

FOUNDATIONS SPORTS CAMP

AT CLEAR LAKE CITY ELEMENTARY

DATE: 6/2 - 6/5

TIME: 8:30-2:30 | LUNCH 11:15

ALL INCOMING 1ST-6TH GRADES

Running, sprinting, jumping, hurdling, and throwing/catching are the foundations of all athletic activities. The primary focus of camp will be mastering skills and applying them to the athletic activities our campers participate in. The secondary focus is to carry on the structural and social aspects of what school brings despite being summer.

Workers of the camp include current Clear Lake athletes as well as Clear Lake Alumni who are or who have moved on to the collegiate level.

- **RUNNING, CUTTING, AND CHANGES IN SPEED**
 - Coordinated Jumping
 - Hurdling
- **Throwing (on the run)**
- **Catching (on the run)**
- **Teamwork and Communication**
 - Self Correction
- **And More....**

\$175 FOR April Registration

\$200 FOR May 1st – June 2nd

\$110 FOR AM OR PM Only

INCLUDES: ATHLETIC COACHING,
CAMP T-SHIRT, & PIZZA LUNCH

**REGISTER HERE
OPEN TO ALL**



FOUNDATIONS IS UNDER THE DIRECTION OF MATT FRYE WHO HAS COACHED BASKETBALL AT CLEAR LAKE HS FROM 2009 TO 2024 AND IS CURRENTLY THE HEAD CROSS COUNTRY AND TRACK/FIELD COACH.

This camp/activity is independently organized and operated and is not sponsored by or officially affiliated with Clear Creek ISD.

FOR QUESTIONS, EMAIL MATT AT FALCONRUNCLUBTX@GMAIL.COM