



July 8th- August 8- 5 weeks of weights with Jason Parker

7-8am \$45 and just show up on day one :)

High school Camps (incoming 9th grade - 12th)

July 22 - July 25, 11:00-1:00pm - Week One of Indoor Camp

July 29 - Aug 1, 11:00-1:00pm - Week Two of Indoor Camp

Aug 1 - Official Tryout - Teams posted after camp that day

Cost \$120 a week, \$200 for both weeks! \$35 drop in for a day.

Middle School Camps

July 22-25, 1:00-3:00pm - Week One of Indoor Camp

July 29 - Aug 1, 1:00-3:00pm - Week Two of Indoor Camp

Cost \$120 a week, \$200 for both weeks! \$35 drop in for a day.

BEACH CAMP- ALL AGES @ Grand Beach

Aug 5-9, 8:00-10:00am

Cost \$120 a week, \$35 drop in for a day.

If you make the indoor team-

Aug 7, 6:00-8:00pm - Open Gym with Uniform Pass Out

Parent Meeting While Kiddos are playing

Aug 10th-11th - Queens Tournament in ASC, Anaheim VARSITY ONLY

Hell Week August 12-15th ALL LEVELS

8:00 - 10:00am - weights

1:00 - 3:30pm - practice

August 16th- Eagle Day!!!!

All Day, 9am - 5pm

5:00 - 9:00pm, Queens of the Eagle's Nest (Frosh, JV, Varsity Tournament)

Regular Practice August 19th - Season End