

2022



SUMMER SPORTS CAMPS & CLINICS



Go Lakers!

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Skaneateles Central School District

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

www.skanschools.org

LAKERS STRENGTH AND 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: jcking@skanschools.org
315-291-2238



@Skaneateles.Schools



@skanschools



@SkanLakers

Boys Summer Basketball Clinic

 High School Gym

 July 5th to August 4th

-  • Entering 3rd, 4th, 5th and 6th
Tuesday and Thursday from 3:30 – 5:00
- Entering 7th & 8th: Wednesday from
3:30 – 5:00 and Thursday from 5:00 – 6:30

 Coach Norris and the Skaneateles Boys Basketball Staff


 Please visit:
<https://skanschools.learningpowerschool.com/jryan/skanhoops/>

-  • Fee: \$150
- Each Player Will Also Receive a T-Shirt



Girls Basketball Skills Camp

 High School Gym

-  • Entering Grades 4 - 6: Time: 9:30 – 10:45am
on Tuesdays & Thursdays
(July 5, 7, 12, 14, 19)
- Entering Grades 7-12: Time: 10am to noon
(July 5, 6, 7, 12, 13, 14, 19, 20)

 Email Coach Jim Szalach at
jszalach@skanschools.org
for camp forms/ registration.



Girls & Boys Tennis

i Individual or group lessons open to all grades/ages!

u Contact George Cosentino at gtcosentino@gmail.com or (315) 730-0854

Girls & Boys Soccer

Boy's Preseason ID camp

📅 Dates: 8/15 - 8/17

🕒 10:30am - 12:00pm

i • 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 boy soccer players entering grades 9-12. The camp will be run by the JV and Varsity coaches!

• Link for signups to be sent at a later date

• Price: \$60 per athlete

Girl's Preseason ID camp

📅 Dates: 8/15 - 8/19

🕒 9:00am - 12:00pm







i • 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






Girls & Boys Soccer Continued

State Champ Camp

-  The camp will be held on the Turf / Upper Grass field
-  Wednesday through Friday evening, June 29th – July 1st
-  Grades 6-8 – 4:30 – 6:00pm | Grades 9-12 - 6:00 – 7:30pm
-  Coach O'Connor, Coach Moss, & Coach Smith (as well as a few other excellent coaches) will be running our annual State Champ Camp
-  Use the following link to sign up!
<https://skaneateles-soccer-booster-club-inc.square.site/product/state-champ-camp/11>
- 
 - Lots of skills, drills, competitions and fun!
 - For those that were not able to sign the waiver prior, we will have them at the camp.
 - More information and updates to follow.

For all Future Boys and Girls Soccer Stars!

-  The camp will be held on the Turf / Upper Grass field.
-  Monday, August 15th through Wednesday, August 17th
-  12:30 – 2:00 pm for all boys and girls currently in Grades 3-8.
-  The Varsity Coaches, Coach O'Connor and Coach Smith will be running a camp
-  Use the following link to sign up!
<https://skaneateles-soccer-booster-club-inc.square.site/product/futures-camp/13>
- 
 - Lots of skills, drills, competitions, and fun! (And don't forget your Gatorade and Airhead!....T-shirt too!)
 - For those that were not able to sign the waiver prior, we will have them at the camp.
 - More information and updates to follow.



Girls & Boys Lacrosse

2022 Girls Summer Lacrosse K-8

 For more information and to register, please visit: <http://sgla.uslaxteams.com/>

Skaneateles Boys Lacrosse

 Grades K-12 for 2021-2022 School Year. Please visit www.skanlax.com for all information!

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.

3-8 Program: *3-12 will participate in the Upstate Lacrosse Association League

 Dates: 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 June 27th practices will be held as follows:

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

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

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

• Games will begin the week of June 14th

Grades 3/4 games on Mondays

Grades 5/6 games on Tuesdays

Grades 7/8 games on Wednesdays

*There will also be 2 Thursday night games during the season.


*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.

K-2 Program

 This is a local program, the ULA begins in 3rd Grade.

 Dates: June - July
Practices will start Monday, June 27th.

 Practices will be held 8:30-9:30am on:
6/27, 6/29, 7/1, 7/6, 7/8, 7/11, 7/13, 7/15, 7/18, 7/20

Games to be scheduled TBD.

 Please contact us at skaneateleslacrosse@gmail.com with any questions.



Girls and Boys Competitive Swimming and Diving

 Weedsport High School

 July 5th - August 25th

 Mondays, Tuesdays, and Thursday Evenings 5:30-7:00pm

 Grades 6-12

 Contact Jill King, Varsity Swim/Dive Coach at jnking@skanschools.org for more information

Football

 Contact Jay Steinhorst at jaysteinhorst@icloud.com with any questions


CNS Thud Camp

 June 24th-25th

 Time TBA

7 On 7's

 Skaneateles High School


 July 7, 14, 21; August 4, 11

 Thursdays at 5:30-7PM (Be there by 5:15)


Team Lifts/Training

 June 28; July 5, 12, 19; August 2, 9, 6

 Tuesdays: 5:30-8 PM

 June 30; July 7, 14, 21; August 4, 11, 18

 Thursdays (following 7 on 7's): 7:15-8:15 PM

 July 2, 9, 16, 23, 30; August 6, 13

 Saturdays: 10AM-12:30PM

Skaneateles Thud Camp

 August 2nd -4th

 4-8 PM

 Sign up at www.skaneatelesfootball.com


First day of practice


 Saturday, August 20th




Boys Hockey

Weekly Position Clinics


 June 27, 29; July 11, 13, 18, 25, 20, 27; Aug. 1, 3

 Mondays & Wednesdays: 8:15-9:15 am (twice a week for 5 weeks)

 Coach Mitch Major; Offense Instructor: Charlie Major (Cornell University);
Defense Instructor: Jack Henry (Yale University)

-  • Looking for 8 dedicated forwards and 8 dedicated defense ages 14 - 18. Designed for experienced players.
- The focus of this camp is to work on the skills necessary to execute plays at a high rate during a game.
- Coaches will teach skills and then use the skills in a functional way to create “game-situation muscle memory”. Our goal in ten sessions is to help these players develop so that they can feel more confident to play with eyes up and be able to play quickly mentally while simultaneously feeling as if they are not in a hurry . In order to achieve this they need to feel the “deja vu effect” as they compete at a high level. This comes from skill development and repetition of the patterns used often in a game. We are very excited to see the progression of these players.
- Price: \$300

Tuesday Morning Practice

 June 28, July 5, 12, 19, 26, August 2

 Tuesdays: 8:15-9:15 am (Note: This takes place of Sunday Night Practices)

 Price: \$150 upfront or \$30/session

- Looking for 20 players ages 14 - 18... designed for experienced players.
- This will be a great mix of skills, patterns, and compete-style games to help the full player development. It will be a packed one hour of player development that not only will be challenging but fun and competitive too.







Summer HS Hockey League

-  • Invite Only (Skaneateles Varsity Hockey)
- \$195 for all 8 games or \$30 per game
- AAU Registration needed







Girls Volleyball

High School Thursday Clinic

-  Middle School Gym
-  July 7th - August 11th
-  Thursdays 6:00 - 8:00 pm
-  • Grades: 9-12
- Cost: \$75
- 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 Coach VanVechten and provides all with development of skills, a variety of different drills, and competitive play.

Futures Volleyball Clinic

-  Middle School Gym
-  Tuesday's (7/5 - 8/9) and/or Thursday's (7/7 - 8/11)
-  4:00 - 6:00 pm
-  • Grades: 7-8
- Cost: \$75 for either Tuesday or Thursday; or \$150 for both days
- Come and learn the game of volleyball! This clinic is open to any girls entering 7th and 8th grades. The clinic is offered on Tuesday's and Thursday's and the girls can choose to attend either Tuesday's or Thursday's or both. During the clinic the girls will be taught the basic skills of volleyball and have plenty of opportunities for many to have their first experience playing in competitive volleyball games.