

# PATRIOT SPORTS CAMPS

## SUMMER 2020

ATHLETICS CAMPS	GRADES (2020-21)	DATES (DAYS)	TIMES	CAMP DESCRIPTION	CAMP CONTACT
Patriot Baseball Camp (B)	Grades 1 - 8	June 15 - 18 (Mon-Thur)	9a - 11:30a	We will cover fundamentals of the game including: playing catch properly, infield/outfield drills and techniques, pitching/hitting drills and techniques, and sliding practice (slip and slide). Camp attendees will then be given the opportunity to put their new found skills to work.	Coach Pat Foster <a href="mailto:p foster@metroca.com">p foster@metroca.com</a>
Patriot Boys Basketball Camp	Grades 1 - 6	June 15 - 18 (Mon-Thur)	12:30p - 3:30p	This camp will focus on the fundamentals of basketball while also having a fun time. We will split the camp into 3 groups and high school players will be assisting the coaches with the camp.	Coach Bryon Flam <a href="mailto:b flam@metroca.com">b flam@metroca.com</a>
Patriot Boys Basketball Camp	Grades 7 - 8	June 22 - 25 (Mon-Thur)	4:30p - 7:30p	This camp is designed to teach middle school players the Metro basketball philosophies while also working on fundamentals.	
Patriot Boys Basketball Camp	Grades 9 - 12	June 15 - 18 (Mon-Thur)	8:30a - 11:30a	This team camp will focus on the core concepts of Metro basketball.	
Patriot Cheer Camp (G)	Grades K - 5	July 13 - 16 (Mon-Thur)	8:30a - 11:30a	Please join us in a cheerleading camp for girls going into K-5 <sup>th</sup> grades. High school cheerleaders will teach girls, in small groups by grades: motions, jumps, chants, the fight song and a cheer, as well as, basic stunting. Snacks will be provided daily as well as a t-shirt for girls to wear on the last day of camp. A camp showcase will be at the end of camp for parents to come and see what their daughters have learned. Get ready for a week of learning, team building and fun!!	Coach Blair Peters <a href="mailto:b peters@metroca.com">b peters@metroca.com</a>
Patriot Football Camp (B)	Grades 1 - 6	July 13 - 16 (Mon-Thur)	8:30a - 11:30a	The main goal of this camp is to have lots of fun while still providing quality instruction by varsity football coaches. We want to encourage long term participation in football by providing instruction for BOTH full-contact padded football and for FLAG football. Athletes will need to provide pads if they are participating in the contact camp, but we will provide flags for the flag football participants.	Coach Jared McCoy <a href="mailto:j mccoy@metroca.com">j mccoy@metroca.com</a>
Patriot Football Camp (B)	Grades 7 - 8	July 7 - 10 (Tues-Fri)	1:30p - 4:30p	This will be a helmet and shoulder pad camp. Athletes will need their own cleats, t-shirts and shorts. Helmets & shoulder pads will be provided, unless the athlete prefers to provide his own.	
Patriot Football Camp (B)	Grades 9 - 12	July 7 - 10 (Tues-Fri)	8:30a - 11:30a	This will be a helmet and shoulder pad camp. Athletes will need their own cleats.	
Patriot Girls Basketball Camp	Grades 6 - 8	June 15 - 18 (Mon-Thur)	4:30p - 7:30p	Middle school girls will work on developing fundamentals and deeper understanding of the game. Camp will entail concentration on proper footwork, shooting form, court awareness, and proper spatial and defensive positioning. All these skills will be essential in the development of your player within the program.	Coach Krista Binam <a href="mailto:k binam@metroca.com">k binam@metroca.com</a>
Patriot Girls Basketball Camp	Grades 9 - 12	CANCELLED	CANCELLED	High school girls will develop a deeper passion and understanding of the game. They will be challenged on a wide range of skills. Emphasis will be placed on proper footwork, court awareness, and proper spatial and defensive positioning as well as advanced offensive techniques. Players will improve their individual skills as well as work toward team unification.	
Patriot Soccer Camp (B/G)	Grades 1 - 8	June 22 - 24 (Mon-Wed)	8:30a - 11:30a	Soccer fun with skills, games and team building for girls and boys. Campers will learn basic and advanced skills over 3 days with the high school soccer coaches. Camp will include drills, scrimmages and just plain fun. Campers will need to bring age appropriate ball, shin guards and a water bottle. A patriot soccer t-shirt is included in the registration fee. Looking forward to a great camp.	Coach Curtis Cook <a href="mailto:c cook@metroca.com">c cook@metroca.com</a>
Patriot Strength/Speed/Agility Camp (B/G)	Grades 3 - 8	June 8 - July 30 (weekly, Mon-Thur) excluding June 29 - July 2	10:30a - 12p	This camp is similar to the high school camp as we want to establish a foundation for the athlete as they progress in their individual sports, but with developmentally appropriate exercises. The younger grades learn more through games and drills that are meant to establish core and overall strength. As the athlete physically develops, they then focus more on the core strength needed to safely progress. The goal of this camp is to build confidence and make each participant a better all-around athlete.	Coach Adam Taylor <a href="mailto:a taylor@metroca.com">a taylor@metroca.com</a>
Patriot Strength/Speed/Agility Camp (B/G)	Grades 9 - 12	June 8 - August 6 (weekly, Mon-Thur) excluding June 29 - July 2	8a -10a	We are excited once again to host this camp for our high school athletes. This camp focuses on drills and exercises for each of the participant's chosen sports. This is done through a combination of developing overall speed, change of direction, explosiveness, muscular strength, and endurance exercises. The APC camp is crucial to helping build athletes, as we believe they are developed rather than just born that way.	
Patriot Tennis Camp (B/G)	Grades 1 - 8	CANCELLED	CANCELLED	Tennis fundamentals are the focus of this camp, including basic rules, etiquette, court awareness, and swing technique. The goal is to learn something new every day and have fun doing it. Campers should wear comfortable clothing and athletic shoes and bring a racket and water bottle every day. Popsicles are provided!	Coach Beth Roe <a href="mailto:b roe@metroca.com">b roe@metroca.com</a>
Patriot Volleyball Camp (G)	Grades 5 - 8	June 22 - 25 (Mon-Thur)	12:30p - 3:30p	This camp develops beginner and intermediate level skills for middle school athletes. The focus is on learning proper technique in serving, passing, setting, hitting, and defense, while also becoming comfortable with match play. It is a great way to learn a new sport or improve on a sport you already enjoy while having fun with your friends and teammates.	
Patriot Volleyball Camp (G)	Grades 9 - 12	June 22 - 25 (Mon-Thur)	8:30a - 11:30a	This camp is a great opportunity for high school athletes to improve their skills, build teamwork, and prepare for an advanced level of competition. All volleyball skills are practiced, in a relaxed and fun atmosphere.	
Patriot Wrestling Camp (B/G)	Grades K4 - 8	June 23 - 26 (Tues-Fri)	12:30p - 3:30p	Wrestling camp will include a healthy amount of agility and tumbling drills, very basic instruction in wrestling, and games. We will take plenty of breaks and we plan on having a LOT of fun.	Coach Mike Jones <a href="mailto:m jones@metroca.com">m jones@metroca.com</a>

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## SUMMER 2020

PATRIOT ATHLETICS		Times	CAMP	Grades (2020-21)	Facility	Fee	Cash App	OR	Check	
JUNE		June 8 - 11 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA
		June 8 - 11 (Mon-Thur)	10:30a - 12p	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 3 - 8	MCA Athletic Facilities	\$110**	\$PatStrengthCamps	or	to MCA
		June 15 - 18 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA
		June 15 - 18 (Mon-Thur)	8:30a - 11:30a	Patriot Boys Basketball Camp	Grades 9 - 12	MCA Gyms	\$90	\$PatBoysBBCamps	or	to Bryon Flam Patriot Basketball
		June 15 - 18 (Mon-Thur)	9a - 11:30a	Patriot Baseball Camp (B)	Grades 1 - 8	MCA Baseball Field/Indoor	\$90	\$PatBaseballCamp	or	to Pat Foster
		June 15 - 18 (Mon-Thur)	10:30a - 12p	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 3 - 8	MCA Athletic Facilities	\$110**	\$PatStrengthCamps	or	to MCA
		June 15 - 18 (Mon-Thur)	12:30p - 3:30p	Patriot Boys Basketball Camp	Grades 1 - 6	MCA Gyms/MAC	\$90	\$PatBoysBBCamps	or	to Bryon Flam Patriot Basketball
		June 15 - 18 (Mon-Thur)	4:30p - 7:30p	Patriot Girls Basketball Camp	Grades 6 - 8	MCA Large Gym	\$90	\$PatGirlsBBCamps	or	to Krista Binam
		June 22 - 25 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA
		June 22 - 24 (Mon-Wed)	8:30a - 11:30a	Patriot Soccer Camp (B/G)	Grades 1 - 8	MCA IPF/Stadium	\$90	\$PatSoccerCamp	or	to Curtis Cook
		June 22 - 25 (Mon-Thur)	8:30a - 11:30a	Patriot Volleyball Camp (G)	Grades 9 - 12	MCA Large Gym	\$90	\$PatVolleyballCamps	or	to Beth Roe
		June 22 - 25 (Mon-Thur)	12:30p - 3:30p	Patriot Volleyball Camp (G)	Grades 5 - 8	MCA Large Gym	\$90	\$PatVolleyballCamps	or	to Beth Roe
		June 22 - 25 (Mon-Thur)	10:30a - 12p	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 3 - 8	MCA Athletic Facilities	\$110**	\$PatStrengthCamps	or	to MCA
		June 22 - 25 (Mon-Thur)	4:30p - 7:30p	Patriot Boys Basketball Camp	Grades 7 - 8	MCA Gyms	\$90	\$PatBoysBBCamps	or	to Bryon Flam Patriot Basketball
		June 23 - 26 (Tues-Fri)	12:30p - 3:30p	Patriot Wrestling Camp (B/G)	Grades K4 - 8	MCA MAC	\$90	\$PatWrestlingCamp	or	to Mike Jones
JULY		June 27 - July 5	-----	DEAD WEEK - NO SPORTS CAMPS	-----	-----	----	-----	--	-----
JULY		July 6 - 9 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA
		July 6 - 9 (Mon-Thur)	10:30a - 12p	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 3 - 8	MCA Athletic Facilities	\$110**	\$PatStrengthCamps	or	to MCA
		July 7 - 10 (Tues-Fri)	8:30a - 11:30a	Patriot Football Camp (B)	Grades 9 - 12	MCA IPF/Stadium	\$90	\$PatFootballCamps	or	to Patriot Football Camps
		July 7 - 10 (Tues-Fri)	1:30p - 4:30p	Patriot Football Camp (B)	Grades 7 - 8	MCA IPF/Stadium	\$90	\$PatFootballCamps	or	to Patriot Football Camps
		July 13 - 16 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA
		July 13 - 16 (Mon-Thur)	8:30a - 11:30a	Patriot Football Camp (B)	Grades 1 - 6	MCA IPF/Stadium	\$90	\$PatFootballCamps	or	to Patriot Football Camps
		July 13 - 16 (Mon-Thur)	8:30a - 11:30a	Patriot Cheer Camp (G)	Grades K - 5	MCA Small Gym/MAC	\$90	\$PatCheerCamp	or	to Blair Peters
		July 13 - 16 (Mon-Thur)	10:30a - 12p	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 3 - 8	MCA Athletic Facilities	\$110**	\$PatStrengthCamps	or	to MCA
		July 20 - 23 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA
		July 20 - 23 (Mon-Thur)	10:30a - 12p	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 3 - 8	MCA Athletic Facilities	\$110**	\$PatStrengthCamps	or	to MCA
		July 27 - 30 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA
		July 27 - 30 (Mon-Thur)	10:30a - 12p	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 3 - 8	MCA Athletic Facilities	\$110**	\$PatStrengthCamps	or	to MCA
AUGUST	August 3 - 6 (Mon-Thur)	8a -10a	Patriot Strength/Speed/Agility Camp (B/G)*	Grades 9 - 12	MCA APC	\$135**	\$PatStrengthCamps	or	to MCA	

\*Patriot Strength/Speed/Agility Camps begin June 8 (Week 2) and run throughout the summer, Monday - Thursday each week (except DEAD WEEK). Camp for grades 3-8 ends on July 30th. Camp for grades 9-12 ends on August 6.

\*\*The Patriot Strength/Speed/Agility Camp fee is a one-time fee for the entire summer session.

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### **IMPORTANT INFORMATION**

**(Please read carefully.)**

#### **PAYMENT OPTIONS:**

**There are two payment options for each camp (see page 2 for details):**

- **For Cash App payments, you must list your student's name and grade (for the 20-21 school year) in the "add a note" space in the app. Also, the following registration form (page 4) must be completed for each athlete and sent to the camp contact (see page 1).**
- **For check payments, you must list your student's name and grade (for the 20-21 school year) on the "memo" line of the check. Please make sure your check is made to the appropriate party. Also, the following registration form (page 4) must be completed for each athlete and sent to the camp contact (see page 1).**

#### **DISCOUNT PRICING:**

**Each individual camp offers discount pricing for multiple children from the same family as follows:**

- **2nd child from the same household participating in the same sports camp gets 50% off registration fee.**
- **3 or more children from the same household participating in the same sports camp attend for free.**

**Discount pricing is NOT transferable between camps offered by different coaches or for different sports.**

#### **PHYSICALS:**

**All athletes rising into grades 7-12 must have an OSSAA physical (dated 5/1/20, or later) on file with the school. (Metro school-wide physicals will be offered on 6/11/20 at Tulsa ER and Hospital.)**

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**THIS COMPLETED REGISTRATION FORM MUST BE EITHER EMAILED/MAILED TO THE CAMP CONTACT (@ MCA email/address) OR MAILED TO THE ATHLETIC OFFICE. IF PAYING BY CHECK, PLEASE ATTACH CHECK TO YOUR REGISTRATION FORM. STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY PATRIOT SPORTS CAMP WITHOUT THIS COMPLETED FORM.**

### **REGISTRATION FORM**

**CAMPER NAME:** \_\_\_\_\_

**2020-21 GRADE:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**MALE / FEMALE**

**T-SHIRT SIZE:** \_\_\_\_\_ **YOUTH OR ADULT**

**CAMP(S) ATTENDING:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PARENTS:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**I hereby certify that** \_\_\_\_\_  
**is physically fit to participate in an active physical program and I**  
**hereby certify that Metro Christian Academy has full unconditional**  
**authority to render first aid and refer for diagnosis any injuries**  
**occurring during summer camps/clinics. Metro Christian Academy**  
**shall not be held responsible for any consequences resulting from**  
**such injuries.**

**PARENT'S** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_