



2024

# SUMMER SPORTS CAMPS & CLINICS



## #GOLAKERS

## #LAKERPRIDE

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### Skaneateles Central School District

45 East Elizabeth Street  
Skaneateles, NY 13152  
315-291-2221

 [www.skanschools.org](http://www.skanschools.org)

## Lakers Strength & Conditioning

 Skaneateles High School Wellness Center

 Begins June 27th

 Monday through Friday: 8am-1pm

 • FREE to all Skaneateles students in grades 7-12

• General Fitness Programming

• Strength and Conditioning for Athletics Programming

• Improve Flexibility

• Speed and Agility Training

 • John King NSCA- Certified Strength and Conditioning Specialist; USA Level 1 Weight Lifting Coach

• For more information: [jking@skanschools.org](mailto:jking@skanschools.org)  
315-291-2238

# Boys Summer Basketball Clinic

 Skaneateles Middle School Gym

 July 1st to August 8th

 • 3rd and 4th Graders  
Monday 1:30 – 3:00  
Tuesdays 3:45 – 5:15

• 5th and 6th Graders:  
Mondays 3:00 - 4:30  
Wednesdays 3:45 - 5:15

• 7th & 8th Graders  
Mondays 4:30 - 6:00  
Thursdays 3:45 - 5:15

 Instruction with Coach Ryan and Laker players



 Please visit:  
<http://www.skanhoops.com>

 Fee: \$150

 Each player will receive a camp t-shirt



# Girls Summer Basketball

## Offensive Skills Practice Sessions Grades entering 3,4,5,6

 Skaneateles Middle School

 August 19th-22nd  10 am to Noon

 Instruction Coach Szalach and Coach Beatson

 Fee: \$60

 Camps form visit: <https://tinyurl.com/49xmv88s>

### During these practice sessions emphasis is on:

- Ball handling skills
- Passing skills
- Shooting Drills and Skills: form, increase accuracy range,
- Offensive moves: 1 on 1, low post, moves to the hoop,
- 2 man game: pick n roll, pop, setting screens, using screens
- Defensive positioning, footwork/agility drills
- Rebounding









The goal of the camp is to increase the fundamental basketball skills through individual and team play in a competitive and fun environment. Players can attend as many days as possible.

*Girls Summer Basketball Continued on pg. 3*



# Girls Summer Basketball Continued

## Entering Grades 7-12

-  Skaneateles Middle School
-  Mondays: July 1, 8, 15  12:00 - 1:30 pm
-  Fridays: July 12, 19  10:00 am - 12:00 pm
-  Instruction Coach Szalach
-  Fee: \$60
-  Camp form visit: <https://tinyurl.com/49xmv88s>

### During these practice sessions emphasis is on:

- Ball handling skills, passing skills
- Rebounding, block out, outlet, offensive
- Shooting Drills and Skills: form, increase accuracy/ range,
- Offensive moves: 1 on 1, low post, high post, moves to the hoop,
- 2 man game: pick n roll, pop, setting screens, using screens
- Defensive positioning, footwork/agility drills

The goal of the camp is to increase the fundamental basketball skills through individual and team play in a competitive and fun environment.

 **Contact: Jim Szalach**  
 Skaneateles Girls Varsity Basketball Coach  
**Phone/text: 315-350-4874**  
**Email: [jszalach@skanschools.org](mailto:jszalach@skanschools.org)**



# Girls Soccer

## Girl's Pre-Season ID camp

-  **Dates: August 19th - 23rd**
-  **9:00 am - 11:00 am**
-  **The Preseason ID camp will introduce our team principles for our program while covering a base of fitness and skill development heading into the school season. Open to all girl soccer players entering grades 9-12. The camp will be run by the JV and Varsity coaches!**
-  **Price: \$100 per athlete**



Soccer Continued on pg. 4

# Boys Soccer

## Pre-Season ID Soccer Camp

Boy's entering grades 9-12

 Thursday - August 22nd

 8:30 am – 10:30 am

 Friday - August 23rd

 8:30 am – 10:30 am

 [Pre-Season ID Camp \(square.site\)](https://square.site)



# Girls & Boys Soccer

## State Champ Camp

Open to ALL Boys and Girls!

 Monday - July 1st

 Grades 6-8  10:00 am – 11:30 am

 Grades 9-12  11:30 am – 1:00 pm

 Tuesday - July 2nd

Grades 6-8  10:00 am – 11:30 am

Grades 9-12  11:30 am – 1:00 pm

 Wednesday - July 3rd

Grades 6-8  10:00 am – 11:30 am

Grades 9-12  11:30 am – 1:00 pm

 [State Champ Camp 2024 \(square.site\)](https://square.site)

## Futures Soccer Camp

Open to ALL Boys and Girls!

Boy's and Girl's entering grades 3-8

 Thursday - August 22nd

 10:30 am – 12:30 pm

 Friday - August 23rd

 10:30 am – 12:30 pm

 [Futures Camp \(square.site\)](https://square.site)






# Girls & Boys Lacrosse

## 2024 Skaneateles Girls Youth Summer Lacrosse Program

The schedule for the summer program is tentative until all ULA schedules are published. For planning purposes this is how our program is set up for summer.

### K-2 Tykette Program

 July 1, 3, 8, 10, 15, 17, 22, 24

 8:30 am - 9:30 am  
(Several practices prior to end of school TBA)

### 3-8 Program will participate in the Upstate Lacrosse Association League

 Late May - late July

 Waterman/District office School fields

 In May and June there will be practices after school or on weekends (TBA)

Starting the week of July 1 practices will be held as follows:

#### Tentative schedule:

Grades 3/4 (Tuesdays and Thursdays): 8:30 - 10:00 am

Grades 5/6 (Mondays and Wednesdays): 8:30 - 10:00 am

Grades 7/8 (Mondays and Tuesdays): 8:30 - 10:00 am

#### Games will begin the week of June 10th

Grades 3/4 games on Mondays

Grades 5/6 games on Tuesdays

Grades 7/8 games on Wednesdays

 For questions or to receive the link to register please contact: [Coach1012@gmail.com](mailto:Coach1012@gmail.com)

## Skaneateles Boys Youth Summer Lacrosse Program

The schedule for the summer program is tentative until all ULA schedules are published. For planning purposes this is how our program is set up for summer.

### 3-12 Program will participate in the Upstate Lacrosse Association League

 Late May - late July

 Waterman School Fields

 In May and June there will be practices after school from 3:30 - 5:00pm

Starting the week of July 1 practices will be held as follows:

#### Schedule:

Grades 3/4 (Tuesdays and Thursdays): 8:30 - 9:45 am

Grades 5/6 (Mondays and Wednesdays): 9:30 - 10:45 am

Grades 7/8 (Tuesdays and Thursdays): 9:45 - 11:00 am

#### Games will begin the week of June 10th

Grades 3/4 games on Mondays

Grades 5/6 games on Tuesdays

Grades 7/8 games on Wednesdays

## K-2 Program

 This is a local program \*the ULA begins in 3rd Grade

 Practices will start in June, see website for details Games TBD

 [www.skaneateleslacrosse.com](http://www.skaneateleslacrosse.com)

 Please contact us at [skaneateleslacrosse@gmail.com](mailto:skaneateleslacrosse@gmail.com)

## Skaneateles Boys Lacrosse

Grades K-12 for 2024-2025 School Year:

 Visit website for program dates  
[www.skaneateleslacrosse.com](http://www.skaneateleslacrosse.com)

Games begin week of June 10th


\*No ULA games the week of July 4th, however, practices will still be held (not on the 4th!).

The ULA schedule will not be released until early June so times and locations are TBA.



# Girls & Boys Competitive Swimming and Diving

 Weedsport School

 Starts July 8, 2024; Ends August 1, 2024

 Monday, Tuesday, Thursday: 5:30 pm – 7:00 pm  
Wednesday: 7:00 am – 8:30 am

Diving Board Open Monday, Tuesday and Wednesday

Swimming and Diving is open to any athlete  
7th – 12th Grade for the 2024-2025 School Year,  
college students welcome.

 General Registration \$50  
Weedsport Students Free of charge

 If you are not a Weedsport student, you must register at  
[www.weedsport.org/fitness-center/](http://www.weedsport.org/fitness-center/)

Participants can register in the Fitness Center at Weedsport  
HS on the first night, Cash, check or venmo payment  
accepted: @WCSD-ExtraClass

 Contact: Jill King | Email: [jnking@skanschools.org](mailto:jnking@skanschools.org)



# Hockey Major Skills Summer Offerings

 For list of events and dates please visit  
[www.majorskills.com](http://www.majorskills.com)







# Girls & Boys Tennis

For Clinic, camp and lesson information see: [www.Skaneatelestennis.com](http://www.Skaneatelestennis.com)



## Football

### Weightlifting Sessions

📅 Tuesday and Thursdays

🕒 5:00 pm to 6:30 pm

📅 Saturdays

🕒 9:30 am to 11:00 am

### Team Lifts

📍 Skaneateles HS

📅 Tuesday, Thursday evenings, and Saturday mornings\*

*\*Basically a continuation of off-season days*

### Equip Hand Out

📅 June 20 and/or 25

### Special Camp Prep Practice

📅 June 20, 24 and 25

### Cortland State - Thud Camp

📅 June 26-28

🕒 5:30 - 8 pm

💰 Cost is TBD  
(Helmets and Shoulder pads)

### Westhill - Thud Camp

📅 August 7-9

🕒 5:30 - 8 pm

💰 Cost is TBD  
(Helmets and Shoulder pads)

### 7 on 7's

📍 Corcoran HS

📅 July 8 - Aug 5





🕒 Mondays: 6 - 8 pm

💰 Cost: Free  
(Cleats and T-shirts)



# Girls Volleyball

## High School Thursday Clinic

-  Middle School Gym
-  June 27th – August 15th
-  Thursdays 6:00 – 8:00 PM
-  Grades: 9-12



Open to all girls entering 9th grade through 12th grade interested in playing volleyball in the Fall. The clinic is run by Coach Mulroy and provides all with development of skills, a variety of different drills, and competitive play.

-  Cost: \$75
-  Visit [www.skanvolleyball.com](http://www.skanvolleyball.com) to register



# Boys & Girls XC

## SUMMER CROSS COUNTRY CAMP

-  The Cross Country Coaches from Skaneateles and Jordan Elbridge will be conducting the first ever Eagles and Lakers XC Camp. It is tentatively scheduled for Monday mornings at Jordan Elbridge High School during July and August.
-  Coach DiRubbo (Skaneateles) and Coach Jewsbury (JE) along with members of both girls and boys varsity teams will provide a fun introduction to cross country running.
-  More information will be available soon. Kindly request to join the Eagles and Lakers XC Camp group on Facebook or email Coach DiRubbo at [skanlakersxc@aol.com](mailto:skanlakersxc@aol.com).

