



## **EAGLES ATHLETIC SUMMER INFORMATION**

It's been a great year for our athletic program and we have a great summer planned as well. This email includes the summer athletic calendar as well as a camp registration form. You will see there is a separate form for the middle school (current 5<sup>th</sup>-7<sup>th</sup> graders) and the high school (current 8<sup>th</sup>-11<sup>th</sup> graders). Please fill out the appropriate form as there are different opportunities for each school.

- **EVERY ATHLETE MUST HAVE A CURRENT PHYSICAL**
- **YOU MUST BE ENROLLED FOR THE 2024-2025 SCHOOL YEAR**

As you will see on the registration form, the basketball camp is open to anyone who is interested in improving their skills for the upcoming season. This is not the case for the volleyball camps, these are team camps where the focus will be getting the A/B and JV/V teams ready to compete. The cross country camp is open to all MS and HS interested in running this fall. The varsity soccer camp is for those in high school who plan to play on the team. You do not need to register for these last two, you can just show up!

For the high school athletes, you will see June and July strength and conditioning opportunities. These are for all our athletes to continue to gain strength, speed and agility. The \$40 fee is per month and covers all of the dates listed for that month. If we are to truly see the benefits of an off season program, consistency is key. We need to continue to build on the work we have been doing in 8<sup>th</sup> period. You must be registered to attend.

The skills days are just that, days to work on individual skills. You will see that the high school basketball boys have open gym on Thursday nights. They just meet up here and play games with our alumni and friends.

On the August calendar, you will see our mandatory practices have begun. These practices for our fall sports are not optional. As of August 5 the seasons have officially started and the games will begin the next week!

If you have any questions, please reach out to me at [jgraves@fbauc.org](mailto:jgraves@fbauc.org)

Go Eagles!

Coach Graves