

# GIRLS REBEL BASKETBALL SUMMER OPPORTUNITIES

Instructors: MCC Coaching Staff

## SKILL DEVELOPMENT SESSIONS/SUMMER LEAGUE

Dates/Times Vary (Online Sign Up)

All players completing 8<sup>th</sup>-11<sup>th</sup> Grade encouraged to attend

Coaches will lead a workout with players in small group setting. Each session will consist of 5-8 players. By signing up for this, players also have an opportunity to participate in Summer League which will occur on Tuesday or Thursday Nights.

Cost: \$30

## SOUTHWEST SUMMER SHOOTOUT TOURNAMENT

Date: Friday, June 15<sup>th</sup>

All players completing 9<sup>th</sup>-11<sup>th</sup> Grade encouraged to attend

Cost: \$15 (transportation included)

## DAKOTA STATE TEAM CAMP/TOURNAMENT

Date: Friday, June 28<sup>th</sup>

All players completing 7<sup>th</sup>-11<sup>th</sup> Grade encouraged to attend

Cost: \$15 (transportation included)

## OKOBOJI SUMMER SHOOTOUT

Date: July 24<sup>th</sup>-25<sup>th</sup>

All players completing 7<sup>th</sup>-11<sup>th</sup> Grade encouraged to attend

This is an overnight tournament. Players will play basketball in the morning and then team activities in the evening. More information will be mailed out later. The cost includes, tournament fee, lodging, transportation and breakfast.

Cost: \$70

# YOUTH BASKETBALL-BOYS & GIRLS

Instructors: Coach Tim Bobeldyk and Coach Patrick Freeman

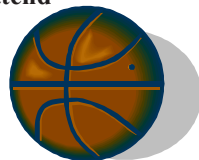
## YOUTH BASKETBALL CAMP (BOYS & GIRLS)

Date: Every Tuesday in June 11:00-Noon

All players completing K-4<sup>th</sup> Grade encouraged to attend

MCC High School Gymnasium

Cost: \$30



## 3 ON 3 LEAGUE (BOYS & GIRLS)

Date: Every Tuesday and Thursday in June

All players completing 5<sup>th</sup>-8<sup>th</sup> Grade encouraged to attend

Time: Grades 7 and 8 - 9:00-10: am

Grades 5 and 6 - 10:00-11:00 am

MCC High School Gymnasium

Cost: \$30

# BOYS REBEL BASKETBALL SUMMER OPPORTUNITIES

Instructors: MCC Coaching Staff

## MCC TEAM NIGHT

Date: Tuesday Nights starting June 5<sup>th</sup> 7:00-9:00 pm

\* Days could be added before tournaments \*

All players completing 9<sup>th</sup>-11<sup>th</sup> Grade encouraged to attend

Athletes will have the chance to work with the coaching staff to prepare for the 2018-19 season. Emphasis will be placed on individual skill and team development in practice and scrimmage situations.

Cost: \$30

# BOELTER/LIESER BASEBALL CAMP

Instructors: MCC Baseball Coaches & Players

## PITCHING/CATCHING CAMP

Dates: June 4 and June 6 Time: 3:30-5:00 pm

All players completing 3<sup>rd</sup>-8<sup>th</sup> Grade are encouraged to attend

Location: Boelter Field

Cost: \$30

Learn the proper mechanics of pitching and catching including windup and positioning.

## HITTING CAMP

Dates: June 5 and June 7 Time: 3:30-5:00 pm

All players completing 3<sup>rd</sup>-8<sup>th</sup> Grade are encouraged to attend

Location: Boelter Field

Cost: \$30

A great camp for learning the fundamentals of a proper swing.

## INFIELDER-OUTFIELDER CAMP

Dates: June 11 and June 13 Time: 3:30-5:00 pm

All players completing 3<sup>rd</sup>-8<sup>th</sup> Grade are encouraged to attend

Location: Boelter Field

Cost: \$30

This camp will stress the fundamentals of fielding, throwing, and proper footwork in making plays from infield and outfield positions.

*All proceeds will go to improvements on the baseball field.*

# VFW/TRAVELING TEAM BASEBALL

Cost: \$30

Information will be handed out in meeting on  
May 24<sup>th</sup> during AP.

# REBEL FOOTBALL CAMPS

Instructors: MCC Football Coaching Staff & Players

## VARSITY/JV MINI CAMP

6:00-8:00 PM

Dates: July 11<sup>th</sup> & 13<sup>th</sup>

All players completing 8<sup>th</sup>-11<sup>th</sup> grade are encouraged to attend

This is a required camp for all participants for Mankato camp. We will be introducing/reviewing offensive and defensive scheme for the upcoming year. Individual skills for individual positions will be a focus throughout the camp. If not attending team camp, you are still encouraged to attend.

*Required for players attending Mankato Team Camp*

Cost: Free (if registered for Mankato team camp) - All Others \$20

## DAY AS A REBEL FOOTBALL CAMP 6:00-8:00 PM

Date: July 11<sup>th</sup>

All players completing 4<sup>th</sup>-7<sup>th</sup> grade are encouraged to attend

This is an opportunity for kids to experience varsity football at a young age. Kids will be participating with varsity football players through individual skills, drills, and schemes. A great chance to find out what Rebel football is all about!

*This is a no contact camp (no equipment needed).*

Cost: \$10

## YOUTH 5 ON 5 PASSING LEAGUE 9:00-10:00 AM

Dates: Mondays (June 4, 11, 18, 25 - July 19, 23, 30)

All players completing 4<sup>th</sup>-7<sup>th</sup> grade are encouraged to attend

Provides proper training in throwing, route running, and catching the football. Coaching staff will teach correct routes and participants will play against peers.

Cost: \$25

## MANKATO TEAM CAMP

Dates: July 20<sup>th</sup>-22<sup>nd</sup> (Overnight)

All Varsity and B-Squad Players are encouraged to attend

This is an overnight camp where players get to work on offensive and defensive scheme for the upcoming year. Also players get to work with Mankato collegiate coaches and players on individual skills/drills.

Cost: \$150

# SUMMER BAND LESSONS

with Mike Helgeson, MCC Band Instructor

One 20 minute lesson a week, spread over 3 weeks.

Week 1 - July 30-August 1 9:00 am-4:00 pm

Week 2 - August 6-8 9:00 am-4:00 pm

Week 3 - August 13-15 9:00 am-4:00 pm

Cost: \$25

*You will be called with a time once registration is complete.*

Lessons are available to students who completed grades 4-11 in 2017-18

# Registration Form

Use Grade Completed when registering

- \_\_\_ Girls BB Skills Development/Summer League - \$30 (gr 8-11)
- \_\_\_ Girls BB Southwest Summer Shootout - \$15 (gr 9-11)
- \_\_\_ Girls BB Dakota State Team Camp/Tourney - \$15 (gr 7-11)
- \_\_\_ Girls BB Okoboji Summer Shootout - \$70 (gr 7-11)
- \_\_\_ Boys BB Team Night - \$30 (gr 9-11)
- \_\_\_ Youth Basketball Camp - \$30 (gr K-4)
- \_\_\_ 3 on 3 Basketball League - \$30 (gr 5-8)
- \_\_\_ Summer Band Lesson - \$25 (gr 4-11)
- \_\_\_ FB Varsity/JV Mini Camp - \$20 (gr 8-11) Free if registered for Mankato
- \_\_\_ FB Day as a Rebel Camp - \$10 (gr 4-7)
- \_\_\_ FB Youth 5 on 5 Passing League - \$25 (gr 4-7)
- \_\_\_ FB Mankato Team Camp - \$150 (Varsity/B-Squad players)
- \_\_\_ HS Weight Room - \$50 \_\_\_ Session I \_\_\_ Session II
- \_\_\_ JH Weight Room - \$50 (gr 6-8)
- \_\_\_ MCC VB Team Session - \$25 (gr 6-9)
- \_\_\_ MCC VB Team Night - \$? (gr 10-11)
- \_\_\_ MCC VB Youth Rebel Camp - \$20 (gr K-6)
- \_\_\_ Baseball Camp - \$30 each (gr 3-8)  
\_\_\_ Pitching/Catching \_\_\_ Hitting \_\_\_ Infielder/Outfielder
- \_\_\_ Traveling Summer Baseball - \$30 (gr 7-8)
- \_\_\_ VFW/JR Legion Baseball - \$30 (gr 9-11)
- \_\_\_ Youth Track Club - \$15 (gr 1-8)
- \_\_\_ Family Dance Night - \$10 per family (gr K-6)

Name: \_\_\_\_\_

Grade completed (2017-18 year): \_\_\_\_\_

Phone: \_\_\_\_\_ Cell # \_\_\_\_\_

Total Fee enclosed \$ \_\_\_\_\_ Ck# \_\_\_\_\_

**Return this form with payment by Monday, May 25th to:**  
MCC Community Ed Office -or- West Elementary Office  
2420 28th Street, Slayton, MN Phone: 507-836-8360  
**Make Checks payable to: ISD 2169**

# MCC Rebel Volleyball Camps

\*\* Use grade completed when registering \*\*

## 6<sup>th</sup>-11<sup>th</sup> Grade Camp Instructors: MCC Volleyball Coaches

**MCC TEAM SESSION** (Completed 6<sup>th</sup>-9<sup>th</sup>) 8:30-10:30 am  
\* Each Wednesday morning we will meet, 1/2 of the time will be skills and competitive drills while the other 1/2 is competition  
\* June 13, 20, 27 and July 11, 18  
\* Cost: \$25

**MCC TEAM NIGHT** (Completed 10<sup>th</sup>-11<sup>th</sup>)  
\* Wednesday Nights  
\* Information will be distributed by Coach Robinson

## K-6<sup>th</sup> Grade Camp Instructors: MCC Coaches & Players

**MCC YOUTH REBEL CAMP**  
\* K-6<sup>th</sup> graders will learn the fundamentals of volleyball while having fun through competitions/games!  
\* Monday & Wednesday - June 4 & 6  
\* Cost: \$20  
\* K-3 8:00-9:30 am  
4-6 9:30-11:00 am



## Weight Training for Strength & Fitness

STRENGTH, SPEED, AND AGILITY TRAINING FOR SPORTS

\*\* June 4th-July 31st \*\*

### JUNIOR HIGH WEIGHT ROOM:

Completed Grades 6-8 Monday-Thursday COST: \$50

Session Time: 7:30-8:30 am

The emphasis in this course is on muscular strength, endurance, flexibility, and safety. This course allows younger athletes to get familiar and comfortable in the weight room. The course is broken up into 4 components:

Stretch/Flexibility - Weight Training - Speed/Agility - Core Fitness

### HIGH SCHOOL WEIGHT ROOM:

Completed Grades 8-11 Monday-Thursday COST: \$50

Session I: 5:30-6:30 am Session II: 6:30-7:30 am

The emphasis in this course is to provide intense weight training for high school athletes. The core lifts in this course include squat variation, bench variation, power/hang cleans, and hip thrust or deadlift.

The course is broken up into 4 components:

Stretch/Flexibility - Weight Training - Speed/Agility - Core Fitness

# MCC REBELS



# SUMMER PROGRAMS 2018

## MCC YOUTH TRACK CLUB (BOYS & GIRLS)

Dates: June 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup> - practice 5:30-6:30 pm

June 25<sup>th</sup> - meet \*depending on number of participants\*

All students completing 1<sup>st</sup>-8<sup>th</sup> Grade encouraged to attend  
MCC Track Complex

Instructors: Tim Bobeldyk and Patrick & Colleen Freeman  
Cost: \$15

The mission is to teach and inspire youth in the joys of track and field while promoting sportsmanship and a healthy lifestyle.

## FAMILY DANCE NIGHT

Date: June 26<sup>th</sup> Time: 5:30-6:30 pm

All students completing K-6<sup>th</sup> Grade and Parents (optional)

West Elementary Gymnasium

Instructor: Tim Bobeldyk

Cost: \$10 per family

Learn a dance routine to a popular song as a family!