

High School Summer Athletic Camps



Practice your skills, make new friends and get ready for the year ahead.

Strength & Conditioning

Location: Mercy High School Gym

9th-12th grade

During this camp, student-athletes will increase overall body strength and physical conditioning.

June 7-July 29 (Mon., Tues. & Thurs.) | \$50

Session 1 | 7:00 a.m.-8:00 a.m.

Session 2 | 8:15 a.m.-9:15 a.m.

Soccer Camp

Location: College of St. Mary Soccer Field

9th-12th grade

This camp focuses on building each player's individual skills and ball technique. Drills will focus on shooting, passing, dribbling, agility, fitness, and ball control.

Session 1 | June 7-11 | 7:15-8:30 p.m.

Session 2 | July 26-30 | 7:15-8:30 p.m.

\$30 for one session; \$50 for both

Volleyball Camps

Location: Mercy High School Gym

9th grade

This camp will work on skills necessary to help prepare athletes for tryouts. Attendance at this camp is strongly encouraged for students who plan to try out for volleyball in 2021.

July 26-30 | 4:00 p.m.-5:30 p.m. | \$50

10th-12th grade

This camp will work on skills necessary to help prepare athletes for tryouts and build on prior skills from the previous season. Attendance at this camp is strongly encouraged for students who plan to try out for volleyball in 2021.

July 26-30 | 6:00 p.m.-7:30 p.m. | \$50

Basketball Camp

Location: Mercy High School Gym

9th-12th grade

During this camp, the team will work together on skills to enhance season play. This is strongly recommended for any athlete planning to try out for basketball in the 21-22 season.

June 14-18 | 4:30 p.m.-6:30 pm. | \$50

Registrations for all camps are due May 31, 2021.

Register & pay online at
mercyhigh.org/happenings.

For additional questions contact Beth Kowal, Athletic Director, at kowalb@mercyhigh.org or 402.553.9424. **Learn more at mercyhigh.org**