

Maine Middle School XC Camp

A balanced week of running, cross training, educational presentations, and traditional camp life. The camp program includes character-building aspects of running to help campers develop friendships, healthy bodies, and tough minds.

- Double Sessions
- Stride Drills
- Plyometrics
- Weightlifting
- Swimming
- Classroom Presentations



- Windsurfing
- Sailing
- Chess
- Music
- Kayaking
- Beach Volleyball

High Standards Vault Camp

Pole Vaulters of all levels will improve their technique through our curriculum of plant drills, swing drills, and video review. Our program emphasizes fundamentals, competition skills, gymnastics, and strength & conditioning.

- Extensive morning and afternoon vaulting sessions
- Small vault groups with low vaulter-to-coach ratios
- Emphasis on progressing from basic drills to intermediate and advanced technique
- Participants have the opportunity to watch their vaulting on video daily

Campers also participate in many of our classic camp activities, such as sailing, windsurfing, guitar, and capture the flag.

Plus Other Summer Camps

Visit our website or scan the QR code for more information on our other summer camps, including **Dodgeball Camp**, **Athena Girls Camp**, and **Camp Hawthorne** – www.slovenskicamps.com

