



SUMMER
CAMP!

Register Now!

Arete Prep Athletics have announced their Summer Camp Schedule for 2019! All campers must register using:

<https://www.registermyathlete.com/>

Payment for camps can be made via cash or check, or by using the Arete Configio Payment Portal:

[Pay for Summer Camps and Clinics Here!](#)

Camp Listings:

Archery Camps:

Week One: Beginning Archery, Grades 4-6

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 6/3-6/7

Times: 8-10AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Week Two: Beginning Archery, Grades 5-12

Instructor: Arete Prep and NASP Coach of the Year Instructor George Portillo

Dates: 6/10-6/14

Time: 8-10AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Week Three: Advanced Archery (Prerequisite: Beginning) Grades 5-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 6/17-6/21

Times: 8-10AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Sports Performance Camp: Become a better athlete this summer!

Instructor: Nathan Beck, Arete Coach, PT at EOS Fitness, PT cert through ACE, B.S in Nutrition, 4 year Collegiate Basketball Player

Dates: 6/3-7/26

Times: 10:00-11:30am

Cost: \$100 for the entire summer!

Location: Arete Prep Gymnasium and Campus

Description: Our 7 week Athletic Performance Camp is a camp geared towards making you the best athlete you can be!

- Classes 3 Days a week: Monday, Wednesday, and Friday
- Monday and Friday are Strength, Speed and Agility
- Wednesdays are Injury prevention and Conditioning
- Classes will be taught utilizing resistance bands and mostly body weight
 - It is recommended for High school athletes to utilize weight training along with this camp to help get the best results!
- We focus on the mechanics and movements that are used in all sports.
- The key focus of this camp is ensuring injury prevention, for a longevity in our athletes, no matter the age.
- Worst mistake an athlete can make is believing they can do it on their own, let us help them become their best!

Basketball Camps:

MS Girls Basketball Camp, Grades 5-8

Instructor: Coach Naaktgboren - Arete Prep MS Coach, and Varsity Assistant Coach

Dates: 7/15-7/18

Time: 9am- Noon each day

Cost: \$40

Location: Arete Prep Gymnasium

Description: The MS Girls Summer Basketball Camp is meant to help girls improve their individual skill level and knowledge of the game. The focus will be on shooting form, dribbling, passing, rebounding, and defense. Many of the drills taught throughout the week will be drills that players can use outside of camp on their own to improve their athleticism and basketball skills. Players can also expect to put what they are learning to use during competitive and coach driven scrimmages at the end of each practice session. Any female athlete considering playing basketball in middle school should attend this camp to become accustomed to the middle school girls basketball program's culture of excellence and to prepare them for the upcoming 2020 season.

MS Boys Basketball Camp, Grades 5-8

Instructor: Coach Jason Bellomy, Arete MS Head Coach, and Staff

Dates: Week One: 7/8-7/13

Week Two: 7/15-7/20

Time: 5th/6th Grade- 4:00-5:30pm M/W/F 9:00-10:30am Saturday

7th/8th Grade- 5:30-7:00pm M/W/F 10:30-Noon Saturday

Cost: \$40 each week

Location: Arete Prep Gymnasium

Description: The MS Boys Basketball Camp: "Hard work beats talent when talent doesn't work hard". The offseason is the best time to better your skills. The MS boys basketball camp is being offered for two weeks - 4 days per week.

In each session, we will be working on dribbling, passing, and shooting. In addition to individual skill development, each session, we will play some small sided games (1v1, 2v2, 3v3) as well as some other games to put their skills into action.

HS Boys Basketball Camp, Grades 9-12

Instructor: Coach Mike Caviness- Arete Prep Varsity Boys Basketball Coach, and Staff

Dates: Week One: 6/3-6/7

Week Two: 6/10-6/14

Time: M/W/F 4:45-6:45, Tue/Thur 6:30-8:30pm

Cost: \$50 per week

Location: Arete Prep Gymnasium

Description: Arete Prep boys basketball camp is a great opportunity for players to work on the skills needed to be a part of our team for the 2019-2020 season. We will spend parts of each practice improving a players ball handling, passing, shooting, as well as increasing their overall basketball knowledge. To go along with the skill development, we will also establish a positive team chemistry, and strategy, that will be necessary to lift our team to level that is needed to have success in the up coming season.

HS Girls Basketball Camp, Grades 9-12

Instructor: Coach Jacob Howell- Arete Prep Girls Varsity Basketball Coach

Dates: Week One 6/3-6/7

Week Two 6/10-6-14

Time: 8-10AM daily

Cost: \$40 per week

Location: Arete Prep Gymnasium

Description: "Individual summer hoops camp will include, instruction in the areas of shooting, ball handling, passing, defense, rebounding, and team play. This camp gives individuals the opportunity to learn and improve already developed skills.

Soccer Camps:

MS/HS Futsal Open Gyms - *Do not need to register

Instructors: Arete Prep MS and HS Soccer Staff

Dates and Times: 6/4, 6/6, 6/11, 6/13 10am-Noon

6/18, 7/2, 7/9, 7/23- 9-11AM

6/20, 7/11, 7/18, 7/25- 6-8PM

Cost: FREE

Description: Indoor Soccer with a weighted ball. The game is played with boundaries, and small sided goals. Play is 5 v 5.

Why Futsal?

According to a Liverpool study, Futsal players touch the ball 6 times more often- per Minute! The smaller, heavier ball demands and rewards more precise handling. Sharp passing is paramount: The game is all about looking for angles and spaces and working quick combinations with other players. Ball control and vision are crucial, so that when futsal players play the full size game, they feel as though they have acres of free space in which to operate.

“No time + No space = BETTER SKILLS.”

MS Soccer Camp (Coed- Outdoor)

Instructors: Coach Kim Bellomy, Coach Clara Carnahan- Arete Prep MS Soccer Head Coaches

Dates: 6/24-6/28

Times: Mon/Tues/Th/Fri 6-8pm

Cost: \$50

Description: Players will be trained in dribbling, passing and receiving, shooting, and more! Sessions will include skills and drills, contests for prizes, and scrimmaging!

Volleyball Camps:

Volleyball Skills Camp (MS/HS)

Instructor: Catrina Warren, Arete Prep Head Women's Volleyball Coach, and Staff

Dates: 7/8-7/11

Times: Middle School: 11:30-1:30pm

High School: 1:45-3:45pm

Cost: \$50

Location: Arete Prep Gymnasium

Description: Arete Volleyball All Skills Camp will help develop and teach an individual to become an all around volleyball player. This will include training in passing, hitting, blocking, digging, serving, and setting, with an emphasis on perfecting passing form.

Hitters Camp (All ages):

Instructor: Catrina Warren, Arete Prep Head Women's Volleyball Coach, and Staff

Dates: 7/15-7/18

Times: 1:00-3:30pm

Cost: \$50

Location: Arete Prep Gymnasium

Description: Our Hitters Camp will be specific to middle blockers, right sides, and outsides, in improving their hitting and blocking forms. We will work on improving their volleyball IQ has a hitter.

Volleyball Preseason Skills Camp- High School Only

Instructor: Catrina Warren, Arete Prep Head Women's Volleyball Coach, and Staff

Dates: 7/22-7/25

Time: 1:00-3:00pm

Cost: \$50

Location: Arete Prep Gymnasium

Description: Arete Volleyball All Skills Camp will help develop and teach an individual to become an all around volleyball player. This will include training in passing, hitting, blocking, digging, serving, and setting, with an emphasis on perfecting passing form.

Volleyball Open Gyms: *free, no registration required

MS: 6/17, 6/19, 6/21 3-5pm

HS: 7/12, 7/19, 7/26 10-Noon