



**ARETE PREP
CHARGERS**

SUMMER
Sports
CAMPS

2023

Camp Listings: (T-shirt included in price, 1 per camper, not camp)

***Grades=** entering for the '23-24 school year

***Registration/Payment:**

Volleyball, Basketball, Soccer, Flag Football, Fitness Camps:

[2023 Summer Athletics \(configio.com\)](https://configio.com)

Archery Camps:

[2023 Summer Archery \(configio.com\)](https://configio.com)

***Camps are open to Arete students as well as outside members of the community- bring a friend!**

Archery Camps:

Week One:

Beginning Archery, Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 6/19-6/23

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: A learn to shoot camp for inexperienced archers grades 4-12. Archers will learn safety, setup, and basic technique/strategy. This camp is a great pathway to our competition team at Arete for '23-24.

Advanced/Competition Archery (Must have completed Beginning) Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 6/19-6/23

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: Instruction and practice for experienced archers in grades 4-12. Archers will receive a lot of individual and small group instruction and feedback from Coach Portillo and staff.

Week Two:

Beginning Archery, Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 6/26-6/30

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: A learn to shoot camp for inexperienced archers grades 4-12. Archers will learn safety, setup, and basic technique/strategy. This camp is a great pathway to our competition team at Arete for '23-24.

Advanced/Competition Archery (Must have completed Beginning) Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 6/26-6/30

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: Instruction and practice for experienced archers in grades 4-12. Archers will receive a lot of individual and small group instruction and feedback from Coach Portillo and staff.

Week Three:

Beginning Archery, Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 7/10-7/14

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: A learn to shoot camp for inexperienced archers grades 4-12. Archers will learn safety, setup, and basic technique/strategy. This camp is a great pathway to our competition team at Arete for '23-24.

Advanced Archery (Must have completed Beginning) Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 7/10-7/14

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: Instruction and practice for experienced archers in grades 4-12. Archers will receive a lot of individual and small group instruction and feedback from Coach Portillo and staff.

Week Four:

Beginning Archery, Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 7/17-7/21

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: A learn to shoot camp for inexperienced archers grades 4-12. Archers will learn safety, setup, and basic technique/strategy. This camp is a great pathway to our competition team at Arete for '23-24.

Advanced Archery (Must have completed Beginning) Grades 4-12

Instructor: Arete Prep and NASP Coach of the Year George Portillo

Dates: 7/17-7/21

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Description: Instruction and practice for experienced archers in grades 4-12. Archers will receive a lot of individual and small group instruction and feedback from Coach Portillo and staff.

Basketball Camps:

MS Boys Basketball (Grades 5-8) Intramurals – Summer long skills and games!

Previous experience recommended for 5th graders

Instructors: Coach Conklin, Coach Bellomy, and Arete Basketball staff

Dates: Thursdays and Fridays 4:00-5:30pm- starting 6/1 and ending 7/14 (14 sessions)

Come to as many sessions as you can!

Cost: \$80

Location: Arete Prep Gymnasium

Description: the first 30 minutes of each session will be skill based, mainly focusing on offensive skills and drills. The last hour will consist of 5 on 5 game play with individual standings kept throughout the summer.

Chargers in Training Basketball Camp- Coed Grades 3-6

Instructor: Coach Conklin- Arete Athletic Director

Dates: 7/10-7/14 Mon/Tues/Thur/Fri 9:00-10:30am

Cost: \$50

Description: This skill development camp for all levels of experiences, will focus on the offensive fundamentals of dribbling/ball handling, passing, and shooting. Skills will be put into small sided game action each day. Come sharpen your skills and build community through basketball this summer!

Soccer Camps:

Summer Speed, Agility and Soccer Skills (Grades 5th-12)

Instructors: Coaches Bryon and Caleb Richards from Arete High School and Middle School Soccer Staff

Camp Dates: May 30 - July 13

Time: 6-8 PM Tuesday, Wednesday, Thursday every week (no Training 4th of July) 20 total sessions

Cost: \$180 per player

Includes: Set of agility/Skills cones, Camp T-shirt, Training book which includes all sessions and drills, links to videos of each drill and training examples.

Overview:

Coach Bryon has over 25 years coaching experience with certification through USSOCER for both coaching and refereeing. Has coached four years at Arete Prep (and 1 at Mesa Prep) both Varsity and Middle School and has helped in training during previous camps held at Arete as well as assisting in individual skills development and goalkeeping sessions across the valley.

Coach Caleb has coached for the last 2 years at Arete for both Varsity and Middle School. Caleb attended Benedictine and played soccer on the team after graduating from Arete Prep in 2021. Caleb has also assisted in training at previous camps held at Arete as well as running individual skill sessions for club players in the East Valley.

The camp is designed to focus on five key components to allow players to be a better and more-rounded athlete with a soccer focus, but still allow those who may not participate in soccer to gain the benefits of increasing their overall athleticism. Again, our training does have a soccer focus because that is what we know best, but all are welcome. Speed, agility, foot skills and teamwork can help any athlete get better, be more focused and confident, and perform at a higher level.

Our five key components are:

Agility: You will gain better flexibility, balance, as well as coordination and control. You will see improvements in proper body alignment when participating in physical activities as well as learning proper body placement to avoid injuries.

Speed: You will see improvements in having a stronger stride-in turn increasing your overall speed, a reduced risk of injuries as muscles “learn” to react faster in quick reaction situations, increased endurance as muscles perform more efficiently, better balance, and improved agility.

Foot Skills: You will see a better reaction time as you increase your footwork and ball skills. This will allow you to get around opponents more quickly, have better execution of dribbling skills, better coordination with and without the ball, quicker change of direction, and confidence in controlling and in making your next move.

Specific Game Skills: We will break down specific parts of the game to more easily focus when and where improvements are needed. This allows the player to focus on that aspect until they have an understanding of it, and are comfortable in moving on to the next part of the game. We train in a way that the player will see how one piece, say first touch of the ball, is just as important as shooting in the overall “puzzle” of the game, and how if you slack in one area it can affect how successful the individual and team will be.

Futsal/ Short Sided Games: Short-sided, small -sided, and futsal games have several benefits. Players get many more touches on the ball, more 1 v 1 opportunities, more attacking and defending opportunities, build quicker reaction times, smaller field so forced to be involved, develop better game intelligence, increased fitness...and last but not least can be more fun!

Breakdown:

Tuesday/Thursday

Hour 1 Strength and Agility

Hour 2 Weekly Topic

Wednesday

Hour 1 Speed Training

Hour 2 Futsal/Short-sided Games

Topics

Week 1 – First Touch

Week 2 – Passing/ Receiving

Week 3 – Finding Space

Week 4 – Dribbling

Week 5 – Shooting

Week 6 – Defense

Week 7 – Putting it All Together

Chargers in Training Indoor Soccer (Futsal) Camp- Coed Grades 2-4

Instructor: Todd Conklin- Arete Prep AD, USSF "C" License

Dates: 6/26-6/30

Times: Mon/Tues/Th/Fri 9:00-10:30am

MS Boys Indoor Soccer (Futsal) Camp

Dates: 6/26-6/30 (**Grades 5-8, boys**)

Times: Times: Mon/Tues/Th/Fri 10:30-Noon

Cost: \$50 per player, per week

Location: Arete Prep Gymnasium

Description: Players of all levels are welcome! Come learn and experience the fast paced, exciting game of Futsal- indoor soccer played with boundaries and a weighted ball. Players will take part in skill based warm ups and activities, and camp will involve plenty of 5 v 5 play! Indoor Soccer with a weighted ball.

Why Futsal?

According to a Liverpool study, Futsal players touch the ball 6 times more often- per Minute! The smaller, heavier ball demands and rewards more precise handling. Sharp passing is paramount: The game is all about looking for angles and spaces and working quick combinations with other players. Ball control and vision are crucial, so that when futsal players play the full size game, they feel as though they have acres of free space in which to operate. "No time + No space = BETTER SKILLS."

Volleyball Camps:

Volleyball Camps:

Chargers in Training Beginners Volleyball Camp for grades 3-6 (Girls)

Instructor: Kim Jarman, MS "A" Girls Head Coach, Arete Volleyball Staff

Dates: 6/13-6/15

Time: 9:00-11:00 AM

Cost: \$75

Description: This camp, geared towards future Chargers, will help develop and teach an individual to become an all-around volleyball player. This will include age-appropriate skills and drills training in passing, hitting, serving, and setting, with an emphasis on perfecting passing form.

Girls MS Volleyball Camp Grades 6-8

Instructors: Kimberly Jarman, Arete MS "A" Volleyball Head Coach, Arete Volleyball Staff

Dates:

Week One: 6/13-6/15

Week Two: 7/18-7/20

Time: 1:00 – 4:00 PM

Cost: \$100 per player, per week

Description: Arete Volleyball Skill Building Camp will help develop and teach an individual to become an all-around volleyball player. This will include training in passing, hitting, blocking, serving, setting and understanding rotations. These camps are progression based. MS Volleyball camp will help players prepare for the upcoming Fall 2023 Arete MS Volleyball season!

Girls HS Volleyball

Please reach out to Coach McClary (Arikah_mcclary@yahoo.com) for information regarding this summer's HS camp at NAU in Flagstaff, as well as other playing opportunities.

Football

HS Football should remain in contact with Coach Mike Marino (mikemarino1214@gmail.com) for the full summer schedule for football workouts and activity.

Prescott Team Camp: 7/20-7/23

MS Flag Football Preseason Camp (Grades 5-8)

Instructor: Todd Conklin, MS Flag Coach and Arete AD

Dates: 7/24 -7/28

Time: Mon/Tues/Thur/Fri 8:00-9:30am

Cost: \$50 per player

Description: MS Flag Football Camp welcomes players of all levels and experience. Learn and develop skills including passing, receiving, running, and flag pulling. Camp will also include conditioning drills including speed and agility and culminates with gameday on Friday. This camp can also help prepare players for the upcoming Fall 2023 MS Flag Football season at Arete, which begins in mid August.

Women's Fitness:

High school girls summer fitness 2023

All incoming high school girls (8th-12th grades) are invited to workout with Arete coaches Bellomy (soccer), Janda (soccer), McClary (volleyball), and Kronwald this summer. This is for experienced athletes as well as girls with no previous workout experience as we hope to educate and challenge all fitness levels. Workouts will focus on developing strength, agility, and endurance while also having fun with friends.

Workouts will take place in the gym from 6:45-7:45am on Mondays, Wednesdays, and Fridays.

We will go out to breakfast together (optional) after the workout on Wednesdays.

Dress: Wear modest clothes that you can move in comfortably.

Cost: \$50 for the entire summer

Dates: May 31 to July 26. Come when you can.

