

St. Croix Prep Summer Camps

Please Note: The week of June 29th to July 5th is a NO CONTACT period for High School Coaches. Coaches cannot conduct camps or work with any athletes during this week. There will be NO SCPA camps conducted during this week.

Volleyball Camp

Camp includes intensive training in fundamental skills (passing, attacking, serving, defense and blocking) and also on team offensive and defensive systems. Campers are placed into groups of similar skill level to create optimal opportunities for individual improvement and fun! SCPA coaches will determine skill level and camp times for each participant.

Grades: 5-12

Begins: Monday, June 10

Dates: June 10, 17, 19, 24, 26
July 8, 10, 15, 17, 22, 24

Times: Grades 5-8 – 5:00-6:30,
Grades 9-12 – 6:30-8:00

Location: SCPA Gymnasiums and Fitness Center

Cost: \$150

Campers Receive: Camp T-Shirt

Boys Soccer Camp

Camp includes a combination of intensive on-field training and a strength and conditioning component. Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates.

Grades: 7-12

Begins: Monday, June 10

Dates: June 10, 11, 18, 24, 25 *June 17 – Time TBD
July 8, 9, 15, 16, 23, 29, 30 *July 22 – Time TBD

Time: 10:00am-12:00pm

Location: St. Croix Prep Stadium and SCPA Fitness Center

Cost: \$150

Campers Receive: Camp T-Shirt

Girls Soccer Camp

Camp focuses on intensive on-field training to develop individual skill and team philosophy. More importantly it gives individuals an opportunity to enjoying the game of soccer and building camaraderie with all camp participants.

Grades: 7-12

Begins: Monday, June 17

Dates: June 17, 18, 19, 20
July 22, 23, 24, 25

Time: 10:00am-12:00pm

Location: St. Croix Prep Stadium

Cost: \$90

Campers Receive: Camp T-Shirt

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Boys Basketball Camp

Camp includes intensive training in fundamental skills (passing, ball handling, attacking the rim, shooting, defensive footwork and rebounding) and also team offensive and defensive philosophies. ***Once again, this year's basketball camp includes a strength/conditioning and agility component for 9-12 graders only!!*** Players should expect to be pushed physically while experiencing the fun of competing and improving with teammates.

Grades: 2-4

Begins: Monday, June 3
Dates: June 3, 4, 5, 6
Time: 11:00am-12:30pm
Location: SCPA Gymnasium
Cost: \$50
Campers Receive: Camp T-Shirt

Grades: 5-8

Begins: Monday, June 17
Dates: June 17, 19, 24, 26
 July 8, 10, 15, 17, 22, 24, 29, 31
Time: 12:00pm-1:30pm
Location: SCPA Gymnasium
Cost: \$150
Campers Receive: Camp T-Shirt

Grades: 9-12

Begins: Monday, June 17
Dates: June 17, 18, 19, 20, 24, 25, 26, 27
 July 8, 9, 10, 11, 15, 16, 17, 18, 22, 23, 24, 25, 29, 30, 31
Monday & Wednesday's – Basketball, Time: 2:00pm-4:00pm
Tuesday & Thursday – Strength & Conditioning, Time: 1:30pm-3:00pm
Location: SCPA Gymnasium and Fitness Center
Cost: \$200
Campers Receive: Camp T-Shirt

Girls Basketball Camp

Camp focuses on intensive on-court training that includes individual skill and small group instruction emphasizing shooting, passing, ball handling, and defensive and offensive philosophy.

Grades: 4-6

Begins: Monday, June 3
Dates: June 3, 4, 5, 6
Time: 4:30-6:30
Location: SCPA Gymnasium
Cost: \$50
Campers Receive: Camp T-Shirt

Grades: 7-12

Begins: Thurs, June 13
Dates: June 13, 18, 20, 25, 27
 July 9, 11, 16, 18, 23, 25
Time: 4:30-6:30
Location: SCPA Gymnasium
Cost: \$150
Campers Receive: Camp T-Shirt

St. Croix Prep Summer Camps

Force Football Strength and Speed

Grades: 9-12

Begins: Tuesday, June 11

Dates: June 11, 13, 18, 20, 25, 27

July 9, 11, 16, 18, 23, 25, 30

Time: 7:00am – 8:00am

Location: St. Croix Prep Weight Room

Cost: \$100

Force Football Team Drills

Grades 7-12

Begins: June 11

Dates: June 11, 13, 18, 20, 25, 27

July 9, 11, 16, 18, 23

Time: 8:00am-10:00am

Location: St. Croix Prep Stadium

Cost: \$60

Force Football Middle School Mini Camps

Grades: 6-8

Dates: May 22

Time: 4:00-5:30pm

Location: St. Croix Prep Stadium

Cost: No Fee

Force Football Youth Camp

Grades: K-5

Dates May 28, 29

Time: 5:00pm-6:30pm

Location: St. Croix Prep

Cost: \$50

Campers Receive: Camp T-Shirt

Force Football 7 on 7 Passing League

Grades: 9-12

Sundays Evenings in June and July

Time: 6:00pm-8:00pm (Approximately)

Location: Various Schools in the East Metro

Cost: No Fee

*This is for any 9-12 grader not planning on playing offensive or defensive line.

Dance Camp

This camp will focus on strength and conditioning as well as individual and team dance training. Campers should expect to be pushed physically while experiencing the fun of building camaraderie with other camp participants.

Grades: 1-3

Begins: Tuesday, June 11

Dates: June 11, 18, 25,

July 9, 16, 23,

Time: 4:00-5:00pm

Location: Auxiliary Gym

Cost: \$50

Campers Receive: Camp T-Shirt

Grades: 4-6

Begins: Thursday, June 13

Dates: June 13, 20, 27

July 11, 18, 25

Time: 4:00-5:00pm

Location: Auxiliary Gym

Cost: \$50

Campers Receive: Camp T-Shirt

Grades: 7-12

Begins: Tuesday, June 11

Dates: June 11, 13, 18, 20, 25, 27

July 9, 11, 16, 18, 23, 25

Time: 5:00-6:00pm

Location: Auxiliary Gym

Cost: \$100

Campers Receive: Camp T-Shirt

St. Croix Prep Summer Camps

PREP Speech and Debate Camps

2019 PREP SPEECH CAMP

Speech Camp is a four-day camp where students can learn and advance their public speaking skills! Students who attend Speech Camp are often focused on learning about different types of competitive speech areas (public address and theatrical performance), while focusing on a specific category in preparation for the speech season. Speech Camp is also a great opportunity to learn how to enjoy public speaking, and students will have opportunities to engage in fun speech-related activities throughout the week. Speech Camp is open to students with no experience or advanced experience going into grades 7-12. Speech Camp runs from 9:00am-4:00pm on the days of Monday, July 22nd through Thursday, July 25th. The cost of the camp is quite competitive: just \$200 for four days which includes lunch, instruction, materials, and a camp t-shirt. Payment is available through FeePay. If you are interested in reserving a place for your student, please RSVP to Mr. Davis as soon as possible at: mdavis@stcroixprep.org.

2019 PREP DEBATE CAMP

Debate Camp is a four-day camp where students learn and advance their argumentation skills with a focus on policy debate and/or Lincoln Douglas debate. Students who attend Debate Camp will engage in activities that will strengthen their skills in argument construction, research and evidence analysis, cross-examination, and competitive debate. Students will engage in impromptu and prepared debates, while learning the art of refutation. Debate Camp is open to students with not experience or advanced experience in Debate going into grades 7-12. Debate camp runs from 9:00am-4:00pm on the days of Monday, August 12th through Thursday, August 15th. The cost of the camp is quite competitive: just \$200 for four days, which includes lunch, instruction, materials, and a camp t-shirt. Payment is available through FeePay. To reserve a place for your student, please RSVP to Mr. Davis as soon as possible at: mdavis@stcroixprep.org.

Archery Camp

Camp includes one on one instruction that will focus on improving each shooter's form to build confidence to achieve a higher skill level and greater appreciation for the sport of archery.

Grades 5-12

Begins: Tuesday, June 11

Times: 6:00-7:30pm

Dates: Session 1: June 11, 13, 18, 20, 25, 27

Session 2: July 9, 11, 16, 18, 23, 25

Session 3: July 30, August 1, 6, 8, 13, 15

Location: St. Croix Prep Auxiliary Gym

Cost: \$80 per session / \$200 for all three sessions.