



Tri-Cities Prep Summer Camps

Camps:	Ages:	Dates:
Jaguar Youth Volleyball Camp	Entering 5 th – 8 th grade	June 20 th – 22 nd
Jaguar Youth X-Country Camp	Entering 5 th – 8 th grade	July 18 th – 20 th
Jaguar Youth Football Camp	Entering 3 rd – 8 th grade	July 25 th -27 th

Camp Descriptions:

Jaguar Youth Volleyball Camp: Players will develop fundamental skills including passing, setting, hitting, and serving. Coaching staff will teach the basic skills through various techniques that will simulate the movements and skills necessary to play the game. Our goal will be highlighting the fun you can have with the volleyball while promoting all the positive aspects of the sport. Players will be grouped by age and experience so that they can train in a safe and fun environment.

5th – 8th grade: 4:30 pm – 6:30 pm

Jaguar Youth X-Country Camp: TCP Summer Cross Country Running Camp "isn't just about the running". Come experience the day in the shoes of a high school cross country participant. Learn what the sport is, the workouts designed to achieve your best results, as well as the fun activities implemented to build team chemistry. Cross country is a sport where it may be individually "ran" but the focus is on the entire team. Camp will consist of: running/training focus activities, fun "team-building" activities, as well as coach and athlete talks on various topics to learn about what all goes into "pursuing excellence" as a cross country runner and individual.

5th – 8th grade: 9:00 am – 11:00 am

Jaguar Youth Football Camp: This is a non-contact skills and drills camp led by the Tri-Cities Prep coaching staff, players and alumni. All skill levels are welcome, from beginner to advance. All campers should wear shorts or sweats and a t-shirt. Some form of traction shoes are advised (football cleats, rubber cleat baseball shoes or soccer shoes are fine). No metal spikes allowed. Water will be provided but you are welcome to bring your own.

3rd – 8th grade: 6:00 pm – 7:30 pm

Camp Cost: \$40.00 per camp. \$25.00 for any additional sibling participating in **same** sport camp. Deadline to ensure a t-shirt for **volleyball** campers requested size: **June 2**. All others: June 30th.

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