



Elevate Your Game

During this action-packed week, campers will have the opportunity to participate in a wide range of sports 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.

Safety is our top priority, and we have implemented strict protocols to ensure a safe and healthy environment for all participants. Our facilities are well-maintained, and we have trained staff members who will closely supervise all activities and enforce safety guidelines.

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 teamwork, discipline, perseverance, and sportsmanship. They will leave the camp with lasting memories, new friendships, and a renewed love for sports.

Don't miss out on this incredible opportunity to immerse yourself in a week of sports, fun, and personal growth. Join us at our Elevate Your Game Camp and embark on an unforgettable journey of athleticism and camaraderie! This camp works on developing the basic skills and drills to become a versatile athlete in multi-sports. We incorporate a variety of games and challenges to equip young athletes with the tools to become better athletes and people through a variety of sport choices. Each day will focus on a different factor to help elevate your athlete's game including speed and agility, balance, coordination, performance, mobility, flexibility and motor skills to be a versatile athlete.

The Rock Specialty Camp

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, builds confidence, mindfulness, and develops teamwork and perseverance through physical and mental challenges.

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

Hit + Run Camp

Become the biggest hitter and fastest base runner on your team with our fun and challenging baseball camp. Introducing our dynamic Baseball 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 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 this opportunity to help your child become a well-rounded, formidable player on the field!