Athletic Summer Camps Overview

Girls Hoops Camp (3rd – 9th)
Location: High School Campus – Large Gym
Dates: Tuesday, May 26 – Thursday, May 28
Ages: Entering 3rd Grade – 9th Grade
Time: 8:30 a.m. – 11:30 a.m.
Cost: $75 for one child; $70 for each additional child
Instructor: Coach Steve Quattlebaum

No transportation provided. This camp will focus on individual skill development. Campers are taught fundamentals of the game, which include shooting, ball handling, passing, rebounding and defense. Campers are encouraged to improve through competition including several contests and games. Please contact Coach Q at squattlebaum@cacmustangs.org if you have any questions.

Boys Hoops Camp (3rd – 7th)
Location: High School Campus – Large Gym Dates:
Monday, June 8 – Wednesday, June 10 Ages:
Entering 3rd Grade - 7th Grade
Time: 8:30 a.m. – 11:30 a.m.
Cost: $75 for one child; $70 for each additional child
Instructor: Coach Matt Hall

This camp will focus on individual skill development. Campers are taught fundamentals of the game, which includes shooting, ball handling, passing, rebounding and defense. Campers are encouraged to improve through competition including several contests and games. Please contact Coach Hall at mhall@cacmustangs.org if you have any questions.

Athletic Summer Camps Overview

Basketball Skills & Drills (Boys & Girls) – Session 1
Location: High School Campus – Large Gym
Dates: Tuesdays (April 28, May 5, May 12, May 19)
Ages: Entering 3rd Grade - 6th Grade
Time: 6:00 p.m. – 7:00 p.m.
Cost: $25/per week
Instructor: Coach Matt Hall & Staff

Focus on all basic fundamentals, increase ball-handling, improve confidence & basic knowledge. Students may attend one or all of the sessions, whatever works best with your schedule. Please contact Coach Hall at mhall@cacmustangs.org if you have any questions.

Basketball Skills & Drills (Boys & Girls) – Session 2
Location: High School Campus – Large Gym
Dates: Tuesdays (July 7, July 14, July 21, July 28)
Ages: Entering 3rd Grade - 6th Grade
Time: 6:00 p.m. – 7:00 p.m.
Cost: $25/per week
Instructor: Coach Matt Hall & Staff

Focus on all basic fundamentals, increase ball-handling, improve confidence & basic knowledge. Students may attend one or all of the sessions, whatever works best with your schedule. Please contact Coach Hall at mhall@cacmustangs.org if you have any questions.

Athletic Summer Camps Overview

Football Camp
Location: High School Campus –HS Football Practice Field (behind Field House)
Dates: Tuesday, June 2 – Thursday, June 4
Ages: Entering 1st Grade – 7th Grade
Time: 8:30 a.m. – 10:30 a.m.
Cost: $75 for one child; $70 for each additional child
Instructors: Coach Tommy Shoemaker & football staff

Campers will receive instruction in the fundamentals and techniques of football including: Position stance and footwork, passing, receiving and route running and pass coverage. Please contact Coach Shoemaker at tshoemaker@cacmustangs.org if you have any questions.

Mustang Baseball: Camp of Champions (4th – 6th)
Location: High School Campus –Practice field behind the high school
Dates: Monday, July 6 – Thursday, July 9
Time: 12:30 – 3:30 p.m.
Cost: $75.00 for one child; $70.00 for each additional child
Instructors: Coach Patrick Smith, Coach Zach Stewart & CAC Mustang Baseball Players

This camp will focus on individual skill development. We will work on sliding techniques with Slip n Slides. There will be team competitions as well as individual awards for Longest throw, fastest 60, and Home Run Derby. The goal is for the ball players to have a great experience with baseball and learn along the way. Contact Coach Smith at psmith@cacmustangs.org or Coach Stewart at zstewart@cacmustangs.org. if you have any questions. Please come, bring friends, and learn what Mustang Baseball is all about.

Athletic Summer Camps Overview

Mustang Baseball: Camp of Champions (7th – 9th)
Location: High School Campus –Practice field behind the high school
Dates: Monday, July 13 – Thursday, July 16
Time: 12:30 – 3:30 p.m.
Cost: $75.00 for one child; $70.00 for each additional child
Instructors: Coach Patrick Smith, Coach Zach Stewart & CAC Mustang Baseball Players

This camp will focus on individual skill development. We will work on sliding techniques with Slip n Slides. There will be team competitions as well as individual awards for Longest throw, fastest 60, and Home Run Derby. The goal is for the ball players to have a great experience with baseball and learn along the way. Contact Coach Smith at psmith@cacmustangs.org or Coach Stewart at zstewart@cacmustangs.org. if you have any questions. Please come, bring friends, and learn what mustang baseball is all about.

Lady Mustang Volleyball Camp
Location: High School Campus – Large Gym
Dates: Monday, July 20 – Wednesday, July 22
Ages: Entering 4th Grade – 7th Grade
Time: 9 a.m. – 11:30 a.m.
Cost: $75 for one child; $70 for each additional child
Instructor: Coach Lynn Brown

This camp is designed to provide an introduction to the fundamental skills of volleyball. Each camp will be exposed to basic passing, setting, and serving techniques in a relaxed, non-threatening environment.

Athletic Summer Camps Overview

Pat Smith Summer Wrestling Camp
Location: Mighty Bluebirds
Dates: Friday, June 26 – Sunday, June 28
Ages: Kindergarten – 12th Grade
Cost: $180
Limited to the first 65 wrestlers

At the Pat Smith Camp you will learn the most important techniques in the four areas of wrestling (Takedowns, Defense, Top & Bottom Position) that I used to become the first 4X Division 1 NCAA Champion! This is the same technique that was taught at Oklahoma State University while helping guide the Cowboys to 5 NCAA team titles as a coach! Online registration is now open. This camp will fill up fast! Don't miss out!