

2016 Camp SouthLake Catalog

Sports Camps Information

Refer to the registration form for dates, times, fees, and age/grade level for each camp

Rodney Monroe Basketball Camp: Come join Rodney Monroe Basketball Camp this summer for an exciting week of basketball learning and fun. Coach Monroe is the head coach of the men's varsity basketball team at SouthLake and a former professional basketball player. Coach Monroe's camp focuses on the basic skills needed to be successful on the court and off the court. Experienced and qualified staff will be on site helping each player improve in his or her game.

Wrestling Camp: Wrestling Camp will focus on how to make opportunities to succeed. It will focus on mental preparation as well as how to drill properly in order to be a better wrestler. This camp will be put on by SouthLake's Head Wrestling Coach John Nerness. This program has produced several state champions. This is a camp for the serious wrestler who will commit to the time needed to learn necessary skills.

Quickstart Tennis: SouthLake's varsity tennis coach and local area professional, Chelsea Mills, will teach athletes who are new to the game of tennis using the Quickstart method. The Quickstart method teaches young players the basics of tennis quickly and helps them begin playing immediately. This camp will be held at Cowens Ford Country Club (761 Club Dr. Stanley, NC 28164) which is 5 minutes from SLCA therefore no bus service will be provided. Both camps will go on simultaneously with several qualified instructors on hand teaching all skill levels. Coach Mills has over 16 years of coaching and teaching experience. Visit her website for more information: <http://tennislifecoach.com>

Cheer Camp: Join Coach Vance and SouthLake's varsity cheerleaders for a week of high spirit, enthusiasm, and more. Learn how to help your fans in cheering on the home team. Girls will learn the basic stunting, cheer routines, and teamwork.

Volleyball Camp: MS Volleyball Skills Camp - Head Coach Brian Bistreich - Enhance your entire game and get ready to make your MS or JV team. The coaches have experience playing in college and coaching MS, High School, College and Club teams. Two courts, plenty of coaches and inside an A/C gym. This will be a great experience for your daughter to grow in the game. Pack some snacks.

JEFA: Junior Eagles Football (JEFA) Camp: Join the directors and coaches from SouthLake's popular Junior Eagles Football Association for a week of football instruction and fun on the turf field. The format for this camp is 7-on-7 flag football, with periods of instruction and daily competitions. Camp will conclude with Championship Friday, where parents are encouraged to

attend. JEFA camp is run by Michael Causey, Head Football Coach for the two-time state champion SouthLake Eagles varsity football team. Each camper receives a camp T-shirt. Water breaks are scheduled every hour, and an on-site concessions stand is available for water and Gatorade.

Enrichment Camps

Refer to the registration form for dates, times, fees, and age/grade levels for each camp

LEGO Education Duplo: (maximum of 12) Rising Kindergarten and First Grades - Curiosity and exploration are fostered as children build and discover the world of engineering, creating working simple machines using Lego Education DUPLO bricks. Designed builds will be constructed along with opportunity for free play to create from imagination! Bring a snack and water bottle.

LEGO Education WeDo: (maximum of 20)

Rising Second and Third Grade Students - Young engineers experience creating a variety of designed LEGO Education builds coupled with simple computer programming to see those builds in action! There are additional opportunities for free play, fostering curiosity, imagination, and creativity! Bring a snack and water bottle.

Fun with Crafts: Fun for everyone! We've been known to conduct fun-tastic experiments, unleash our hidden skills during talent shows, make wearable art from duct tape, interact with hilarious books, hammer (ouch!) nails, discover how to "upcycle" recycled materials into treasures, create cool crafts, concoct edible creations, toast s'mores, throw water balloons, and of course, painting, games, and laughter are plentiful too! Pack a snack and keep happily busy with Camp Administrator Tammy Davis for this fun filled adventure! Remember 9-12 noon is for K-2 graders and 1-4 PM for 3-5 graders.

Cooking Camp: Come join us (with Chef Jennifer Hatley) as we cook our way around the world! We will go over the safety and nutrition basics of cooking and then jump into exploring how to cook other culture's foods you already love. We start with good old Southern classics like macaroni and cheese and mashed potatoes and progress to some Italian and Mexican favorites. Each day will be a different experience and you will receive samples to share with your family at the end of each day's class.

Math Detectives – Lead Detective – Mrs. Nelson - Math and logic are ALL around you! We'll learn to think and reason logically using math, spot math in the world around us, and become better math detectives in the classroom using logic and critical thinking. We'll have snack time, a scavenger hunt, cool math videos, games and more! Register early, only 12 spots available. (Please note - minimum enrollment of 4 campers required).

2nd Grade Boot Camp Prep: Join Mrs. Moore and Miss Vance as you refine math, reading, and grammar skills in an active, small-group, hands-on learning environment. Get a jumpstart on the school year by learning second grade routines and procedures. Come to Second Grade Boot Camp! Sign up soon! Space is limited to 20 students. We'll divide into two groups and split morning and afternoon activities with lunch. Camp will run from 9:00 AM until 2:00 PM Monday-Friday. Bag lunch is needed.

3rd Grade Boot Camp Prep: Join Mrs. Moore and Miss Vance as you refine math, reading, and grammar skills in an active, small-group, hands-on learning environment. Get a jumpstart on the school year by learning second grade routines and procedures. Come to Second Grade Boot Camp! Sign up soon! Space is limited to 20 students. We'll divide into two groups and split morning and afternoon activities with lunch. Camp will run from 9:00 AM until 2:00 PM Monday-Friday. Bag lunch is needed.

Creative Canvases Camp: "Every child is an artist." Pablo Picasso
Calling all young creators! Play and learn with colors and paint! Bring out YOUR inner artist by finger painting, mixing, blending and more! Learn exciting techniques with different painting tools. Create what you could have never imagined and then take home your masterpiece!
****Please wear clothes you don't mind getting messy!****

Photography 101 Camp: During this week we will explore the fundamentals of a DSLR camera, through informative and hands on lessons. We will break down what goes into taking a picture as well as learn how light and the environment affect your subject. There will be a daily challenge that corresponds with the lesson learned that day. Participants will gain knowledge of photography, the camera itself, and guidelines used to capture that perfect picture. It is a requirement to have a DSLR camera for this camp. A special gift will be given at the completion of the course.

Creative Photography camp: During this week we will explore some creative ways on how to take more professional looking pictures with your phones or DSLR cameras. The focus of this camp will be to learn how to take great pictures with tips and tricks of photographers by understanding how light and your environment affect your subject. There will be a daily challenge that corresponds with the lesson learned that day. Participants will receive a selfie-stick for completing the course.

<u>CAMP</u>	<u>AGE/GRADE</u>	<u>DATES</u>	<u>FEE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>
Basketball I	ages 6-9	6/20-24	\$125	9-12	SouthLake	R. Monroe
Basketball II	ages 10-15	6/20-24	\$125	1-4	SouthLake	R. Monroe
Basketball III	ages 6-9	7/11-15	\$125	9-12	SouthLake	R. Monroe
Basketball IV	ages 10-15	7/11-15	\$125	1-4	SouthLake	R. Monroe
Wrestling	TBA	TBA	TBA	TBA	Southlake	J. Nerness
Tennis I	ages 5-7	6/13-17	\$95	9-10	Cowens Ford	C. Mills
Tennis II	ages 8-12	6/13-17	\$225	9-12	Cowens Ford	C. Mills
JEFA	ages 7-12	6/27-7/1	\$200	9-12	SouthLake	G. Howard
Volleyball	rising 6-8	6/14-16	\$120	9-11:30	Southlake	B. Bistreich
Cheer	rising 1-5	6/6-10	\$125	9-12	SouthLake	K. Vance
LEGO Ed. Duplo	rising K-1	6/6-10	\$125	9-11:30	SouthLake	S. Beam
LEGO WeDo	rising 2-3	6/13-17	\$125	9-11:30	SouthLake	S. Beam
Fun w/ Crafts	grades K-2	6/6-10	\$150	9-12	SouthLake	T. Davis
Fun w/ Crafts	grades 3-6	6/6-10	\$150	1-4	SouthLake	T. Davis
Cooking	grades 3-8	6/13-17	\$150	9-12	SouthLake	J. Hatley
2nd Grade						
Boot Camp Prep rising 2nd		7/11-15	\$250	9-2	Southlake	Vance/Moore
3rd Grade						
Boot Camp Prep rising 3rd		7/18-22	\$250	9-2	Southlake	Vance/Moore
Creative	rising 4-5 th	6/13-17	\$125	9-12	Southlake	A. Gonzalez
Canvases	rising 6-8 th	6/13-17	\$150	1-4	Southlake	A. Gonzalez

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Photography 101	ages 10-up	6/13-17	\$125	9-12	Southlake	A. Whitener
Creative Photo.	Ages 10-up	6/20-24	\$125	9-12	Southlake	A. Whitener
Math Detectives	rising 3-6th	6/6-10	\$125	9-12	Southlake	L. Nelson