

Southwest MN Christian Activity Nights & 2019 SUMMER CAMPS

GIRLS' BASKETBALL
BOYS' BASKETBALL
SOCCER
VOLLEYBALL
CHEERLEADING

We have again included all our camps in this brochure. **When registering please use the grade that you will be entering in the fall of 2019.** Read about each camp and choose the camp(s) of your choice by using the one registration form enclosed. Families may all register on one form and pay by writing out only one check payable to **SWC Summer Camps**. Remember to state the T-shirt and/or short size, which includes letting us know if this is a youth size (S,M,L) or adult size (S,M,L,XL).

Please separate the registration paper from the camp information sheet and send with your check. Please save the information sheet for future reference. All camps and times are also listed on the SWC website.

Please Register as soon as possible. Registration is due by Friday, May 3. T-shirt orders will be made using registration forms that are completed by May 3. **If you do not have your form in by May 3, we will not be able to order you a t-shirt.**

Please do not return the registration form to your elementary school. Bring or mail all forms to the office at SWMCH.

ACTIVITY NIGHTS AT ECES:

Girls Basketball-The JV and Varsity teams, including grades 9-12, will be participating in the Marshall league on Tuesday nights. Contact Coach Nerem for more information.

Boys Basketball-Basketball open gyms will be on Tuesdays and Thursdays from June 6 through July 25(except July 4) from 6:30-8:30 PM. All incoming 9th-12th graders are invited to work on skills and scrimmage.

Soccer- Soccer will be played this summer on Monday evenings at ECES from June 1 through July 27 (except July 1) at 6:30 PM. Everyone is welcomed to come and play. You don't have to commit to playing on a team in order to play.

Volleyball- Volleyball open gyms will be for grades 8-12 from 6:30-8:30 PM on Monday evenings starting June 10 through July 29 (except July 1).

Cheerleading-. Open tumbling/stunting for grades 6-12 on Wednesday evenings: June 5, June 12, and June 19 from 6:30-8:00 pm. We will also be going to Power & Grace gymnastics throughout the summer. Contact Coach Tinklenberg for more information.

CAMPS AT ECES

BOYS “DRILLS & SKILLS” BASKETBALL CAMP

Grades 3-5: June 17-199:30-11:30 AM

Cost: \$50 includes T-shirt

Grades 6-8: June 17-19 12:00-2:30 PM

Cost: \$50 includes T-shirt

SWC Eagle coaches and current players will lead camp this year. They look forward to providing the boys with drills and skills that will help them contribute to their team. Camp will involve shooting fundamentals, ball handling skills, skill competitions, and team competitions at an age appropriate level.

LITTLE EAGLES' GIRLS BASKETBALL CAMP

Grades 3-5: May 28, 29, 30,

11:00-1:00 PM

Cost: \$60 includes ball, t-shirt

Grades 6-8: May 28, 29, 30,

8:00-11:00 AM

Cost: \$70 includes ball, t-shirt

Come work with Coach Nerem and the current Lady Eagles as we focus on the fundamental skills of basketball. We will play fun games while learning to dribble and shoot. We will also play 4 on 4 games as we develop all aspects of our game.

HIGH SCHOOL GIRLS TEAM BASKETBALL CAMP

Grades: 9-12: June 26 and July 10 6:00-9:00 PM Cost: \$60 & includes T-shirt

Come learn from Coach Nerem and area college coaches!

GRADE SCHOOL GIRLS VOLLEYBALL CAMP

Grades 4-6: June 3-5 1:00-3:00 PM Cost: \$50 & includes t-shirt

Grades 7-9: June 3-5 3:00-5:00 PM Cost: \$50 & includes t-shirt

The SWC coaching staff and current players are excited to teach the fundamental skills of volleyball that the girls can use all summer long in preparation for the fall. The basics of passing, setting, serving, blocking, and hitting will be covered along with a variety of fun activities and games!

CHEER CAMP

Grades: 7-12: Wednesday, May 29 3:00-6:00 PM Cost: FREE but please register

Motions, dance, jumps, tumbling, and stunting will all be taught at Cheer Camp! Learn the fundamentals, increase your flexibility, and see if you have what it takes to cheer for our Eagles!

EAGLE ACCELERATION PROGRAM

Grades: 7-12 7:00-9:00 AM Cost: \$55

Mr. Vande Kamp will lead our acceleration and weight lifting programs for grades 7-12. The goal is to help athletes with strength, quickness, and agility training. Pre and post testing for speed and agility. See how much you can improve over the summer! A continued emphasis will be placed on increasing vertical and prevention of ACL injuries. The program will run every Monday and Wednesday morning from June 3 through July 31st (except July 1 & 3). Participants will do acceleration and weight lifting from 7:00-9:00AM.

SWC SUMMER CAMPS REGISTRATION FORM

NAME _____ GRADE (Fall 2019) _____

Address _____ Email _____

Parent's Name _____ Contact Phone # _____

List name(s) of person participating before camp:

T-Shirt and/or short size are as follows--Adults=S, M, L, XL Youth Sizes are S, M, L

		<u>Cost of Camp</u>	<u>T-Shirt Size</u>
_____	3-5 Boys Skills & Drills BB Camp	_____	_____
_____	6-8 Boys Skills & Drills BB Camp	_____	_____
	<u>Short Size</u>		
_____	3-5 Little Eagles Bball Camp _____	_____	_____
_____	6-8 Little Eagles Bball Camp _____	_____	_____
_____	9-12 Girls Team Bball Camp _____	_____	_____
_____	4-6 Girls Volleyball Camp	_____	_____
_____	7-9 Girls Volleyball Camp	_____	_____
_____	Cheer Camp (7-12)	No Cost or Shirt	
_____	Eagle Acceleration Program (7-12)	_____	

Total Owed _____

CK. Number _____

(Make check payable to SWC Summer Camps)

I understand and agree that Southwest Christian High School and their coaching staff will not be held responsible for injuries that may occur to my son/daughter while in attendance at the SWC Summer Camp(s).

Parent/Guardian Signature _____

Please send in registration forms and checks by May 5 to:

**SWC Summer Camps
C/O: Southwest Christian High School
550 West Elizabeth Street
Edgerton, MN 56128**

Please DO NOT turn your forms in at your elementary school!