



COMMUNITY EDUCATION SUMMER CAMPS AND CLINICS

SPRING LAKE PARK SCHOOLS

June-August 2019

For students entering grades 7-12 for the 2019-2020 school year



Spring Lake Park Schools Community Education partners with our coaching and teaching staff to offer athletic camps and clinics year-round. A variety of engaging camps and clinics are offered for all age and skill levels. So, whether you are looking to stay in shape during the off-season or try a new sport, we have a camp that will work for you! Scholarships may be available to those who qualify, please call 763-600-5050 for more information. Visit <https://springlakepark.ce.eleyo.com> to register today.

PANTHER GIRLS' BASKETBALL CAMP

For girls entering grades 5-8 in fall 2019

This fun and energetic camp will focus on skills and fundamentals for all levels. Each day we will work on shooting, passing, dribbling, rebounding, pivoting, footwork, individual moves and team offense and defense.

June 10-13

Grades 5-8, 12:30-3:30 p.m.

Spring Lake Park High School auxiliary gym

Fee: \$75 before May 20 (early-bird fee), \$85 after May 20 (standard fee)

PANTHER BOYS' JV/Varsity Mini-Camp

For boys entering grades 9-12 in fall 2019

This mini-camp is just for boys who will be trying out for the 2019-2020 JV and varsity basketball teams.

June 17-20

Grades 9-12, 12:30-3 p.m.

Spring Lake Park High School Auxiliary Gym

Fee: \$60

PANTHER BOYS' BASKETBALL OFFENSIVE SKILLS CAMP

For boys entering grades 7-12 in fall 2019

Campers will work on offensive ball skills during the week of camp. The offensive skills that will be drilled include ball handling, dribbling, shooting form, shooting off the pass, free throws, one-on-one moves, post moves, moving without the ball, reading screens, finishing drives and finishing on the fast break.

Session 1: June 24-27, noon-2 p.m.

Session 2: July 8-11, 12:30-2:30 p.m.

Session 3: July 15-18, noon-2 p.m.

Spring Lake Park High School Auxiliary Gym

Fee: \$70, discount for signing up for two or three sessions





PANTHER FOOTBALL MIDDLE SCHOOL STRENGTH AND SPEED TRAINING

For Westwood Middle School football players entering grades 6-8 in fall 2019

The Panther Football coaching staff holds a seven-week summer program for all middle school football players entering grades 6-8 in fall 2019. It is highly recommended for players desiring to improve individual strength, speed, explosiveness, flexibility, coordination and quickness. Get a jump on your competition and join the Panthers this summer!

June 17-August 2, Mondays, Wednesdays and Fridays (No camp July 1-5)

10-11:15 a.m.

Spring Lake Park High School weight room and football field

Fee: \$60 before May 31 (early-bird fee), \$70 after May 31 (standard fee)



PANTHER FOOTBALL ACADEMY: MINI-CAMP, 7-ON-7 LEAGUE AND STRENGTH/SPEED TRAINING

For football players entering grades 9-12 in fall 2019

This program combines a mini-camp, 7-on-7 league and strength and speed training. Coached by head coach John Stewart and the SLPHS football staff.

Camp Dates: June 3-August 2 (no camp June 6, 7, 10, 13, July 3, 4, 5, 25 and August 1)

Spring Lake Park High School weight room and football field

STRENGTH & SPEED

We will be lifting on a three day/week program.

Monday: 9-10:30 a.m., after mini camp

Wednesday: 8-9:30 a.m.

Friday: 8-9:30 am

MINI-CAMP: SCRIMMAGES

- All grades 9-12
- June 3, 4 and 5 from 3:15-5:30 p.m.
- Mondays, June 17-July 29 from 7:15-8:45 a.m.
- No camp July 1-5
- Scrimmages may be added at a later date
- Equipment handout Wednesday, May 1, 3:15-4:15 p.m. and Monday, June 3, 3-3:30 p.m.

PASSING LEAGUE (7 ON 7)

June 20, 27 and July 11, 18, 10-11 a.m., after lifting

- More details will follow in June about schedule (games may be off site in 2019)
- Ninth grade participation will depend on our opponent levels of play

OVERSPEED TREADMILL

Registration includes one day a week of Overspeed Treadmill Training. Coaches will create groups for treadmill training during the first week.

Fee: \$125 before May 19 (early-bird fee), \$145 after May 19 (standard fee)

OVERSPEED TREADMILL

For students entering grades 7-12 in fall 2019

Overspeed Treadmill is open to anyone registered for Panther Strength and Speed Training.

June 18-August 1 (no class July 1-5)

One session a week: Tuesday-Thursday, 9 a.m.-noon

Two sessions a week: Tuesday-Thursday, 9 a.m.-noon

Fee:

One session a week- \$25

Two sessions a week- \$50



SUMMER CAMPS AND CLINICS

SUMMER STRENGTH AND SPEED TRAINING

For students entering grades 7-12 in fall 2019

Improve your overall athleticism and health by participating in the summer strength and conditioning program at Spring Lake Park High School. Weight training and conditioning drills are the key components of this program.

June 18-August 1, Tuesdays, Wednesdays and Thursdays,

Session 1: 8:30-10 a.m. **OR** Session 2: 9:45-11:15 a.m.

Spring Lake Park High School weight room, fitness room, track and wrestling room

Fee: \$75 before May 28 (early-bird fee), \$85 after May 28 (standard fee)

PANTHER SUMMER SWIMMING CLUB

For students entering grades 7-12 in fall 2019

Athletes will be able to decide if they would like to participate in conditioning, drills or both. During conditioning on Mondays, Wednesdays and Fridays, athletes will spend practice doing various sets that will help with their overall conditioning. During drills Tuesdays and Thursdays, athletes will spend time learning the proper techniques for stroke mechanics, starts and turns for all four strokes.

June 10-July 27 from 7:30-9 a.m.

Conditioning only: Mondays, Wednesdays and Fridays

Stroke drills only: Tuesdays and Thursdays

Spring Lake Park High School pool

Fee:

Conditioning only - \$160

Drills only - \$110

Register for both drills and conditioning and save \$35



PANTHER YOUTH TRACK CLUB

For students entering grades 1-9 in fall 2019

Come to as many practices as you can to work on your speed and conditioning for track and other sports as well! Event training includes: sprints, jumps, throws, hurdles and relays.

Mondays and Thursdays, June 10-July 25 (no practice July 1-5)

Students entering grades 1-4: 6-7 p.m.

Students entering grades 5-9: 7-8 p.m.

Westwood Intermediate and Middle School track

Fee: \$45 before May 28 (early-bird fee), \$55 after May 28 (standard fee)

Summer Dance Intensive Camp

For students entering grades 6-12 in fall 2019

This Dance Intensive Camp focuses on technique, skills and team bonding. Dancers will be challenged through choreography and dance team style training to help prepare them for fall and winter dance team season.

July 8-11 from 5:30-8:30 p.m.

Spring Lake Park High School

Fee: \$30

SLP Dance Team camp prep

For students entering grades 6-12 in fall 2019

This Dance Camp Prep will focus on learning a camp routine that will be performed at Just For Kix Dance Camp on Wednesday, July 17. Dancers will also get training on what to expect at dance camp, as well as learn daily cheers, team spirit activities and have the opportunity to represent Spring Lake Park in the skills contest.

July 15-17

July 15-16, 5:30-8:30 p.m.

July 17, Just for Kix performance, 5:30-8 p.m.

Spring Lake Park High School

Fee: \$15

MIDDLE SCHOOL VOLLEYBALL CAMPS

For students entering grades 6-8 in fall 2019

These camps are designed to teach young players the basic skills used in volleyball. We will cover all of the primary skills and put the girls in playing situations so that they can use the skills they are learning.

July 29-August 1, 6:30-8 p.m.

Spring Lake Park High School Panther Gym

Fee: \$70 before July 8 (early-bird fee), \$85 after July 8 (standard fee)

HIGH SCHOOL VOLLEYBALL CAMP

For students entering grades 9-12 in fall 2019

This camp is designed to be a fast-paced, high repetition camp! It is for all students going into grades 9-12 who have beginner or advanced volleyball skills and knowledge. We will focus on the development of all volleyball skills throughout the week.

July 22-July 25 from 4:30-7 p.m.

Spring Lake Park High School Auxiliary Gym

Fee: \$85 before July 1 (early-bird fee), \$100 after July 1 (standard fee)



PANTHER THEATRE CAMP

For students entering grades 5-12 in fall 2019

The purpose of this camp is to give students skills in three key areas of theatre - acting, movement and vocals, and to apply those skills through the rehearsal and performance process.

Grades 5-8 session: School House Rock Live! JRs

July 8-12, 9 a.m.- 4:30 p.m.

Noon-12:45 p.m. lunch; students need to bring a lunch
Friday, July 12- evening performance

Grades 9-12 session: Musical Theatre Cabaret

July 15-19, 9 a.m. - 4:30 p.m.

Noon-12:45 p.m. lunch; students need to bring a lunch
Friday, July 19- evening performance

Spring Lake Park High School Fine Arts Center

Fee: \$199



Panther Speech Camp

For students entering grades 5-10 in fall 2019

Speech is an opportunity to practice speaking and acting skills, improve self-confidence, become a leader and compete against other speakers. During camp in July, students will learn and practice the 13 different speech categories.

July 15-18, 9 a.m.- 4:30 p.m.

Westwood Middle School

Noon-12:45 p.m. Lunch; students need to bring a lunch
Friday, July 20- evening performance

Fee: \$119

DRIVER'S EDUCATION

For students who are at least 14 1/2 years old by the time of the class

Spring Lake Park Schools Community Education offers teen driver's education in cooperation with Safeway Driving School. Safeway Driving School has been graduating teen drivers in the Twin Cities area for over 40 years and their instructors are licensed by the MN Department of Public Safety.

Choose from three sessions all held at Monday-Friday at Spring Lake Park High School:

- June 10-21

- July 8-19

- August 5-16

Fee: \$120

Due to maintenance and resurfacing of the tennis courts at the high school, unfortunately there will be no tennis related camps offered this summer - back next summer!

REGISTER

Spring Lake Park Schools Community Education uses an online registration program to make it easy and convenient to sign-up. Visit <https://springlakepark.ce.eleyo.com> to register today.

If you have troubles registering online or have any questions please call the Community Education Office at 763-600-5050.