

TRYOUTS

CAMPS



SPORTS CAMPS



GIRLS' BASKETBALL CAMP

Grades 5 - 8 • June 1- 5 • 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 8 - 12 & June 15 - 18 • 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 8 - 12 • 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 ball-handling 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 1 - 5, June 8 - 12 & July 27 - 31 • 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.

SPORTS CAMPS



GIRLS' VOLLEYBALL CAMP

Grades 5 - 8 • June 1 - 5 & July 27 - 31 • 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 • June 15 - 18 & July 20 - July 24 • 12:30 - 3:30

Cheerleading Camp is open to students interested in learning what it's like to be an LVDS cheerleader. The camp is designed to teach the proper form and technique on jumps and cheers. Cheer Camp will feature activities to help cheerleaders work on their flexibility, physical skills, and coordination. Cheerleaders will learn a short routine to perform for their parents at the end of the camp session. Cheerleading Camp is a great opportunity to show your school spirit.

BIDDY CHEER CAMP

Grades 3 - 4 • July 13 - 17 • 12:30 - 3:30

Biddy Cheerleading Camp is open to beginners interested in learning what it's like to be an LVDS cheerleader in fifth grade. The camp is designed to teach the proper form and technique on jumps and cheers. Biddy Cheer Camp will feature activities to help cheerleaders develop their flexibility, physical skills, and coordination. Cheerleaders will learn a short routine to perform for their parents at the end of the camp session. Biddy Cheerleading Camp is a great opportunity to learn how to show your school spirit.

SUMMER SPORTS CAMPS COST

All sports camps are \$225 per session. Half-day Summer Camp offered at a 50% discount. All money is refundable, with advance notice only, should your summer plans change.