



# SPORTS

## CAMPS



# SUMMER CAMPS



## **GIRLS' BASKETBALL CAMP**

**Grades 5 – 8 • June 3 – 7 • 12:30 – 3:30**

This camp will focus on developing fundamentals through drills and competitive games with an emphasis on proper shooting techniques, dribbling and passing skills, rebounding and offensive and defensive sets. 3 on 3 and 5 on 5 games are played daily incorporating skills taught. This camp is a great preparation for the school basketball season and an opportunity to stay active during the summer break.

## **CO-ED BIDDY BASKETBALL CAMP**

**Grades 2, 3, & 4 • June 3 – 7 & June 10 – 14 • 9:00 – 12:00**

This fun week-long camp will include skill development in dribbling, passing, shooting, defense, and rebounding. Individual instruction is designed to improve player performance. Team concepts are included with lots of 3 on 3 and 5 on 5 games. The camp is very active and a great source of exercise.

## **BOYS' BASKETBALL CAMP**

**Grades 5 – 8 • June 10 – 14 • 12:30 – 3:30**

Our boys summer basketball camp is great way to improve your basketball skills and knowledge. The camp puts a strong emphasis on shooting and ballhandling skills, as well as teaching the fundamentals of defense, rebounding, and passing. LVDS summer basketball camp provides players with many opportunities to compete in a wide variety of ways, from daily skills competitions to competitive team games. Our coaching staff implements drills and strategies that will help players grow their skills as well as their confidence. This camp is great for beginners who want to give the sport a try as well as more experienced players looking to take their game to the next level.

## **BOYS' FOOTBALL CAMP**

**Grades 5 – 8 • June 3 – 7, June 10 – 14 & July 29 – August 2 • 8:00 – 12:00**

Summer football camp is a great way to sharpen your football skills and get a head start on learning the plays, techniques, and terminology used each fall on the LVDS football team. The camp is designed to teach players how to block, catch, throw, and defend in safe, low-contact drills. Camp days are filled with many different activities designed to challenge players' communication skills, teamwork, physical skills, and mental toughness. Team competitions are always a part of camp, as they teach players effective communication skills, sportsmanship, and teamwork.

# SUMMER CAMPS



## **GIRLS' VOLLEYBALL CAMP**

**Grades 5 – 8 • May 28 – 31 & July 29 – August 2 • 9:00 – 12:00**

We strive to bring our passion of volleyball to all LVDS athletes. Our goal is to build knowledge and skill in our players with a welcoming and open environment. At LVDS Volleyball Camp the philosophy is to learn fundamental skills early and continue to advance upon those skills on the LVDS volleyball team. Our young athletes will work hard, learn respect for the game, including sportsmanship and teamwork. Volleyball camp provides leadership development and will offer significant opportunity for playing time and individual instruction.

## **CHEER CAMP**

**Grades 5 – 8 • May 28 – 31 & July 29 – August 2 • 12:30 – 3:30**

Cheer camp will be held for all cheerleaders who made the squad in the Spring. Cheerleaders will be working on technique and proper form for jumps, cheers, and stunts. Cheerleaders will also be focusing on routines to use throughout the year, including time-outs, half-time, and competition routine. This camp is great practice and preparation for the upcoming cheer season. Hope to see you there!

## **SUMMER SPORTS CAMPS COST**

All sports camps are \$210 per session. Half-day X-treme Camp offered at a 50% discount. All money is refundable should your summer plans change.