



## St. Charles Summer Sports Camps 2020



### **Elementary Girls Lil' Hawk Basketball Skills Camp**

Dates: June 1-5, (M, T, W, TH, F)

Time: 9am-2pm

Cost: \$120

Incoming Grades 3-5

Hosted by Mrs. Mitchell and Mrs. Robbennolt

***Bring a sack lunch!***

Description: Designed for beginning and intermediate level players, focusing on individual skill development and team play concepts.

#### **Camp Sample Schedule**

8:45-9:00	Sign in
9:00-9:20	Full Court Warmups/Conditioning
9:20-9:30	Introduce Skill (Dribbling, Passing, Shooting, Rebounding)
9:30-10:30	Skill Stations
10:30- 11:00	Station Drills
11:00 –11:30	Team Play and Competitions
11:30-12:30	Supervised Lunch and non-Basketball activity
12:30-1:30	3v3v3 and 2v2v2; 4v4 and 5v5
1:30-2	Wrap up circle and games



### **Elementary Girls Lil' Hawk Volleyball Skills Camp**

Dates: June 8-12, 2020 (M, T, W, TH, F)

Time: 9am-2pm

Cost: \$120

Incoming Grades 3-5

Hosted by Coach Ashley Durall

***Bring a sack lunch!***

Description: Designed for beginning and intermediate level players, focusing on individual skill development and team play concepts.

#### **Camp Sample Schedule**

8:45-9:00	Sign in and speed ball/pepper
9:00-9:20	Conditioning (Running, Core, Jumping)
9:20-9:30	Introduce Skill of Day (Passing, Serving, Setting, Hitting)
9:30-10:30	Skill Drills

10:30- 11:00 Review All Skills  
11:00 – 11:30 Team Play  
11:30-12:30 Supervised Lunch and non-Volleyball activity  
12:30-1:30 4v4 on Short Courts



### **Elementary Boys Hawk Basketball Skills Camp**

Dates: June 15-19, 2020 (M, T, W, TH, F)

Time: 9am-2pm

Cost: \$120

Incoming Grades 3-5

Hosted By Coach Conklin and Coach Wattley

***Bring a sack lunch!***

Description: Designed for beginning and intermediate level players, focusing on individual skill development and team play concepts.

#### **Camp Sample Schedule**

8:45-9:00 Sign in  
9:00-9:20 Full Court Warmups/Conditioning  
9:20-9:30 Introduce Skill (Dribbling, Passing, Shooting, Rebounding)  
9:30-10:30 Skill Stations  
10:30- 11:00 Station Drills  
11:00 –11:30 Team Play and Competitions  
11:30-12:30 Supervised Lunch and non-Basketball activity  
12:30-1:30 3v3v3 and 2v2v2; 4v4 and 5v5



### **BOYS Middle School Hawk Basketball Skills Camp**

Dates: June 22-26, 2020 (M, T, W, TH, F)

Time: 9am-2pm

Cost: \$120

Incoming Grades 6-8

Hosted By Coach Conklin and Coach Wattley

***Bring a sack lunch!***

Description: Designed for future and current middle school players, focusing on individual skill development, team play concepts, and competitive scrimmage.

#### **Skill Camp Sample Schedule**

8:45-9:00 Sign in  
9:00-9:20 Full Court Warmups/Conditioning  
9:20-9:30 Introduce Skill (Dribbling, Passing, Shooting, Rebounding)  
9:30-10:30 Skill Stations  
10:30- 11:00 Station Drills  
11:00 –11:30 Team Play and Competitions  
11:30-12:30 Supervised Lunch and non-Basketball activity  
12:30-1:30 3v3v3 and 2v2v2; 4v4 and 5v5



### **Elementary Girls Lil' Hawk ALL-Skills (Volleyball and Basketball)**

#### **Camp**

Dates: July 9-10, 2020 (TH, F)

Time: 9am-12pm

Cost: \$50

Incoming Grades 1-2

Hosted By Mrs. Mitchell and Mrs Robbennolt

#### ***Snack Provided***

Description: Designed for beginning players, focusing on individual skill development and team play concepts in volleyball and basketball



### **GIRLS Middle School Hawk Basketball Skills Camp**

Dates: July 13-17, 2020 (M, T, W, TH, F)

Time: 9am-2pm

Cost: \$120

Incoming Grades 6-8

Hosted By Coach DJ Purnell

#### ***Bring a sack lunch!***

Description: Designed for future and current middle school players focusing on individual skill development, team play concepts, and competitive scrimmage.

#### **Camp Sample Schedule**

8:45-9:00	Sign in
9:00-9:20	Full Court Warmups/Conditioning
9:20-9:30	Introduce Skill (Dribbling, Passing, Shooting, Rebounding)
9:30-10:30	Skill Stations
10:30- 11:00	Station Drills
11:00 –11:30	Team Play and Competitions
11:30-12:30	Supervised Lunch and non-Basketball activity
12:30-1:30	3v3v3 and 2v2v2; 4v4 and 5v5



### **Elementary BOYS Hawk Basketball Camp**

Dates: July 20-22, 2020 (M-W)

Time: 9am-12pm

Cost: \$75

Incoming Grades 1-2

Hosted By Mr. Wattley

#### ***Snack Provided***

Description: Designed for beginning players, focusing on individual skill development and team play concepts in basketball



### **Middle School Girls Volleyball Camp**

Dates: July 27-31, 2020 (M, T, W, TH, F)

Time: 9am-2pm

Cost: \$120

Incoming Grades 6-8

Hosted by Coach Sydney Griffin

8:45-9:00 Sign in and speed ball/pepper

9:00-9:20 Conditioning (Running, Core, Jumping)

9:20-9:30 Introduce Skill of Day (Passing, Serving, Setting, Hitting)

9:30-10:30 Skill Drills

10:30- 11:00 Review All Skills

11:00 – 11:30 Team Play

11:30-12:30 Supervised Lunch and non-Volleyball activity

12:30-1:30 4v4 on Short Courts and 6v6