



WARRIOR ATHLETICS SUMMER PROGRAM 2024

Spartanburg Christian Academy

The Warrior Athletics Summer Program is staffed by the SCA Athletic Department administration and coaching staff for the various sport offerings. Athletic Department contact: jennifer.moss@fbns.org

PARTICIPATION CRITERIA FOR ALL SUMMER ACTIVITIES: Students must be enrolled at SCA for the 2024-25 school year and have an **updated physical** on file.

NON-FOOTBALL ATHLETE SUMMER CONDITIONING PROGRAM: This program is designed to enhance strength, speed, and agility in all athletes in all sports (male and female) in 5th -12th grades who intend to participate in a sport next year. Program is supervised by members of the strength and conditioning staff. There is no cost for this program. *Students should report to the SCA Weight room in the Athletic Annex for workouts.* **Conditioning will be offered on Mondays, Tuesdays, Wednesdays, and Thursdays 10:30 – 11:30 am on the following dates:**

June 3,4,5,6,10,11,12,13,17,18,19,20,24,25,26,27 and July 8,9,10,11,15,16,17,18

JV/VR BASKETBALL-BOYS

Basketball Practice:

June 3,4,5,6,7,10,11 (3:00 – 5:00 or 4:00 – 6:00)

WOFFORD BASKETBALL CAMP @ Wofford/SCA

Grades 10-12; June 12 - 15

JV/VR BASKETBALL-GIRLS

Basketball Practice:

June 3,4,5,6,7,10,11 (11:30 – 1:00)

WOFFORD BASKETBALL CAMP @ Wofford

Grades 9-12; June 21 – 23 (All Day)

CROSS COUNTRY

BONCLARKEN CAMP (OVERNIGHT) Grades 6-12;

August 4 - 6 Cost: approx. \$150

Transportation: Team Bus from SCA

Registration: Contact Coach Steve Conway at

sconway@bellsouth.net for details

CROSS COUNTRY CONDITIONING (Locations vary)

Grades 6-12;

June 17,18,20,24,25,27

July 8,9,11,15,16,18,22,23,25,29,30

From 5:30 PM – 6:30 PM

June 29, July 13, July 27 (8:30 AM – 9:30 AM)

Season practice begins Aug 8

MS/VR CHEERLEADING

MS and VR UCA Cheer Camp (at SCA) \$299

June 17: 12:00 – 6:30

June 18: 9:00 – 4:00

June 19: 9:00 – 4:00

Camp is mandatory for all cheerleaders.

MS/VR FOOTBALL

STRENGTH & CONDITIONING PROGRAM (MS/VR)

M, T, W, R (8:30-9:30) See days above highlighted in yellow.

SUMMER FOOTBALL PRACTICES (MS/VR) – Tuesdays &

Thursdays (9:30AM-10:30 AM) on the following dates –

June 4,6,11,13,18,20,25,27 and July 8,11,16,18

7 ON 7 COMPETITIONS/LINEMAN CHALLENGE (VR)

- June 21 @ Palmetto Christian
- July 9 @ Landrum

VARSITY PRACTICE START DATE – July 29

MIDDLE SCHOOL PRACTICE START DATE – Aug 12

JV/VR GIRLS VOLLEYBALL

VOLLEYBALL PRACTICE (SCA GYM) JV/VR;

Week of July 8: M, T, W, R (11:00-1:00)

Week of July 15: M, T, W, R (11:00-1:00)

July 29 & 30: (11:00 – 1:00)

Regular season practice begins July 29

GIRLS TENNIS

GIRLS SUMMER TENNIS PRACTICE.

Tennis Practice: June 6,10,13,17,20,24,27 July 8,11,15

8:00 – 10:00 AM at VaDuMar Tennis Courts.

Season practices begin July 29.