

NATIONAL ACADEMY OF ATHLETICS

The YMCA partners with National Academy of Athletics to offer additional summer sports programs focused on the development of fundamentals. The camps are designed to provide young people with athletic skills development and a solid foundation for fitness. From beginners to the expert, whether you want to improve your skills or just compete, the National Academy of Athletics has something that will motivate and challenge every camper!

AGES:	7-9 and 10-13
LOCATION:	Santa Rosa High School
TIMES:	Half Day Camper 9am-12pm or Full Day Camper 9am-3pm
FEES:	\$135 /week - half days or \$189 /week - full days



ALL REGISTRATION TAKES PLACE THROUGH THE NATIONAL ACADEMY OF ATHLETICS

For more information:
www.nationalacademyofathletics.com or
707.541.2365

ALL SORTS OF SPORTS

All Sports Camp - Santa Rosa Middle
Junior Academy (TK-Kindergarten) runs with All Sorts of Sports

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This will help to build your child's motor skills, hand-eye coordination, agility and many sports specific skills. Your child will have a blast playing games with the other children that may include: baseball, basketball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more.

Session Dates:

June 4-8 June 18-22 July 9-13
July 30-Aug 3 Aug 13-17

HOOP IT UP

Basketball Camp - Santa Rosa High

If you like basketball then you will love our HOOP IT UP Camps! This camp is designed to make your child a better basketball player. Whether they are a beginner or intermediate player, the drills taught at this camp will help them improve your game. They will learn: footwork, passing, ball-handling and defense. Participants will enjoy fun challenges, games and daily competitions in a positive and energetic environment.

Session Dates:

June 4-8 July 23-27 August 6-10

AIR ATTACK

Football Camp - Santa Rosa Middle

These non-contact Flag Football programs are great for boys and girls. Players are grouped by age and ability to learn appropriate drills, skills, and techniques and teamwork in a positive and structured environment. In addition, children will have an opportunity to develop leadership skills and build self-esteem as they improve their technique. Emphasis will be on proper warm-ups, footwork drills, agility, passing, receiving, game strategies and all out football fun and games!

Session Dates:

June 11-15 July 9-13

IN THE NET

Soccer Camp - Santa Rosa Middle

These soccer camps offer beginner to intermediate players the opportunity to build a solid soccer foundation. On the field each day, players will improve their individual skills and tactical awareness. Each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games & competition. Not only are group drills stressed, but also much time is spent on individual work. This is a great place to develop their individual soccer skills and confidence in a fun and positive environment.

Session Dates:

June 18-22 July 16-20 July 30-Aug 3

BUMP SET SPIKE

Volleyball Camp

Each day is filled with fundamental volleyball skill progression drills, easy to understand instruction, as well as games & competitions. These volleyball camps offer beginner to intermediate players the opportunity to build a solid volleyball foundation. Camper's work in small groups learning team drills & time is spent on individual skill development as well. Campers receive positive reinforcement throughout the day, to help build their confidence. This is a great place to develop their individual skills in a fun & positive environment.

Session Dates:

June 25-29 July 16-20

HIT & RUN

Baseball & Softball Camp

Each day is filled with fundamental baseball & softball skill progression drills, easy to understand instruction, as well as games & competitions. These baseball & softball camps offer beginner to intermediate players the opportunity to build a solid foundation. Boys & Girls receive positive reinforcement throughout the day, to help build their confidence. This is a great place to develop their individual skills in a fun & positive environment.

Session Dates:

July 23-27

HIGH SPIRIT CHEER & DANCE

Cheer & Dance Camp

Our HIGH SPIRIT Cheerleading camp is designed to help participants learn the individual skills to prepare them for cheerleading. This cheerleading program packs in a ton of cheer fundamentals, as well as simple fun routines and lessons!

Session Dates:

June 11-15

RUN, PASS, SHOOT

Lacrosse Camp

Our Lacrosse camp was developed to help beginners through advanced players improve their skill sets with exceptional instruction in all aspects of the game. We start from square one and focus on being fundamentally sound and technically correct. Players are then grouped by age and ability to learn proper warm-ups, footwork drills, catching, dodging, agility, passing, cradling, shooting, defense and game strategies. Whether they want to improve their skills or just compete, we have something that will motivate, educate and challenge everyone!

June 25-29

JR ACADEMY

TK & K Camp (Follows ALL SORTS OF SPORTS DATES)

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This will help to build your child's motor skills, hand-eye coordination, agility and fall in love with playing sports. Additionally, players will participate in contests, games and other fun challenges.

For Boys & Girls grades TK & K

INTRO TO RUGBY

Rugby Camp

The experienced, positive and passionate coaches will help them to understand the basics of rugby. Under the expert care of our coaches and directors, They enjoy the game of football without the worry of the contact. Campers not only learn individual, rugby skills, but also develop personally and socially, learning teamwork and building character and life skills through sports.

Session Dates:

Aug 6-10