



2015 SUMMER SPORTS CAMPS & CLINICS



Legacy Christian Academy is committed to off-season sports opportunities for our athletes. We believe that maintaining an active lifestyle will benefit each student throughout his or her lifetime. Not only do sports promote healthy lifestyles, they teach students the value of hard work and the benefits of commitment.

The true measure of a successful athletic program is not limited to the skills of an individual. It is found in the hard work and dedication of all athletes. Summer sports camps and summer athletics is a huge part of that group commitment to hard work and dedication. Summer camps are what can set a program apart from the rest.

GIRLS VOLLEYBALL CAMP

Dates: June 16-20 | T, W, TH, F

Grades Entering: 4-12

Session I: 2-4pm (Grades 4-7)

Session II: 4-6pm (Grades 8-12)

Location: LCA Sports Center

Cost: \$90

Camp Director: Therese Bertsch, Varsity Volleyball Coach, (tbertsch@lcamn.org)

This camp will focus on basic skills in footwork, passing, serving, rules, strategies and ball control, as well as have fun games and prizes. Daily devotions will be led by current varsity volleyball players from Legacy. Come ready for a high-energy camp filled with fun and learning. For more information, contact Coach Bertsch.

BOYS & GIRLS BASKETBALL CAMP GRADES 1-8

Dates: July 16-19 | T, W, TH, F

Grades Entering: 1-8

Session I: 11am-1pm (Grades 1-5)

Session II: 11am-1pm (Grades 6-8)

Location: LCA Sports Center

Cost: \$90

Camp Directors: Dan Nelson (dnelson@lcamn.org) and JP Lindgren, 763.427.4595, ext. 452 (jlindgren@lcamn.org)

We will strive to provide opportunities for players to grow spiritually and athletically in a fun and challenging environment. Campers will work with current varsity basketball players and focus on shooting, ball handling, footwork and overall basketball fundamentals. For more information, contact Coach Dan Nelson or Coach Lindgren.

BOYS BASKETBALL HIGH SCHOOL CAMP

Dates: June 29-July 2 | M, T, W, TH

Grades Entering: 9-12

Session I: 11am-1pm

Location: LCA Sports Center

Cost: \$80

Camp Directors: JP Lindgren, 763.427.4595, ext. 452 (jlindgren@lcamn.org) and Adam Hill, (hill2@augsborg.edu)
need replacement copy hereWe will strive to provide opportunities for players to grow spiritually and athletically in a fun and challenging environment. Campers will work with current varsity basketball players and focus on shooting, ball handling, footwork and overall basketball fundamentals. For more information, contact Coach Lindgren

2015 SPORTS CAMPS & CLINICS

ONLINE REGISTRATION AVAILABLE AT:
<http://www.lcamn.org/athletics/camps/>

2015 REGISTRATION

Check all camps you are registering for.

GIRLS VOLLEYBALL CAMP

Dates: June 16-20 | T, W, TH, F

Grades Entering: 4-12

☐ **Session I:** 2-4pm (Grades 4-7)

☐ **Session II:** 4-6pm (Grades 8-12)

Cost: \$90

BOYS & GIRLS BASKETBALL CAMP - GRADES 1-8

Dates: July 16-19 | T, W, TH, F

Grades Entering: 1-8

☐ **Session I:** 11am-1pm (Grades 1-5)

☐ **Session II:** 11am-1pm (Grades 6-8)

Cost: \$90

BOYS BASKETBALL HIGH SCHOOL CAMP

Dates: June 29-July 2 | M, T, W, TH

Grades Entering: 9-12

☐ **Session I:** 11am-1pm

Cost: \$80

STRENGTH & CONDITIONING

Dates: June 8-August 6 | M, T, TH, F

Grades Entering: 7-12 and Alumni

☐ **Session I:** 7:30-9am

☐ **Session II:** 9-10:30am

Cost: \$110

GIRLS FAST-PITCH CLINIC - PITCH, HIT, FIELD

Dates: June 8-11 | M, T, W, TH

Grades Entering: 2-9

☐ **Session I:** 8-10am (Grades 2-5)

☐ **Session II:** 10am-12pm (Grades 6-9)

Cost: \$80

HOCKEY - STP SKATE TRAINING

☐ **Session I - Dates/Times:** TBD

Grades Entering: 7-12

Cost: Approximately \$130

For more information, contact JP Lindgren at 763.427.4595, ext. 452.

**Do not let money stop you from attending a camp or clinic. Scholarships are available. Please contact JP Lindgren for more details.*

2015 SPORTS CAMPS & CLINICS

ONLINE REGISTRATION AVAILABLE AT:
<http://www.lcamn.org/athletics/camps/>

Name: _____

Age: _____ Grade (Fall 2015): _____

Email: _____

Address: _____

City: _____

State: _____ Zip: _____

Parent/Guardian: _____

Phone: (H) _____

(W) _____

(C) _____

Special Request: (allergies, etc.) _____

I certify that my child has been examined by a physician and found to be in good health and able to compete in all camp activities without restriction. Furthermore, I authorize the directors of Legacy Christian Academy Camp to act for me according to their best judgment in an emergency requiring medical attention. I hereby release Legacy Christian Academy and their employees from all claims resulting from any injury my child may sustain while attending camp.

Parent/Guardian Signature _____ Date _____

Camp(s) registering for:

1) _____

2) _____

3) _____

Total Cost: _____

Please detach and mail payments to:
LCA Athletic Department
3037 Bunker Lake Blvd. NW
Andover, MN 55304

STRENGTH & CONDITIONING

Dates: June 8 - August 6 | M, T, TH, F
(Week off: July 4-July 10)
Grades Entering: 7-12 and Alumni
Session I: 7:30-9am
Session II: 9-10:30am
Location: LCA Sports Center, Fields and Weight Room
Cost: \$110
Coach: Dwight Nelson (dwitenelson@live.com) and Adam Hill, (hill2@augsborg.edu)
Athletes will benefit from learning proper techniques and skills to help improve acceleration, speed, quickness, power, body control, coordination, jumping ability and overall athleticism. Athletes will participate in plyometric, speed, jump and strength training. For more information, contact Coach Dwight Nelson.

GIRLS FAST-PITCH CLINIC PITCH, HIT, FIELD

Dates: June 8-11 (M, T, W, TH)
Grades Entering: 2-9
Session I: 8-10am (Grades 2-5)
Session II: 10am-12pm (Grades 6-9)
Location: LCA Softball Field
Cost: \$80
Camp Director: Angela Nelson (anelson@lcamn.org)

HOCKEY - STP SKATE TRAINING

Grades Entering: 7-12
Session I Dates/Times: TBD
Location: Schwan's Super Rink
Cost: Approximately \$130
Coach: Steve Larson (slarson@lcamn.org)
Course Description: *Athletes will skate one day per week with coaches to improve on the fundamentals of the game of Hockey. Steve Larson (LCA's Head Varsity Hockey Coach) is the lead coach for STP Skate Training. For more information, please contact Coach Larson.*



LEGACY

SPORTS CAMPS & CLINICS

For Students Entering
Grades K-12



LEGACY
CHRISTIAN ACADEMY

3037 BUNKER LAKE BLVD. NW
ANDOVER, MN 55304
WWW.LCAMN.ORG

2015-2016