



NOLAN CATHOLIC HIGH SCHOOL



# Athletic Summer Camps



**REGISTRATION BEGINS WEDNESDAY, DECEMBER 6, 2023**

**EARLY BIRD DISCOUNT - \$20 OFF PER CAMP UNTIL JANUARY 31, 2024**

REGISTER ONLINE AT [WWW.NCHSVIKINGS.COM/SUMMER-CAMPS](http://WWW.NCHSVIKINGS.COM/SUMMER-CAMPS)

## VIKING STRENGTH & PERFORMANCE - JUNE 3-JULY 25

\$200 (incoming 9th-12th grade)

- 8:00 AM - 10:00 AM; OFF July 3-4

### WEEK ONE - MONDAY-THURSDAY, JUNE 3-JUNE 6

\$150 (incoming 3rd-8th grade)

- 9:00 AM - 12:00 PM - GIRLS VOLLEYBALL
- 9:00 AM - 12:00 PM - BASEBALL
- 1:00 PM - 4:00 PM - GIRLS BASKETBALL

### WEEK TWO - MONDAY-THURSDAY, JUNE 10-JUNE 13

\$150 (incoming 3rd-8th grade)

- 9:00 AM - 12:00 PM - FOOTBALL
- 1:00 PM - 4:00 PM - BOYS BASKETBALL

### WEEK THREE - MONDAY-THURSDAY, JUNE 17-JUNE 20

\$150 (incoming 3rd-8th grade)

- 9:00 AM - 12:00 PM - SOFTBALL
- 1:00 PM - 4:00 PM - BOYS & GIRLS SOCCER

### WEEK FOUR - MONDAY-THURSDAY, JUNE 24-JUNE 27

\$150 (incoming 6th-8th grade)

- 9:00 AM - 12:00 PM - VIKING STRENGTH & PERFORMANCE SESSION 1

*(Begin your strength and speed training; learn the techniques of proper lifting and proper running form).*

### JULY CAMPS - MONDAY-THURSDAY, JULY 22-JULY 25

\$150 (incoming 6th-8th grade)

- 9:00 AM - 12:00 PM - VIKING STRENGTH & PERFORMANCE SESSION 2

*(Begin your strength and speed training; learn the techniques of proper lifting and proper running form).*

