

# MCA Athletics Summer Camps/Training

## Strength and Conditioning with Dawn and Leon Neal



Monday, Tuesday, Thursday, and Fridays starting Thursday, May 30th:

Middle School and High School Girls Weights (6-12<sup>th</sup>) – 9:00-10:00am

Middle School and High School Boys Weights (6-12<sup>th</sup>) – 10:00-11:00am

## High School and Middle School Cross Country



Saturdays at Shawnee Missions Park 8:00 – 9:30 am; Shelter 8

Tuesdays at Shawnee Mission Park 7:00 – 8:15 pm; Shelter 8

**Begins June 9<sup>th</sup>.**

Contact: Coach Brady Davidson [xcvhc@ma-kc.org](mailto:xcvhc@ma-kc.org)

## High School Volleyball



**Camp:** June 3<sup>rd</sup> - 7<sup>th</sup>, 4:00pm to 6:00pm, **Cost is \$65 (included T-Shirt)**

Open Gym: Mondays 7:00pm – 9:00pm

Contact: Coach Sam Soliday [vbvhc@ma-kc.org](mailto:vbvhc@ma-kc.org)

Sign up link - <https://forms.office.com/r/i794PLj93R>

## Middle School Volleyball



**Camp:** June 3<sup>rd</sup> – 7<sup>th</sup>, 6:30pm – 8:00pm, **Cost is \$50**

**Open Gyms:** Mondays 6:30-8:00pm

Contact: Jack Allen ([allenj@ma-kc.org](mailto:allenj@ma-kc.org)) – Seeking Head Coach

Camp Registration Link – <https://forms.office.com/r/ayV8mUVNuk>

## Secondary and Elementary Soccer Camp



Camp: June 17<sup>th</sup> – 20<sup>th</sup>; June 21 rainout date

Elementary: 6:00 - 7:30 pm; Cost is \$45. MS/HS: 7:30 – 9pm; **Cost is \$45.**

Contact: Coach Nick Knight [trackvhc@ma-kc.org](mailto:trackvhc@ma-kc.org)

Camp Registration Link – <https://forms.office.com/r/ayV8mUVNuk>

### High School Girls and Boys Soccer

Skills Improvement Training: Monday and Fridays 6:00-7:00pm. (3<sup>rd</sup> grade and up can attend on Mondays)

### Middle School Boys Soccer

Skills Improvement Training: Tuesdays and Thursday mornings: 8:30am – 10:30am

Contact: Coach Ricky Alvarez [soccerbjhhc@ma-kc.org](mailto:soccerbjhhc@ma-kc.org)

### High School and Middle School Football

**Camp:** June 10<sup>th</sup> – 15<sup>th</sup> 5:00pm – 7:30pm (6-12<sup>th</sup> graders), **Cost is \$60**

**Weights:** Middle School: 6:30-7:30am, Monday, Wednesday, and Friday.

**High School Weights** Monday-Friday – 7:15-8:30am. Team practice following weights.

**Evening Weights** for those who can't make it in the morning: 5:00-6:00pm

**Middle School:** Summer football practice begins July 15<sup>th</sup> – Time TBD

Contact: Coach Steve Hugunin [fbbvhc@ma-kc.org](mailto:fbbvhc@ma-kc.org) (High School) and Jesse Dull [fbmshc@ma-kc.org](mailto:fbmshc@ma-kc.org) (Middle School)

Camp Registration Link -- <https://forms.office.com/r/ayV8mUVNuk>

### High School and Middle School Girls Basketball

**Camp:** June 24 – 27<sup>th</sup> (High School: 3:00-5:00pm and Middle School – 5:00-7:00pm), **Cost is \$40**

Open Gyms: Tuesdays and Thursdays 6:00 – 7:30pm. HS and MS combined.

Fridays (High School ONLY) – 11:00-12:30pm.

Contact (High School): Coach Leon Neal [ballgvhc@ma-kc.org](mailto:ballgvhc@ma-kc.org)

Contact (Middle School): Coach Benjamin Vinson [ballgjhhc@ma-kc.org](mailto:ballgjhhc@ma-kc.org)

Camp Registration Link – <https://forms.office.com/r/ayV8mUVNuk>

### High School Boys Basketball

**Camp:** July 8 – July 12 6:00 – 8:00pm (6-12<sup>th</sup> grade) – **Cost is \$50**

Open Gyms: Monday, Wednesday, Fridays 5:00 – 6:30pm

Contact: Coach Adam Hooker [ballbvhc@ma-kc.org](mailto:ballbvhc@ma-kc.org)

Camp Registration Link -- <https://forms.office.com/r/ayV8mUVNuk>

### Middle School Boys Basketball

Mondays and Wednesdays 9:30 – 11:00am, Contact: Coach Micah Beck [micahbeck@live.com](mailto:micahbeck@live.com)

Camop Registration Link – <https://forms.office.com/r/ayV8mUVNuk>