



**ARETE PREP
CHARGERS**

SUMMER
Sports
CAMPS

2022

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

*Grades= entering for the '22-23 school year

*Camps are open to the Arete community and beyond- bring a friend!

*Register (use existing account or create one) at: www.registermyathlete.com

*Payment can be made at: [2022 Sports Summer Camp \(configio.com\)](http://2022SportsSummerCamp.configio.com)

Archery Camps:

Week One:

Beginning Archery, Grades 4-12

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

Dates: 6/13-6/17

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

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

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

Dates: 6/13-6/17

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Week Two:

Beginning Archery, Grades 4-12

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

Dates: 6/20-6/24

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

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

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

Dates: 6/20-6/24

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Week Three:

Beginning Archery, Grades 4-12

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

Dates: 6/27-7/1

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

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

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

Dates: 6/27-7/1

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Week Four:

Beginning Archery, Grades 4-12

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

Dates: 7/11-7/15

Time: 8:00-9:30AM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

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

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

Dates: 7/11-7/15

Times: 6:30-8:00PM

Cost: \$50

Location: Arete Prep Range (Southeast corner of campus)

Basketball Camps:

Please stay in contact with Coach Howell regarding current Summer League Play and Summer opportunities (jwh480@gmail.com)

MS Boys Basketball Camp, Grades 5-8

Instructor: Jason Bellomy, Arete JV and MS Head Coach

Dates:

Week One: 6/1-6/4

Week Two: 6/8-6/11

Times: 2:30-4:30pm (Wed-Fri) 9:00-10:30 Sat

Cost: \$50 each week, \$90 for both weeks

Location: Arete Prep Gymnasium

Description: The MS Boys Basketball Camp: "Hard work beats talent when talent doesn't work hard". The offseason is the best time to better your skills.

In each session, we will be working on dribbling, passing, and shooting. In addition to individual skill development, each session, we will play some small sided games (1v1, 2v2, 3v3) as well as some other games to put their skills into action.

HS Boys Basketball June Training, Grades 9-12

Instructor: Coach Mike Caviness- Arete Prep Varsity Boys Basketball Coach, and Staff

Dates: 5/30-7/1

Days/Time: Mon-Fri 4-6pm (some variations in days and times due to other camps)

Cost: \$125 for all sessions

Location: Arete Prep Gymnasium

Description: Arete Prep boys basketball summer training is a great opportunity for players to work on the skills needed to be a part of our team for the 2022-2023 season. We will spend parts of each practice improving a player's ball handling, passing, shooting, as well as increasing their overall basketball knowledge. To go along with the skill development, we will also establish a positive team chemistry, and strategy, that will be necessary to lift our team to level that is needed to have success in the upcoming season.

Soccer Camps:

Soccer Skills Training with Coach George Kuzara-Join one of the top soccer skills trainers in the area, our own Coach Kuzara, for 8 sessions guaranteed to improve your skill and confidence in the sport.

The clinic curriculum is designed to maximize player touches on the ball and challenge every player regardless of their skill level or position. The emphasis will be to provide every player high rep technical training in dribbling/ball control, passing/receiving, and shooting/striking. The players will then apply these techniques in a pressure situation against another player such as 1v1, 2v2, 3v3, 4v4, and rondos. This will be the first half of the session. Players will then transition indoors for futsal which requires quicker reaction and decision making while providing every player more touches on the ball, including goalies. In Brazil, they produce generations of great players through futsal. The Dutch produce generations of great player through high rep technical training followed by small sided games. We will be providing a combination of the two methods to maximize player growth. Typically, here in the U.S. and Arizona, futsal is offered, but due to limited space and time, skill work is limited and compromised. The format of this clinic will provide both futsal and heavy skill work over the course of a month, so neither are compromised.

Instructor: George Kuzara- Arete Prep Varsity Boys Staff

Dates: 5/25, 5/27, 6/1, 6/2, 6/8, 6/9, 6/15, 6/16 (**Grades 5-12, coed**)

Cost: \$100 (*Can prorate for fewer sessions if you cannot make all of them- contact Coach Conklin (tconklin@areteprepacademy.org) for more details on that)

Times: 6:00-7:30pm

Location: Arete Field and Gym

Chargers in Training Indoor Soccer (Futsal) Camp

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

Dates: 7/18-7/22 (**Grades 3-5, coed**)

Times: Tues/Wed/Th/Fri 8:00-9:30am

HS Futsal Camp (coed):

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

Dates: 7/18-7/22 (**Grades 9-12, coed**)

Times: Tues/Wed/Th/Fri 9:30-11am

MS Boys Indoor Soccer (Futsal) Camp

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

Week Two Dates: 7/11-7/15 (Grades 5-8,)

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

Cost: \$50 per player, per week

Location: Arete Prep Gymnasium

MS Girls Indoor Soccer (Futsal) Camp

Instructors: Michael Pati and Lauren Janda- Arete Girls MS/HS Soccer staff

Week Two Dates: 7/5-7/9 (Grades 5-8)

Times: Times: Tues/Wed/Th/Fri 8:30-10:00am

Cost: \$50 per player

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:

Chargers in Training volleyball camp for grades 3-5 (Girls)

Instructor: Victoria Gould, Kim Jarman, Arete MS Volleyball Coaches

Dates: June 15th-17th (Wed-Fri)

Time: 12:00-2:00 PM

Cost: \$50 per player/week

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: Victoria Gould, Arete MS Volleyball Coach, and Kimberly Jarman, Arete MS Volleyball and Archway PE Coach

Dates:

Week One: June 13th - 17th (Mon - Fri) (All Skills & Rotations)

Week Two: July 11th - 15th (Mon - Fri) (Passing & Setting)

Week Three: July 18th – 22nd (Mon – Fri) (Hitting & Blocking)

Time: 2:30 – 4:30 PM

Cost: \$75 per player/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 2022 Arete MS Volleyball season!

HS Volleyball Camp

Instructor: Arikah McClary and Arete staff

Dates: 7/18-7/21

Time: 4:30-6:30pm

Cost: \$50 per player

Description: This all skills camp will help improve skills and prepare players for the upcoming fall 2022 season. This will include age-appropriate skills and drills training in passing, hitting, serving, and setting.

Girls MS & HS Volleyball Conditioning

Instructors: Arikah McClary, Arete HS Varsity Volleyball Coach, Victoria Gould, Arete MS Volleyball Coach, and Kimberly Jarman, Arete MS Volleyball Coach and Archway PE Coach

Dates: Beginning the Week of June 6 through July 28

Times: Mondays 6:00-7:00am

Tuesdays 5:30-6:30pm

Fridays 6:00-7:00am

Cost: \$200 for the whole summer

Description: Arete Volleyball Conditioning Camp is designed with players physiology in mind. This camp will include strengthening, building agility and stamina, and ensure proper form in place to help prevent injuries. The coaches will be on a rotation for scheduling, and may have more than one coach on a conditional day.

MS Flag Football Preseason Camp (Grades 5-8)

Instructor: Todd Conklin, MS Flag Coach and Arete AD

Dates: July 25th-29th

Time: Mon-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 2022 MS Flag Football season at Arete, which begins in mid August.

Fitness Camps

Pilates Mat Class- All ages and levels welcome!

Instructor: Hillary Younan has been teaching movement and Pilates for over 15 years. She has been a certified Pilates Instructor through the Pilates Method Alliance since 2012 and is a BASI Pilates graduate. She holds a master's degree in Exercise and Wellness from Arizona State University. She has completed BASI Pilates Mentor, advanced education in athletic specific programming, and injuries and pathologies. She has taught Pilates and fitness in the United States and Australia.

Registration: To register, please directly contact: hillary.younan@gmail.com

Dates: 6/1, 6/8, 6/14, 6/22, 6/29

Time: 1:00-2:00pm

Cost: \$40 for all five classes, or \$10 per class drop in

Payment: via cash/check/venmo to instructor, prior to class participation

Description: This class is designed to enhance muscular endurance, strength, and flexibility through a combination of specific exercises at an athletic pace. Please bring an exercise mat to class. All levels are welcome. Come move with us!

Become an Elite Athlete this summer with RISE Fitness!

We are encouraging our Arete athletes to get stronger, faster and more powerful this summer by working with Strength Coach Mark Luebke and RISE Fitness- located just down the street from Arete! With only 4 athletes allowed per group, results can be maximized through individualized plans!

For: Students entering grades 9-12

Instructor: Mark Luebke, Founder, Rise Fitness

Qualifications:

National Academy of Sports Medicine

- Certified Personal Trainer
- Performance Enhancement Specialist
- Certified Nutrition Coach
- Corrective Exercise Specialist

Certified Functional Strength Coach-*CFSC*

Trainer Basics- *TRX Certified*

Dates: 5 x per week, in a 3 week block

June 13th-July 1st or July 11th to July 29th

Times: 12:30-1:30 and 1:30-2:30 (*if different dates/times needed, contact Rise*)

Location: RISE Fitness - 4138 E Houston Ave. Gilbert AZ 85234

Some Friday sessions will take place in the Arete Gym

Cost: \$25 per person per session (if 4 in a group, higher price for under 4)

Registration and Payment links:

<https://docs.google.com/forms/d/e/1FAIpQLSc-lpL301EM-Mq6DSd8b6NtrMYwoXdZJ3Xt7hfvqSnBX2f69Q/viewform>

Contact Rise Fitness:

Mark Luebke

info@risefitnesstrainer.com

480-532-3492

risefitnesstrainer.com

