

# Northeast Y Camps: Sports Camps!

## **Basketball Camp - Full Day**

**Basketball Camp ages 6 - 14 years:** Advance your fundamental offensive and defensive skills, and have a great time doing it! You'll enjoy drills for passing, dribbling, shooting, defense, game tactics and even play full court games. Campers will receive a camp t-shirt, individual and team instruction with competitions for all campers.

Monday- Friday, 9:00 – 4:00 pm

Ages: 6-8: June 6-10

Ages: 9-14: June 8-12 • June 15-19 • July 13-17 • July 20-24

MEM: \$160/week PRO: \$240/week

## **All Sports Camp - Full Day**

**All Sports Camp ages 6 - 14 years:** Play four sports a day in an action packed five day camp. The camp may sample the sports of volleyball, basketball, lacrosse, soccer, floor hockey, dodgeball, flag football and ultimate frisbee. Equipment provided. All campers will receive a t-shirt.

Monday- Friday, 9:00 – 4:00 pm

Ages 6-8: August 3 - 7

Ages 9-14: June 1 - 5 • June 22 - 26 • July 27 - 31

MEM: \$160/week PRO: \$240/week

## **Volleyball Camp - Full Day**

**Volleyball Camp ages 9 - 14 years:** Join the fastest growing sport in East Cobb. Instructors will provide all volleyball skills, a complete knowledge of the game, game-like scrimmages, skills contests, competitive training and a ton of fun! All campers will receive a t-shirt.

Monday- Friday, 9:00 – 4:00 pm

July 6 - 10 • August 3 - 7

MEM: \$160/week PRO: \$240/week

## **Speed & Agility Camp - Half Day**

**Speed & Agility Camp ages 9 - 16 years:** This is for athletes who demand quick movement and balance. We'll work on core body and strength and first step quickness, as well as flexibility and coordination. Athletes will also learn drills they can do at home!

Monday- Friday, 9:00 – 12:00 pm

June 1 - 5 • July 6 - 10

MEM: \$90/week PRO: \$135/week



### **Full-Day Camps:**

MEM: \$160 PRO: \$240



### **Half-Day Camps:**

MEM: \$90 PRO: \$135



## **Inline Hockey Camp - Half Day**

**Hockey Camp ages 9-16:** Achieve higher levels of skills in skating, shooting and game strategies. Campers will also put these skills to the test with daily games. Full hockey gear is required for participation.

Monday- Friday, 9:00 – 12:00 pm

June 15 - 19 • July 20 - 24

MEM: \$90/week PRO: \$135/week

## **Lacrosse Camp - Half Day**

**Lacrosse Camp ages 9-14:** Learn the basic skills to play lacrosse. Our instructors will teach proper techniques, shooting and game strategies. Campers will also put these skills to the test with daily games. Equipment is required for participation.

Monday- Friday, 9:00 – 12:00 pm

June 8 - 12 • July 13 - 17

MEM: \$90/week PRO: \$135/week

