HAPPY CAMPER
St. Ursula Academy Summer Camps

ST. URSULA ACADEMY

Athletic Camps

SUMMER 2026

BASKETBALL

Varsity coach Jahmal Brown, his staff, and current players help campers develop fundamental skills, game IQ, and love for the sport. This camp focuses on developing skills in ball handling, footwork, shooting, and defensive positioning. It is designed to help both advanced players and beginners improve through individual and group instruction.

Little Arrows Basketball Camp

Grades: 3-5 **Dates:** June 1-3 **Time:** 9:00-11:00 a.m. **Fee:** $60

Almost Arrows Basketball Camp

Grades: 6-8 **Dates:** June 1-3 **Time:** 11:30 a.m.-1:30 p.m. **Fee:** $60

DANCE

Dance Team Summer Intensive *(with Lauren Wainz '22, OSU Dance Team '26)*

The SUA Dance Team is proud to host a new summer intensive featuring alumna **Lauren Wainz '22** (The Ohio State University Dance Team '26). This camp provides high-level training for dancers aspiring to compete at the high school and collegiate levels.

Grades: 6-12 **Date:** June 9 **Time:** 1:00-4:00 p.m. **Fee:** $50

LACROSSE

Varsity coach Paul Sieben and the lacrosse coaching staff will direct the camp with help from past and current varsity team members. The camp will cover the FUNdamental skills of the game: passing, catching, cradling, scooping, and shooting. Coaches will also cover offensive and defensive play. The camp will include drills and scrimmage games. Beginners and intermediate players are welcome.
Required equipment: lacrosse stick, goggles, and mouth guard.

Grades: 6-8 **Date:** June 23-25 **Time:** 8:00-10:00 a.m. **Fee:** $60

SOCCER

Varsity coach Scott Reed will head a staff of SUA coaches and former players. This camp will benefit players of all levels by focusing on improving individual technical ability. We will isolate and develop specific technical skills without pressure, then reinforce them in game-realistic situations through short-sided games that increase ball-to-player interaction and generate success. SUA's camp will allow young players to work with highly accomplished coaches and gain a look into one of the most successful soccer programs in Northwest Ohio. Camp will be held at SUA on Strasser Field, the new turf field behind the school.

Little Arrows Soccer Camp

Grades: 1-4 **Dates:** June 22-24 **Time:** 6:00-8:00 p.m. **Fee:** $90

Almost Arrows Soccer Camp

Grades: 5-8 **Dates:** June 22-24 **Time:** 6:00-8:00 p.m. **Fee:** $90

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SOFTBALL

Varsity coach Dominic Rinaldi, staff, and current varsity players will direct the camp. The camp will cover the fundamental skills of the game: hitting, pitching, fielding, and base running, as well as offensive and defensive strategies. Beginners and intermediate players are welcome. **Required equipment: glove, helmet, bat.**

Grades: 5-8 **Date:** June 22 **Time:** 10:00 a.m.-12:30 p.m. **Fee:** $40

TRACK

This camp is focused on learning and refining running form and biomechanics. Learn from SUA's Varsity coaching staff, SUA track athletes, and current college athletes.

Grades: 4-8 **Date:** July 15-17 **Time:** 10:00 a.m.-noon **Fee:** $75

VOLLEYBALL

Advanced All-Skills Camp

Players who attend this camp should be eager to improve their skills and should play on a competitive, fast-paced volleyball team.

Session 1 — Grades: 5-6 **Dates:** June 15-17 **Time:** 11:00 a.m.-1:00 p.m. **Fee:** $75

Session 2 — Grades: 7-8 **Dates:** June 15-17 **Time:** 8:30-10:30 a.m. **Fee:** $75

Overhead Attacking Camp

This camp will focus on introducing all aspects of overhead attacking, including serving.

Grades: 5-8 **Date:** June 15-17 **Time:** 1:30-2:30 p.m. **Fee:** $50

Defensive Camp

This camp is ideal for those who wish to train as a defensive specialist or libero. Coaches will emphasize body posture, footwork, digging techniques, and advanced floor and ball-handling skills.

Grades: 5-8 **Dates:** June 15-17 **Time:** 2:30-3:30 p.m. **Fee:** $50

Little Arrows Camp

This intermediate camp will introduce all aspects of volleyball skills, including serving, passing, and gameplay.

Grades: 1-4 **Dates:** June 9-11 **Time:** 9:30-11:30 a.m. **Fee:** $75