

# 2025 CUERO ATHLETICS SUMMER RECREATION SCHEDULE

## STRENGTH & CONDITIONING

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: The sessions shall include only strength and conditioning instruction and exercises. Emphasis will focus on speed, strength, and agility drills for all athletes starting at 8:00am.

**\*\*\*No Camp the Week of June 24th or June 30th**

HIGH SCHOOL- Football Skill Session (No added Fee)

Grades: 9-12 (Boys)

Days: Mon - Thurs

Dates: June 16 - July 25

Place: Weight Room

Time: 7:00 am - 8:00 am

JUNIOR HIGH: Fb Skill Session (No added Fee)

Grades: 7-8 (Boys)

Days: Mon - Thurs

Dates: July 7 - July 25

Place: Weight Room

Time: 9:30 am - 10:00 am

HIGH SCHOOL

Grades: 9-12 (Boys & Girls)

Days: Mon - Thurs

Dates: June 2 - July 25

Place: Weight Room

Time: 8:00 am - 10:00 am

Summer School Students: 12:00 pm - 1:00 pm

JUNIOR HIGH:

Grades: 7-8 (Boys & Girls)

Days: Mon - Thurs

Dates: June 9 - July 25

Place: JH Weight Room

Time: 8:00 am - 9:30 am

## TRACK

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: All participants in the summer track and field camp will be given the opportunity to learn basic skills in field events and hurdles, while learning the correct technique of running. Participants will be given individual instructions on events of their choice. The program is designed to stimulate interest in track and field events and develop quality skills in track and field.

Track Camp

Grades: 1-12

Days: Mon – Wed, along with Thurs. or Fri. meets as available

Dates: June 2 - 18

Place: Gobbler Track

Time: 10:00 am - 11:00 am

There will be several meets available for the students to participate in if they wish to do so. Entries for those meets are typically \$2.00.

## **BASEBALL**

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: This program will emphasize basic skills for the younger participants. The program, for the older participants, will emphasize skill improvement (throwing, catching, batting and some pitching) and competition.

### **Baseball Camp**

Grades: 4-9

Days: Mon - Wed

Dates: June 9 - 11

Place: Cuero H.S. Baseball Field (across from HEB)

Time: 10:00 am - 12:00 pm

## **SOFTBALL**

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: This program will emphasize basic skills for the younger participants. The program, for the older participants, will emphasize skill improvement (throwing, catching, batting and some pitching) and competition.

### **Softball Camp**

Grades: 4-9

Days: Mon - Wed

Dates: June 2 - 4

Place: Softball Complex- Cuero Municipal Park (across from airport)

Time: 9:30 am - 11:00 am

## **BASKETBALL**

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: The program will emphasize basic skills (dribbling, passing, shooting & defense) for the younger participants. The program, for the older participants, will emphasize skill improvement and competition.

### **Basketball Camp A**

Grades: 4-6

Days: Mon - Wed

Dates: June 16 -18

Place: CHS Main Gym

Time: 1:00 pm - 2:00 pm

### **Basketball Camp B**

Grades: 7-9

Days: Mon - Wed

Dates: June 16 -18

Place: CHS Main Gym

Time: 2:00 pm - 3:00 pm

## **TENNIS**

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: The tennis camp will emphasize basic skills for the younger participants. For the older participants, the program will emphasize basic skills as well as competitions for fun.

### **Tennis Camp**

Grades: 4-9

Days: Mon - Wed

Dates: June 9 – 11

Place: CHS Tennis Courts

Time: 10:00 am - 11:00 am

## **FOOTBALL**

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: The program will be a non-contact camp emphasizing the basic skills (stance, catching, passing, ball carrying, blocking and defense) for all levels. It will be conducted in a relaxed manner with each day ending with competitive games.

### **Football Camp**

Grades: 4-9

Days: Mon – Wed.

Dates: June 2 - 4

Place: High School Practice Field

Time: 10:00 am - 12:00 pm

## **VOLLEYBALL**

Coaches: Cuero Coaching Staff

Fee: \$25.00

Description: This program will emphasize basic skills for the younger participants. The program, for the older participants, will emphasize improvement and competition.

### **Volleyball Camp A**

Grades: 4-6

Days: Mon – Wed

Dates: June 2 – 4

Place: CHS Main Gym

Time: 12:30 pm – 2:00 pm

### **Volleyball Camp B**

Grades: 7-9

Days: Mon - Wed

Dates: June 2 - 4

Place: CHS Main Gym

Time: 2:00 pm – 3:30 pm