explosive jumps, and more!

Co-ed Basketball (grades 2-4) - July 22-26, 12:30-3:30 p.m.

Basketball camps stress individual ball-handling, passing, and shooting skills as well as offensive and defensive team concepts. Cost: \$200.00. Camp cost includes t-shirt and drinks.

Boys' Basketball (grades 5-8) - July 29-August-2, 12:30-3:30 p.m.

Basketball camps stress individual ball-handling, passing, and shooting skills as well as offensive and defensive team concepts. Cost: \$200.00. Camp cost includes t-shirt and drinks.

Co-ed Volleyball (4-8) – August 5-9, 12:30-2:30 p.m.

Enjoy a week of fun as you learn the fundamentals of volleyball. We will use competitive exercises and game-like situations to make you a great volleyball player. This camp will provide a terrific knowledge base for anyone just starting to play the game and prepare players for the demands of more advanced volleyball, as well. Cost: \$135.00. Camp cost includes t-shirt and drinks.

Co-ed Strength and Agility for Basketball (grades 5-8) – Aug 12-16, 12:30-2:30 p.m.

Camp will focus on improving children's speed, agility, and plyometrics (power). This will help children to improve their athletic skills for the sports they choose to play. Parents should expect their children to not only compete, but also to have fun! Exercises include use of speed ladders, activator fast-twitch muscle fibers, running mechanics, explosive jumps, and more!

Boys' Flag Football (grades 5-8) - Aug 19-23, 9 a.m.-12

Camp is geared towards developing and refining basic skills which will lead to successful team play. Offensive and defensive formations and alignments, pass routes, agility drills, and proper blocking and flag pulling techniques will be emphasized. This camp creates a great opportunity for the coaches to get to know the students and for the students to get to know their potential teammates. Cost is \$200.00. Camp cost includes t-shirt and drinks.

Please, contact Coach Winn at bwinn@stjohns-es.org or ext. 261 if you have any questions.