



The Rock Summer Camps

Elevate Your Game - Sports Camp

Ages 6 - 10

During this action-packed week, campers will have the opportunity to participate in a wide range of sports and activities to ELEVATE YOUR GAME. Our experienced and enthusiastic coaches will guide campers through skill-building exercises, drills, and friendly competitions, ensuring that they have a blast while improving their athletic abilities.

Each day of the camp will focus on a different sport, allowing campers to explore and learn the fundamentals of various sports disciplines. They will receive expert coaching in each sport, learning proper techniques, strategies, and teamwork skills. Whether campers are beginners or have previous experience in a particular sport, our camp is designed to cater to all skill levels and provide a supportive and inclusive environment for everyone to thrive.

In addition to the sports activities, our camp will also include fun team-building games, challenges, and recreational activities to keep campers engaged and entertained throughout the week. These activities will help foster friendships, develop leadership skills, and promote sportsmanship among the campers.

At the end of the week, campers will not only have improved their skills in multiple sports, but also gained valuable life skills such as the mental strength, teamwork, discipline, perseverance, grit and sportsmanship. They will leave the camp with lasting memories, new friendships, and a renewed love for sports.



The Rock Speciality Camp

Ages 6-10

The Rock Speciality Camp - A Camp Like No Other. The Rock Speciality Camp teaches and builds on the fundamentals of fitness: strength, cardiovascular conditioning, speed, power, agility, flexibility, reaction, core strength, and mental fitness all while having FUN.

Each day your child will be immersed in challenges, activities, games, breath work and obstacles that promote functional movement skills, a deeper understanding of body awareness, builds confidence, mindfulness, and develops team work and perseverance through physical and mental challenges.

The Rock Speciality Camp builds children who are STRONG, FEARLESS, AND UNSTOPPABLE. We not only focus on the physical growth, but the mental growth to help children face and overcome those challenges (aka rocks) in life, so they can thrive through life.



The Rock Hit + Run Camp

Ages 8-10

Become the biggest hitter and fastest base runner on your team with our fun and challenging baseball camp. Introducing our dynamic Hit + Run Camp, a specialized program meticulously designed to elevate your child's game to the next level. This camp is focused on enhancing speed and agility, refining hitting skills, and mastering field work, all while having fun.

Our Speed and Agility training is designed to improve your child's quickness on the diamond. We'll work on explosive movements, lateral quickness, and overall speed to ensure they can steal bases with confidence and field balls with ease.

The Hitting Skills component of our camp is all about perfecting the swing. Our expert coaches will provide personalized instruction on batting stance, swing mechanics, and timing. We aim to increase batting averages, improve power hitting, and reduce strikeouts.

The Field Work training will literally work from the ground up to cover both infield and outfield play. Participants will learn the fundamentals of fielding, throwing, and catching, as well as advanced techniques for specific positions. We'll focus on improving reaction time, accuracy, and understanding of the game.

Our Baseball Hit + Run Camp is more than just a camp - it's a comprehensive training experience that promises to boost performance, build confidence, and ignite a passion for the game. Don't miss the opportunity to help your children become a well-rounded formidable player on the field.



Tiny Pebbles Camp

Ages 3-6 Years

Our Tiny Pebbles Rock Camp is about creating an engaging, memorable, and active space for 3-6 year olds. Our Tiny Pebbles Rock (aka FUNdamental Little Movers) Camp will focus on introducing the world of physical activity in a fun and engaging way. In this camp, children will have the opportunity to explore various movement patterns, exercises, and games that promote body awareness, coordination, spatial awareness, balance, stability, strength, rhythm, motor skills, and social interaction. They will be encouraged to take risks, face challenges on their own, and express themselves. In our Tiny Pebbles Camp, we lay the foundation for your child to develop essential skills to leave feeling strong, confident and unstoppable.