

## **2025 MHC RATTLEERS SUMMER CAMPS: Descriptions**

### **Week 1: JUNE 30 - JULY 4**

\*4 DAY CAMP (NO CAMP JULY 1)

#### **Jr. Multi-Sport Camp: Session A**

Ages 6-8. Campers will have the opportunity to participate in soccer, tennis, golf, volleyball, floor hockey, team games and much more! Campers will end the week with a swimming fieldtrip!

#### **Sr. Multi-Sport Camp: Session A**

Ages 9-12. Campers will explore the fundamental skills required to play a variety of sports, while also participating in fun, recreational games. Campers will have the opportunity to participate in soccer, tennis, golf, basketball, volleyball, floor hockey, dodgeball and more! Campers will end the week with a swimming fieldtrip!

### **Week 2: JULY 7-11**

#### **Little Explorers Camp**

Ages 6-8. This camp is designed for young, adventurous participants who love the outdoors. Our camp leaders take campers on a new adventure each day involving horseback riding, swimming, rock climbing, mini golfing, day trip to Elkwater and much more! You do not want to miss this action filled camp!

#### **Outdoor Adventure Camp**

Ages 9-14. Test your limits with Outdoor Adventure Camp. Our camp leaders take campers on a new adventure each day involving horseback riding, geo-caching, mini golfing, rock climbing, paintballing, day trip to Elkwater and much more!

### **Week 3: JULY 14-18**

#### **Soccer, Floor Hockey & Golf Camp**

This multi-sport camp for ages 7-12 offers an exciting blend of soccer, floor hockey, and golf, providing kids with the opportunity to develop their skills, stay active, and have fun.

#### **All Sorts of Sports**

Ages 5-8. Calling all sport enthusiasts!! If you love sports and being active this camp was designed for you! Campers will participate in volleyball, soccer, golf, basketball, tennis, floor hockey, lacrosse and more!

### **Week 4: JULY 21-25**

#### **Jr. Courts & Outdoors Sports Camp**

Ages 6-8. This camp will spend the mornings developing their court sport skills in the gym and the afternoons developing their outdoor sports skills. Campers will end the week with a fieldtrip on Friday.

### Sr. Courts & Outdoor Sports Camp

Ages 9-12. This camp will spend the mornings developing their outdoor sports skills and the afternoons developing their court sport skills in the gym. Campers will end the week with a fieldtrip on Friday!

### **Week 5: JULY 28-AUG 1**

#### Jr. Multi Sport Camp: Session B

Ages 6-8. Campers will have the opportunity to participate in soccer, tennis, golf, volleyball, floor hockey, team games and much more! Campers will end the week with a swimming fieldtrip!

#### Sr. Multi-Sport Camp: Session B

Ages 9-12. Campers will explore the fundamental skills required to play a variety of sports, while also participating in fun, recreational games. Campers will have the opportunity to participate in soccer, tennis, golf, basketball, volleyball, floor hockey, dodgeball and more! Campers will end the week with a swimming fieldtrip!

### **Week 6: AUG 5-8**

#### \*4 DAY CAMP

Camp Xtreme. High-energy adventures including paintballing, rock climbing, laser tag, swimming and more. Ideal for campers who love action-packed experiences.

### Soccer, Tennis & Golf Camp

#### \*4 DAY CAMP

Ages 7-12. Campers will have the opportunity to develop skills and techniques in soccer, tennis, and golf. We will provide all the equipment required for each sport. These multi-sport athletes can expect to leave this camp with enhanced knowledge of these specific sports, as well as enhanced leadership and teamwork skills.

### **Week 7: AUG 11-15**

#### Jr. Sports & Adventure Camp

Ages 6-8. This camp is the perfect combination of sports and adventure that will encourage participation, skill development and most importantly fun! Campers will learn a variety of skills in a fun and positive environment. The mornings will be spent going on adventures and fieldtrips throughout the city and the afternoons will be filled with sports. You don't want to miss out on this action packed camp!

#### Sr. Sports & Adventure Camp

Ages 9-14. This camp is the perfect combination of sports and adventure that will encourage participation, skill development and most importantly fun! Campers will learn a variety of skills in a fun and positive environment. The mornings will be spent going on adventures and fieldtrips throughout the city and the afternoons will be filled with sports. You don't want to miss out on

this action packed camp!

**Jr. High Volleyball Camp: Session A**

Skill development, game strategy, and team play for aspiring volleyball players looking to improve their technique.

**High School Volleyball Camp**

Advanced volleyball training focused on refining techniques, court awareness, and game strategy.

**Week 8: AUG 18-21**

**Junior Soccer Camp (4 day camp!!!)**

Fundamentals-focused soccer training teaching dribbling, passing, and shooting through engaging games.

**Senior Soccer Camp (4 day camp!!!)**

Skill-building, tactical drills, and small-sided games for developing well-rounded soccer players.

**Week 8: AUG 18-22**

**Little Explorers Camp: Session B**

Ages 6-8. This camp is designed for young, adventurous participants who love the outdoors. Our camp leaders take campers on a new adventure each day involving horseback riding, swimming, rock climbing, mini golfing, day trip to Elkwater and much more! You do not want to miss this action filled camp!

**Outdoor Adventure Camp: Session B**

Ages 9-14. Test your limits with Outdoor Adventure Camp. Our camp leaders take campers on a new adventure each day involving horseback riding, geo-caching, mini golfing, rock climbing, paintballing, day trip to Elkwater and much more!

**Jr. High Basketball Camp**

Focused on shooting, dribbling, defense, and teamwork, with daily competitions and skill drills.

**Junior Basketball & Team Building Camp**

Combines basketball skill development with teamwork exercises to build confidence and game sense.

**U9/U11 Girls Hockey Camp**

Hockey skill development and off-ice fitness training for young female athletes.

**U13/15 Girls Hockey Camp**

Advanced hockey training focusing on shooting, passing, and tactical awareness.

**Week 9: AUG 25 & AUG 26**

**\*2 DAY CAMPS**

**Volleyball: Grades 4-6: Session A**

Introduction to volleyball fundamentals, including serving, setting, and passing.

**Volleyball: Grades 4-6: Session B**

Introduction to volleyball fundamentals, including serving, setting, and passing.

**Jr. High Volleyball Camp: Session B**

Skill development, game strategy, and team play for aspiring volleyball players looking to improve their technique.