

Xavier High School Athletic Camps

All camps are open to young men currently in grades 5-8 and are staffed by Xavier coaches and personnel. Registration will be available online.

Note: Camps require a minimum number of participants in order to run.

SUMMER 2020

Baseball Camp-July 13th – 17th, 9:00 a.m.-12:00 p.m.

This camp is designed for players who would like to improve their skills in all the fundamental areas of baseball. Instruction on hitting, fielding and throwing will be emphasized.

Fundamental Football Camp-July 20th – 23rd, 9:00 a.m. - 4:00 p.m.

This camp is designed to improve the basic skills and fundamental techniques of football and teach the fundamentals of the game. Each camp member will have the opportunity to learn how to play the different positions in the game of football.

Rowing Camp-July 13th – 17th, 9:00 a.m. – 12:00 p.m.

This camp is intended to introduce and strengthen the rowing skills of athletes of all abilities. The first two days will focus on the fundamentals of technique as well as strength and conditioning indoors on the ergometers, while the remainder of the camp will be spent outdoors on the Connecticut River. Eight-person boats will be stacked based on ability for part of the camp, but mixed to allow for close racing towards the end of camp.

Soccer Camp-July 6th – 10th, 12:30 - 3:30 p.m.

This camp is designed to develop the tactical and technical abilities of each player, taking into consideration their individual skill levels. The camp is open to student athletes of all abilities and is a great opportunity to further develop fundamentals and advanced skills.

Strength and Conditioning Camp-July 13th-17th, 9:00 a.m. - 12:00 p.m.

This camp is designed to learn weight lifting exercises and how to setup your own work out program as well as improve speed, agility, balance, coordination, and flexibility. Human anatomy and nutrition will also be discussed.

FALL 2020

Basketball Skill Improvement Clinic-October 30th & November 6th from 6:00-9:00 p.m. and October 31st & November 7th from 12:30-4:30 p.m.

This 4-session clinic is designed to provide fundamental instruction in all areas of the game of basketball. The clinics will emphasize form shooting, passing, ball handling, and offensive movement both with and without the basketball. Also included are individual instruction, small group stations, and ½ court games of 1 on 1, 2 on 2, and 3 on 3.

Cross Country Camp- September 5th, September 12th, September 19th, 1:00 - 3:30 p.m.

This camp is designed to introduce young runners to the sport of cross country. In addition to experiencing several local running venues, campers will learn how proper dynamic exercises and strength training can supplement weekly training to build a better runner. Campers will also hear stories from accomplished high school athletes on how to maximize personal success.

Lacrosse Camp- November 14th & 21st, 12:30-4:30 pm

This camp is designed to be fun in a highly energized environment. Emphasis will be placed on advanced and interactive coaching. Drills will focus on individual skills and team concepts. After drills, games will reinforce concepts from the drill sessions.

Wrestling Clinic-November 14th & 21st, 9:00 a.m.-1:00p.m.

This 2-session clinic is designed to teach the basic skills and techniques of wrestling to the beginner or intermediate wrestler. The advanced techniques will also be taught. The camp will also include segments on nutrition and strength and conditioning necessary to become a successful wrestler.