



Saint Thomas Academy Cadets Basketball

2023 SUMMER Information

The Saint Thomas Academy basketball coaching staff is excited to provide many opportunities for players to grow their game this summer. There will be countless opportunities for your son or daughter to become a better basketball player and athlete throughout the months of June & July. In this document, you will find the following information:

- Strength & Conditioning Opportunities (6-12th grade)
 - Page 2-3
- Basketball Academy Information (6-12th grade)
 - Page 4-5
- Examples of 6-12th Grade Summer Workout Schedules
 - Page 6-10
- Saint Thomas Academy Summer Camp Information (K-8th grade)
 - Page 11-15
- Summer League, Tournaments, & Open Gym (6-12th grade)
 - Page 16

The goal of this document is to provide families with a detailed view into what this summer could look like. Once players are registered, we are dedicated to communicating with those who are registered to provide them a weekly glimpse into what the schedule for the week will look like.

As always, please feel free to reach out to a Saint Thomas Academy basketball coach and we would be happy to answer any questions that you may have. Go Cadets!

2023-24 Freshmen, Sophomores, Juniors, and Seniors Lifting & Conditioning with Coach Rosga

The Saint Thomas Academy basketball program is fortunate enough to partner with Coach Steve Rosga for our Upper School summer weight lifting and conditioning development. This summer, Coach Rosga is implementing a new schedule that will allow flexibility when choosing weight lifting and conditioning sessions. Each session (pick one "Lift" & one "Run" session) is 1-hour in length because it includes a proper warm-up, stretching/flexibility work, and cool-down. Often, strength programs have to skip these important pieces due to time constraints. With this new schedule, we will not have to worry about that, plus we will have healthier athletes who are ready to compete!

2023 Upper School Summer Lift & Run Sessions (Monday, Tuesday, Wednesday, & Thursday)

The "Lift/Run" program will run from June 12th through August 11th with no sessions during the MSHSL No Contact period (July 3-7).

6:00-7:00 A.M. - Lift Session #1

7:00-8:00 A.M. - Run Session A

8:00-9:00 A.M. - Lift Session #2

**10-12th grade basketball players should NOT pick the 8:00-9:00 A.M. session because Basketball Academy will be running during this time frame. 2023-24 6-9th graders can still choose this session if it meets their needs.*

9:00-10:00 A.M. - Lift Session #3

10:00-11:00 A.M. - Run Session B

**9th grade basketball players should NOT pick the 10:00-11:00 A.M. session because Basketball Academy will be running during this time frame.*

The strength & conditioning program is free to all 2023-24 Upper School students. Coach Rosga will send a sign-up genius separately for Cadets to sign up for these sessions! We will communicate this link as soon as it becomes available.

2023-24 6th, 7th, and 8th grade Lifting & Conditioning with Coach Rosga

As mentioned above, the Saint Thomas Academy basketball program is fortunate to partner with Coach Steve Rosga for our Middle School summer weight lifting and conditioning development. Unlike the Upper School sessions, Coach Rosga will be combining strength & conditioning into one session (either 11:00 A.M. or Noon).

2023 Middle School Summer Lift & Run Sessions (Mon./Wed. or Tues./Thurs.)

The “Lift/Run” program will run from June 12th through August 11th with no sessions during the MSHSL No Contact period (July 3-7).

11:00 A.M.-12:00 P.M. - Lift/Run Session #1

**6th-8th grade basketball players should pick this session because their basketball workouts will end at 11:00 A.M.*

12:00-1:00 P.M. - Lift/Run Session #2

The fee for this program is \$150. This fee allows a middle schooler to lift twice a week (either Mondays/Wednesdays or Tuesdays/Thursdays).

**If your Middle School student registers and pays for Middle School Basketball Academy (information on page 5), they will be allowed to attend Lift/Run sessions four times a week, rather than two!*

Middle School athletes will **have to register and pay for Coach Rosga’s camp** (link provided below) **and for Middle School Basketball Academy** separately (link found on page 5).

Middle School Lift/Run Registration: <https://stasummer.campbrainregistration.com/>
(Look for “Cadets Strength & Conditioning”)

2023-24 10-12th grade Basketball Academy

Who: This specific opportunity is for 2023-24 sophomores, juniors, and seniors. Only freshmen who are invited will be able to attend this specific session.

What: Basketball Academy will be an opportunity for Cadet basketball players to hone their skills with the Saint Thomas Academy high school basketball coaching staff for the upcoming season. We will cover every aspect of basketball - dribbling, passing, shooting, and offensive/defensive concepts through drills, small group instruction, and competitive games. We will also utilize this time to implement fundamental teachings of the Cadet offense and defense, which will allow our teams to start on a good note when the season starts in November.

When: Basketball Academy will run on Monday, Tuesday, Wednesday, and Thursdays from 8:00-9:00 A.M. on the following weeks:

- June 12, 13, 14 & 15
- June 19, 20, 21, & 22
- July 10, 11, 12, & 13
- July 24, 25, 26, & 27
- July 31 (Last day of MSHSL-approved contact is July 31st)

To accommodate our multi-sport athletes who are in football, we will run Basketball Academy on Monday, Tuesday, Wednesday, and Thursday's from 10:00-11:00 A.M. on the following weeks where football practice will be held in the mornings:

- June 26, 27, 28, & 29
- July 17, 18, 19, & 20

There is a MSHSL-mandated no-contact week from July 1st through July 7th. Basketball will not be held on these dates.

Where: Sjoberg/Flynn Arena & Holtz Gymnasium located in Vincent J. Flynn Hall on the Saint Thomas Academy Campus.

Equipment: Bring your basketball shoes, water bottle, and a towel.

Cost: \$250 for the entire summer - that comes out to roughly \$10 per session.

Registration Link: [Basketball Academy Registration](#)

2023-24 6-9th grade Basketball Academy

Who: This specific opportunity is for 2023-24 6-9th grade students.

What: Basketball Academy will be an opportunity for Cadet basketball players to hone their skills with the Saint Thomas Academy high school basketball coaching staff for the upcoming season. We will cover every aspect of basketball - dribbling, passing, shooting, and offensive/defensive concepts through drills, small group instruction, and competitive games. We will also utilize this time to implement fundamental teachings of the Cadet offense and defense, which will allow our teams to start on a good note when the season starts in November.

When: Basketball Academy will run on Monday, Tuesday, Wednesday, and Thursdays from 10:00-11:00 A.M. on the following weeks:

- June 12, 13, 14 & 15
- June 19, 20, 21, & 22
- July 10, 11, 12, & 13
- July 24, 25, 26, & 27
- July 31 (Last day of MSHSL-approved contact is July 31st)

Basketball Academy will have an alternate schedule throughout the two weeks mentioned below due to STA Football camps. These football camps do not affect middle school students or freshmen, but we have to move things around to provide an opportunity to get everyone in the gym. The plan for those two weeks are:

- June 26, 27, 28, & 29 **from 12:00-1:00 P.M.**
- July 17, 18, 19, & 20 **from 11:00-12:00 P.M.**

There are examples of what an athlete's schedule may look like throughout the summer, depending on grade, starting on page 6. *There is a MSHSL-mandated no-contact week from July 1st through July 7th. Basketball will not be held on these dates.*

Where: Sjoberg/Flynn Arena & Holtz Gymnasium located in Vincent J. Flynn Hall on the Saint Thomas Academy Campus.

Equipment: Bring your basketball shoes, water bottle, and a towel.

Cost: \$250 for the entire summer - that comes out to roughly \$10 per session + athletes get to attend an extra two "Lift/Run" sessions each week!

Registration Link: [Basketball Academy Registration](#)

6-12th grade Schedule Examples

Below, you will find schedules for the following subgroups of athletes within the Saint Thomas Academy basketball program:

- 2023-24 10-12th graders who do not play football.
- 2023-24 10-12th graders who play football.
- 2023-24 9th graders who do not play football.
- 2023-24 9th graders who play football.
- 2023-24 6-8th graders

By creating these schedule outlines, our hope is to limit confusion on the schedule for each week. Rest assured, once registration for all summer events are complete, we will create an email list where the Saint Thomas Academy basketball coaching staff will send out a weekly email outlining the schedule for the week!

10-12th grade Schedule - NON-FOOTBALL PLAYER Specific

Option 1 - “Early Riser Option”

June 12, 13, 14, 15, 19, 21, 22, & 23 + July 10, 11, 12, 13, 24, 25, 26, 27, & 31

Lift Session	Run Session	Basketball Academy
6:00-7:00 A.M.	7:00-8:00 A.M.	8:00-9:00 A.M.

Option 2 - “Post-Basketball Academy Option”

June 12, 13, 14, 15, 19, 21, 22, & 23 + July 10, 11, 12, 13, 24, 25, 26, 27, & 31

Basketball Academy	Lift Session	Run Session
8:00-9:00 A.M.	9:00-10:00 A.M.	10:00-11:00 A.M.

Football Camp Schedule

*Even if your Cadet is not a football player, Basketball Academy will move to 10-11 A.M. on June 26-29 and July 17-20 so all 10-12th graders can still participate in basketball on these days.

June 26, 27, 28, & 29 + July 17, 18, 19, & 20

Run Session	Lift Session	Basketball Academy
7:00-8:00 A.M.*** Athletes are encouraged to go to the 7:00 A.M. session, but that leaves an hour break in between “Run” and “Lift” sessions. If this doesn’t work for your family, then feel free to only attend the 9:00 A.M. “Lift” session. Non-football players should ensure they are finding ways to condition these two weeks.	9:00-10:00 A.M.	10:00-11:00 A.M.

10-12th grade Schedule - FOOTBALL PLAYER Specific

Option 1 - “Early Riser Option”

June 12, 13, 14, 15, 19, 21, 22, & 23 + July 10, 11, 12, 13, 24, 25, 26, 27, & 31

Lift Session	Run Session	Basketball Academy
6:00-7:00 A.M.	7:00-8:00 A.M.	8:00-9:00 A.M.

Option 2 - “Post-Basketball Academy Option”

June 12, 13, 14, 15, 19, 21, 22, & 23 + July 10, 11, 12, 13, 24, 25, 26, 27, & 31

Basketball Academy	Lift Session	Run Session
8:00-9:00 A.M.	9:00-10:00 A.M.	10:00-11:00 A.M.

Football Camp Weeks

***Basketball Academy will move to 10-11 A.M. on June 26-29 and July 17-20 so all 10-12th graders can still participate in basketball on these days.

***Football players are not expected to make up for their missed “Lift/Run” sessions if they are in camp on June 26-29 and July 17-20.

<i>June 26, 27, 28, & 29 + July 17, 18, 19, & 20</i>	
Football Camp	Basketball Academy
7:00-10:00 A.M.	10:00-11:00 A.M.

9th grade Schedule - NON-FOOTBALL PLAYER Specific

Typical Schedule

***“Run” sessions for 9th graders are optional since the time slots do not match up well with Basketball Academy. If your 9th grader wants to go to the “Run” session at 7:00 A.M. and “Lift” session at 8:00 A.M., they will have an hour break before Basketball Academy at 10:00 A.M. They can help with different basketball camps, eat a snack, and/or shoot in the gym during this break. Please make sure your Cadet communicates with the coaching staff regarding your plan for these days.

<i>June 12, 13, 14, 15, 19, 21, 22, & 23 + July 10, 11, 12, 13, 24, 25, 26, 27, & 31</i>		
Run Session	Lift Session (Pick 1)	Basketball Academy
7:00-8:00 A.M.***	8:00-9:00 A.M. 9:00-10:00 A.M.	10:00-11:00 A.M.

June HS Football Camp Alternative Schedule

***The Cadet Football Program has camp on June 26-29 from 7-10 A.M. In order to provide an opportunity for all levels to get in the gyms during these two weeks, we have to change schedules around. 9th graders will still have Basketball Academy at the same time, but they will join the 10-12th graders, instead of their usual session with 6-8th graders, on June 26-29.

<i>June 26, 27, 28, & 29</i>		
Run Session	Lift Session (Pick 1)	Basketball Academy
7:00-8:00 A.M.***	8:00-9:00 A.M. 9:00-10:00 A.M.	10:00-11:00 A.M. <small>*9th graders will join 10-12th grade Basketball Academy this week.</small>

July HS Football Camp Alternative Schedule

***The Cadet Football Program has camp on July 17-20 from 7-10 A.M. In order to provide an opportunity for all levels to get in the gyms during these two weeks, we have to change schedules around. 9th graders will still have Basketball Academy at the same time, but they will join the 10-12th graders, instead of their usual session with 6-8th graders, on June 26-29.

<i>July 17, 18, 19, & 20</i>		
Run Session	Lift Session (Pick 1)	Basketball Academy
7:00-8:00 A.M.***	8:00-9:00 A.M. 9:00-10:00 A.M.	10:00-11:00 A.M. <small>*9th graders will join 10-12th grade Basketball Academy this week.</small>

9th grade Schedule - FOOTBALL PLAYER Specific

Typical Schedule

***“Run” sessions for 9th graders are optional since the time slots do not match up well with Basketball Academy. If your 9th grader wants to go to the “Run” session at 7:00 A.M. and “Lift” session at 8:00 A.M., they will have an hour break before Basketball Academy. They can help with basketball camps, eat a snack, and/or shoot in the gym during this break.

<i>June 12, 13, 14, 15, 19, 21, 22, & 23 + July 10, 11, 12, 13, 24, 25, 26, 27, & 31</i>		
Run Session	Lift Session	Basketball Academy
7:00-8:00 A.M.***	9:00-10:00 A.M.	10:00-11:00 A.M.

Wednesday Practices - *Football Players Only*

***Football practice will end by 10 A.M.. Basketball Academy will start at 10 A.M., with the understanding that some athletes may be coming in late from football. 9th grade football players will join the 10-12th grade Basketball Academy to accommodate their schedule and provide them with an opportunity to get in the gym.

<i>June 14, 21, 28 & July 12, 19, 26</i>	
Football Camp	Basketball Academy
8:00-10:00 A.M.	10:00-11:00 A.M.

June & July HS Football Camp Alternative Schedule

***When the HS Football Program has practices during the week of June 26 and July 17, 9th graders will follow the typical schedule (found above), but they will join the 10-12th grade Basketball Academy session.

<i>June 26, 27, & 30 + July 17, 18, & 20</i>		
Lift Session	Lift Session	Basketball Academy
7:00-8:00 A.M.***	9:00-10:00 A.M.	10:00-11:00 A.M.

6-8th grade Schedule

Typical Schedule

June 12, 13, 14, 15, 19, 21, 22, & 23 + July 10, 11, 12, 13, 24, 25, 26, 27, & 31

Basketball Academy	Lift/Run Session
10:00-11:00 A.M.	11:00 A.M.-12:00 P.M.

June HS Football Camp Alternative Schedule

June 26, 27, 28, & 29

Lift/Run Session	Basketball Academy
11:00 A.M.-12:00 P.M.	12:00-1:00 P.M.

July HS Football Camp Alternative Schedule

June 17, 18, 19, & 20

Basketball Academy	Lift/Run Session
11:00 A.M.-12:00 P.M.	12:00-1:00 P.M.

Basketball Camps Opportunities

You may be asking yourself, “What is the difference between Basketball Academy and Basketball Camps?” **Basketball Academy** is geared more towards currently enrolled Cadets that are planning on trying out or being a part of the Cadet Basketball program, although we may have athletes outside our community join these workout sessions. **Basketball Camps** are available to currently enrolled Cadets, but are open to basketball players outside our community who are looking for an opportunity to improve their skills.

IMPORTANT: If an athlete is signed up for the 6-9th grade Basketball Academy workouts, they can also sign up for specific basketball camps if it fits their schedule. This would allow them to have 2 hours of basketball instruction on certain days.

The Saint Thomas Academy basketball coaching staff will hold four different summer camps throughout the 2023 summer season. These camps will be:

- 5-8th grade Cadets Basketball Camp
 - June 12-15
 - 9:00 AM - 12:00 PM
- 3-5th grade FUNdamental Basketball Camp
 - Mondays & Wednesdays
 - June 12-July 27 (No camp July 3-7)
 - 9:00-10:00 A.M.
- 6-8th grade FUNdamental Basketball Camp
 - Tuesdays & Thursdays
 - June 12-July 27 (No camp July 3-7)
 - 9:00-10:00 A.M.
- K-2nd grade Cadets Bitty Ball
 - June 26-29 & July 24-27
 - 11:00 AM - 12:00 PM

Read below for more information about each camp!

5-8th grade Cadets Basketball Camp

Date/Time: June 12-15 from 9:00 AM to 12:00 PM

Location: Sjoberg/Flynn Arena & Holtz Gymnasium located in Vincent J. Flynn Hall on the Saint Thomas Academy Campus.

Grades: 2023-2024 5-8th graders

Equipment needed: Please bring your own basketball and water bottle!

Description: This one-week long camp is open to current Saint Thomas Academy families and those outside the community! This camp offers boys the opportunity to embrace their strengths while improving weaknesses. Campers will have the opportunity to learn how to compete as we incorporate drills that will improve ball handling, passing, shooting, defense and decision-making. The camp emphasizes both offense and defense to produce a complete basketball player.

Registration: <https://www.cadets.com/onlyatsta/summer-camps> → Click “Cadets Basketball”

Cost: \$175 for the week.

3-5th grade FUNdamental Basketball Camp

Date/Time: Mondays & Wednesdays from June 12 through July 27 (no camp from July 3-7). This camp will run from 9:00-10:00 A.M.

Location: Sjoberg/Flynn Arena & Holtz Gymnasium located in Vincent J. Flynn Hall on the Saint Thomas Academy Campus.

Grades: 2023-2024 3-5th graders

Equipment needed: Please bring your own basketball and water bottle!

Description: This camp is a great opportunity to continuously improve on your basketball skills throughout the months of June and July. It is open to all Saint Thomas Academy families and those outside the community. This camp provides 3rd-5th graders with an opportunity to improve their offensive and defensive skills throughout the entire summer. Each week, the Saint Thomas Academy coaching staff and players will focus on a particular skill that is essential to becoming a well-rounded basketball player. These skills will be applied through drills, small group instruction, and games. The goal of this camp is to enjoy the process of improving and having fun with your friends while playing the game we all love!

Registration: <https://www.cadets.com/onlyatsta/summer-camps> → Click “Cadets FUNdamental Basketball”

Cost: \$250 for all sessions in June & July.

6-8th grade FUNdamental Basketball Camp

Date/Time: Tuesdays & Thursdays from June 12 through July 27 (no camp from July 3-7). This camp will run from 9:00-10:00 A.M.

Location: Sjoberg/Flynn Arena & Holtz Gymnasium located in Vincent J. Flynn Hall on the Saint Thomas Academy Campus.

Grades: 2023-2024 6-8th graders

Equipment needed: Please bring your own basketball and water bottle!

Description: This camp is a great opportunity to improve on your skills throughout the months of June and July. It is open to all Saint Thomas Academy families and those outside the community. This camp provides 6-8th graders with an opportunity to improve their offensive and defensive skills throughout the entire summer. Each week, the Saint Thomas Academy coaching staff and players will focus on a particular skill that is essential to becoming a well-rounded basketball player. These skills will be applied through drills, small group instruction, and games. The goal of this camp is to enjoy the process of improving and having fun with your friends while playing the game we all love!

Registration: <https://www.cadets.com/onlyatsta/summer-camps> → Click “Cadets FUNdamental Basketball”

Cost: \$250 for all sessions in June & July.

K-2nd grade Cadets Bitty Ball Camp

Date/Time: June 26-29 & July 24-27 from 11:00 A.M.-12:00 P.M.

Location: Sjoberg/Flynn Arena located in Vincent J. Flynn Hall on the Saint Thomas Academy Campus.

Grades: 2023-2024 K-2nd graders

Equipment needed: Please bring your own basketball and water bottle!

Description: This is a camp to help grow boys' and girls' love for basketball. It is open to all Saint Thomas Academy families and those outside the community. This will be a fun camp focused on fundamentals: ball-handling, passing, shooting, & defense. These fundamentals will be practiced and applied through small group instruction and games.

Registration: <https://www.cadets.com/onlyatsta/summer-camps> → Click “Cadets Bitty Ball”

Cost: \$125 for both sessions.

Summer League, Tournaments, & Open Gyms

Summer League:

Concordia-St. Paul University will no longer be running a high school basketball summer league. Therefore, we have to pivot and find another way to compete weekly against other teams in our area. We are working with other coaches in the area to create a metro-area summer league where 9-12th grade players can compete against one another. More information to come!

Summer Tournaments:

We plan on playing in a number of Summer Breakdown one-day events. We are in the process of seeing how many Cadet basketball players would be available to compete in these tournaments. Then, we will begin the process of registering for specific dates. Most teams will have ten athletes, which makes the registration fee approximately \$25 per athlete for each tournament we compete in. More info to come!

Summer Open Gyms:

We understand that some athletes want to come in during the evening hours to get shots up, work on their skills, and run 5-on-5 with their teammates. If coaches are going to spend their summer evenings in the gym, we would like to make sure there is enough interest. We will send out a Google Survey to see what families would be interested in having open gyms throughout the summer. More info to come!

Email List:

We have a master email list with families who are a part of our program. If you want to be added to this email list, please email JSand@cadets.com.