



WARRIOR ATHLETICS SUMMER PROGRAM 2026 (UPDATED)

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 2026-27 school year and have an **updated physical** on file.

MS FOOTBALL AND MS/VR 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 1, 2, 3, 4, 8, 9, 10, 11, 15, 17, 18, 22, 23, 24, 25

July 6, 8, 9, 13, 14, 15, 16

VR BASKETBALL-BOYS

Basketball Practice:

June 1, 2, 3, 9, 10, 11 (4:00 – 6:00)

WOFFORD BASKETBALL CAMP @ Wofford/SCA

June 4, 5, 6, 8 (all day)

SCISA CAMP:

June 12 – 13 (all day)

JV/VR BASKETBALL-GIRLS

Basketball Practice:

June 10, 11, 12, 18, 19, 22, 23 (11:30 – 1:00)

MS/VR BASKETBALL CAMP @ SCA:

June 15, 16, 17 (12:00 – 3:00)

CROSS COUNTRY

BONCLARKEN CAMP (OVERNIGHT)

Grades 6-12; August 2-4

Transportation: Team Bus from SCA

Registration: Contact Coach Steve Conway at sconway@bellsouth.net for details

XC CONDITIONING (Locations vary)

Grades 6-12;

5:30 PM – 6:30 PM

June 22,23,25,27

July 6,7,9,13,14,16,23,25,27,28,30

REGULAR SEASON PRACTICE BEGINS - Aug 6

MS/VR CHEERLEADING

VR FCA Cheer Camp (at Georgia Southern) \$450

June 8-11

MS FCA Cheer Camp (at Emmanuel University) \$425

June 22-25

Camp is mandatory for all cheerleaders.

VR FOOTBALL

STRENGTH & CONDITIONING/PRACTICE

M, T, W, TR (8:00 – 10:30)

June 1, 2, 3, 4, 8, 9, 10, 11, 15, 17, 18, 22, 23, 24, 25

July 6, 8, 9, 13, 14, 15, 16

7 ON 7/LINEMEN: June 16 Carolina HS

7 ON 7/LINEMEN: July 7 Landrum HS

VR SEASON PRACTICE START DATE – July 23

MS SEASON PRACTICE START DATE – Aug 3

JV/VR GIRLS VOLLEYBALL

VOLLEYBALL PRACTICE (SCA GYM)

June 25, 26 (11:00-1:00)

July 6 – 10 (M, T, W, R, F) 11:00-1:00

July 13 – 17 (M, T, W, R, F) 11:00 – 1:00

REGULAR SEASON PRACTICE BEGINS July 23

MS VOLLEYBALL

VOLLEYBALL PRACTICE (SCA GYM)

July 13, 14, 16, 27, 28, 30 (3:30 – 5:00)

August 3, 4, 7 (3:30 – 5:00)

REGULAR SEASON PRACTICE BEGINS Aug 10

GIRLS TENNIS

GIRLS SUMMER TENNIS PRACTICE.

Tennis Practice: TBD VaDuMar

REGULAR SEASON PRACTICE BEGINS – July 23

SWIM

Grades 6 – 12

Practice/tryouts/swimsuit sizing will be a date TBD in July. Please swim on your own to condition. More information will be sent in June for specific dates.