

CSHM Sports Camps
5th – 8th graders
Course Descriptions

Cheer Camp (10:30 p.m. – 12:30 p.m., Monday – Thursday) Come one, come all! We've got spirit and we're here to cheer it! Learn the basics of cheerleading and cheer-dance in this fabulous class! Get ready to stretch your muscles and voices. Learn the value of character, commitment, dedication, hard work, integrity, leadership, self confidence, positive attitude, and a love for the sport of cheerleading.

Cross Country Camp – Cross Country Camp is a conditioning course that will prepare athletes to compete in any Cross Country program. This course will be conducted with actual practice plans and timed run to improve stamina and performance.

Speed Camp – (8:00 am – 10:00 am, Monday – Thursday for Boys and Girls) Our speed camp provides training for 5th thru 8th grade athletes, both males and females, in the area of speed, agility and endurance. Our program is based upon the belief that speed, agility and quickness are skills to be learned, and not simply a result of genetics. Our instructors utilize the most effective, cutting –edge training principles and equipment in the athletic world today. Our success flows from concentrating on “the basics”, focusing on speed and agility training that can be applied to all sports. *We recommend that you take this course before one of our sports camps for better results.*

Baseball Camp – (10:30 am – 12:30 pm, Monday – Thursday for Boys) Baseball players spend the majority of their baseball lives mastering fundamentals and developing proper baseball technique. Only after all that skill work is mastered, are they ready to compete at the highest level. This summer, our CSHM coaching staff and players want to spend time helping you advance your game through specific skill instruction, loads of repetition, and FUN in fundamentals. We hope you choose to put in some extra baseball time with us! These camps fill up fast. Be sure to reserve your spot soon! *We recommend that you take the Speed Camp before this course for better results.*

Basketball Camp – (10:30 am – 12:30 pm, Monday – Thursday for Boys and Girls) Basketball Camp will develop all of your basketball skills - shooting, passing, dribbling, rebounding and defense. This course enhances your basketball skills, providing the kind of focused intensive training that is essential for improvement. With this class, your self-confidence will grow along with your skills and overall appreciation of the game. *We recommend that you take the Speed Camp before this course for better results.*

Football Camp – (1:00 pm – 3:00 pm, Monday – Thursday for Boys and Girls)

Football Camp will prepare you for Pop Warner or Flag Football. The course will be conducted with different stations to help you improve your skills in various positions. The course will also focus on every position such as: Quarterback, Wide Receiver, Tight End, Lineman, and other positions. It will be a non-contact course and you will be focusing more on fundamentals and techniques. *We recommend that you take the Speed Camp before this course for better results.*

Martial Arts/Kick Boxing – (1 p.m. – 3 p.m., Monday – Thursday for Boys and Girls)

Are you looking for a total body workout that is totally fun? How about a way to increase your stamina, flexibility, and strength while listening to your favorite music? If so, you must register for this class which combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. This class also develops, strengthens and builds character.

Soccer Camp – (1:00 pm – 3:00 pm, Tuesdays and Thursdays for Boys and Girls)

The CSHM Soccer Camp philosophy is to develop a total soccer player. No part of the game is skipped - the best defender must learn how to finish a chance on goal and the best forward must learn how to defend. You will be encouraged to play various positions to enhance your development. Total Game = Total Soccer! Soccer is played with effort and running but skill is the beauty of the game - and skill produces wins! *We recommend that you take the Speed Camp before this course for better results.*

Softball Camp – (1:00 pm – 3:00 pm, Monday – Thursday for Girls)

CSHM's Softball Camps totally immerse you in the sport, giving you the kind of focused, intensive training essential for improvement - no matter what your ability level. Every part of the game is covered - hitting, fielding, base running, team play and more. Your performance as an overall player will improve, along with your self-confidence! *We recommend that you take the Speed Camp before this course for better results.*

Volleyball Camp – (5:00 pm – 7:00 pm, Mondays and Wednesdays for Boys and Girls)

Our Volleyball Camp is designed to develop and improve the skills and understanding of the game of volleyball in a challenging and fun environment. The Camp is designed to train players for a specific position: middle blocker, outside hitter, defensive specialist, or setter. Each position will learn skills from basic footwork to the most advanced aspects of the game. *We recommend that you take the Speed Camp before this course for better results.*