

Summer Camp Sessions

Cross Country

This camp centers on training and workouts that are catered to beginner and younger runners. Runners will spend time learning how to properly warm up and cool down. They will learn a wide variety of drills and routines, in addition to cross-training plans to supplement their running. Campers will learn about injury prevention, general strength and conditioning, in addition to basic training theory. Permission form required to run off campus under the supervision of the head instructor and counselors.

Internal Session 6: July 22nd-26th 1 -4 pm

Intro to Field Hockey

This program will introduce the competitive sport of field hockey to your daughter, with the objective of teaching her the fundamental skills of the game, including dribbling, shooting and defending. Your daughter will gain the experience and confidence to try out for this exciting sport! While working in age appropriate groups, your daughter will gain the knowledge and skills while working on team building and sportsmanship. Through drills, activities and mini games will be played on Lauralton Hall's turf field! Students will need to bring their own equipment: stick, shin guards, mouth guard and protective eye gear.

Internal Session 4: July 8th-12th 1-4 pm

Internal Session 7: July 29th - August 2nd 1-4 pm

Intro to Volleyball

Sign up your child today for the course that allows them to try out a new and exciting sport of Volleyball. Campers will be instructed through age appropriate groups on proper techniques through a variety of drills, activities and games! Allow your child the opportunity to gain experience and confidence in exciting sport!

Internal Session 4: July 8th-12th 9-1 am

Speed Conditioning and Fitness

This course is a great way to get ready for high school sports! Focusing on quick footwork and agility, this course will help students be better prepared for the challenges of high school sports. Through a variety of drills and games, students will be better prepared to adapt to the competitive level of high school sports!

Internal Session 2: June 24th-28th 1-3 pm

Internal Session 7: July 29th - August 2nd 1 – 3 pm

Summer Conditioning and Fitness

Get ready for that upcoming sports season through this NEW course! Using high intensity interval training, students will be supervised while being challenged to work through a variety of activities, designed to target specific muscles. Sport specific drills will be incorporated throughout the week to best meet the needs of the class. Students will also learn appropriate breathing, resting and recovery methods to allow best performance.

Internal Session 4: July 8th- 12th 1- 3 pm

Internal Session 8: August 5th- 8th 1-3 pm