



Ultimate Sports Camp

Ages 9-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Every Week, Read Below

All sports, all day. From basketball and flag football to swimming and gaming, this camp is designed for the ultimate sports enthusiast. Come experience our state-of-the-art facilities as we prepare every aspiring young athlete for success! The goal of this program is for your child to explore different sports interests they may have, while receiving high-quality instructions.

Week-by-week options are as follows:

- **Ultimate Water Camp- Week 1 (6/3-6/7) & Week 10 (8/5-8/9):** Swim, water polo, introductory diving, snorkeling, water volleyball, synchronized swimming, water aerobics, and more!
- **Ultimate Net Camp- Week 2 (6/10-6/14) & Week 11 (8/12-8/16):** Volleyball, basketball, soccer, lacrosse, pickleball, netball, futsal, , and more!
- **Ultimate Sticks, Paddles, and Bats Camp- Week 5 (7/1-7/3) & Week 7 (7/15-7/18):** Lacrosse, squash, golf, pickleball, floor hockey, intro to hockey, baseball, curling, and more!
- **Ultimate Track, Field, and Triathlon Camp- 3 (6/17-6/21) & Week 6 (7/8-7/12) & Week 8 (7/22-7/26):** Throwing, sprints, long distance running, shotput, relays, hurdles, swimming, bicycling, and more!
- **Ultimate International Sports Camp- Week 4 (6/24-6/28) & Week 9 (7/29-8/2) & Week 12 (8/19-8/23):** Netball, cricket, rugby, soccer, badminton, handball, and more!

Ultimate Sports & Adventure Camp

Full Day for Ages 5-8; Half-Day Available for Ages 4-7

Ages 4-8, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Every Week

Does your child want to explore all the activities The St James has to offer? Every day looks different in Ultimate Sports and Adventure Camp! Children ages 5-8 have the opportunity to explore introductory team sports like soccer, basketball, and football, while also being able to adventure through all of the activities at TSJ- like ice skating, Super, Awesome, and Amazing, the waterpark, climbing wall, and more! This is the right camp for kids who are looking to stay active this summer, try new activities, and make new friends.

Counselors In Training Program

Ages 13-16, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Every Week

Help your child grow skills to become a leader! The Counselor in Training program gives campers, ages 13-16 the opportunity to fine-tune leadership skills and build practical job experience while working with younger campers and having fun!

Super, Awesome & Amazing Camp

Ages 6-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Every Week

Join us for the Super, Awesome & Amazing Camp for an action-packed experience like no other. Conquer challenging ropes courses, scale towering climbing structures, and dive into a simulated universe filled with thrills. Additionally, make a splash at our interactive waterpark where you can cool off and enjoy water-based fun. Our camp offers a variety of heart-pounding activities and classic arcade games, ensuring an unforgettable, adrenaline-fueled adventure for all ages. Get ready for an epic journey!

**All camps operating Week 5 are 3-day camps due to the 4th of July holiday*



Baseball Camp – Jr. Sluggers

Ages 6-8, Boys & Girls, 9AM-3PM

4-Day Camp

Offered: Week 3 (6/17-6/21), Week 6 (7/8-7/12), Week 9 (7/29-8/2)

The St. James Baseball Camp - Jr. Sluggers is designed for little leaguers who are looking to develop a strong foundation in fundamental baseball skills, and on the basic principles of hitting, fielding, and catching. Our experienced coaches will guide your child through a series of engaging and interactive drills, helping them to improve their hand-eye coordination, swing technique, and overall hitting mechanics. Whether your child is swinging a bat for the very first time or looking to refine their skills, our Jr. Slugger Camp provides the perfect opportunity for them to kick off their baseball journey with confidence.

Baseball Camp – Intermediate

Ages 9-13, Boys, 9AM-3PM

4-Day Camp

Offered: Week 4 (6/24-6/28), Week 10 (8/5-8/9)

For players aged 11-14 who are transitioning to the 90' Diamond, our Intermediate Baseball Camp is designed to take their performance to the next level. Our experienced coaches will work closely with each player, focusing on advanced techniques and strategies. From refining swing mechanics and enhancing bat speed to developing pitch recognition and situational awareness, our coaches will provide the guidance and feedback necessary for players to excel on the bigger diamond. Whether your child is preparing for competitive play or looking to enhance their overall hitting, fielding, and catching skills our Intermediate Baseball Camp is the perfect opportunity for them to receive targeted instruction and elevate their game.

TSJ Basketball Camp

Ages 6-13, Boys & Girls, 9AM-3PM

4-Day Camp

Offered: Week 1 (6/24-6/28), Week 8 (7/22-7/25)

The St. James basketball specialty camp is the perfect opportunity for your child to improve their technical skills over the summer! Our basketball camp is open to kids ages 6-13. Each camper will receive elite coaching in the fundamentals of the game: shooting, passing, defending and more!

Quinn Cook Basketball Camp

Ages 6-17, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 11 (8/12-8/16)

Quinn Cook's Basketball Camp held at The St. James focuses on developing tomorrow's leaders on and off the basketball court. The camp week will include: Five days of guided basketball instruction and competition in Quinn Cook's custom-built curriculum, which is based on dividing youth players between the ages of 5-17 into age-appropriate training groups once evaluated by staff to assess each camper's basketball skill level and IQ. Camp will include:

1. On-site coaching and instruction from NBA veteran Quinn Cook throughout the five-day camp experience.
2. Instruction includes basketball drills and skills, strength and conditioning, yoga, performance nutrition and character and leadership development.
3. Access to a coaching staff that includes current and former NBA players as well as college coaches.
4. Special Q&A with Quinn and other notable members of the coaching staff
5. An official Quinn Cook Basketball Camp t-shirt.
6. Camp-wide skills and team competitions (i.e., 3-point contest, All-Star Game, etc.)



Cheer, Tumbling & Dancing Camp

Ages 6-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 6 (7/8-7/12), Week 9 (7/29-8/2)

This Camp is ideal for Beginner to Level 2 Cheerleaders. Focus on tumbling skills like roundoff, back handsprings and walkovers, sharpen your moves and learn the fundamentals of safe stunting. Perform a fun Cheer routine on Friday for friends and family!

Dance & Gymnastics & Skating Camp

Ages 6-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 4 (6/24-6/28), Week 6 (7/8-7/12), Week 7 (7/15-7/19), Week 9 (7/29-8/2), Week 10 (8/5-8/9), Week 11 (8/12-8/16)

Express yourself in the dance studio, gain new confidence on the ice, and learn new skills in the gymnastics center while making new friends and having FUN!

Dance & Gymnastics Camp

Ages 6-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 1 (6/3-6/7), Week 2 (6/10, 6/14), Week 3 (6/17-6/21), Week 5 (7/1-7/3), Week 8 (7/22-7/26)

Express yourself in the dance studio and learn new skills in the gymnastics center while making new friends and having FUN!

TSJ Flag Football Camp

Ages 8-13, Boys & Girls, 9AM-3PM

4-Day Camp

Offered: Week 2 (6/10, 6/14), Week 3 (6/17-6/21), Week 4 (6/24-6/28), Week 6 (7/8-7/12), Week 7 (7/15-7/19), Week 8 (7/22-7/26)

The St. James flag football camp offers campers ages 8-13 a great way to learn how to throw, catch, and more! As well as covering basic tactical elements of the games in a fun, challenging, non-contact environment.

Washington Commanders Flag Football Camp

Ages 8-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 5 (7/1-7/3), Week 11 (8/12-8/16)

The Washington Commanders Football Team offers one of the best Flag Football Summer Camp experiences around. Our focus is on football education, participation, sportsmanship, and FUN. Every participant will get a reversible Commanders Jersey, Flags, and Shorts as part of the registration. We will also have braded gear for giveaways!

iCode

Ages 6-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: See Below

An TSJ-based STEM Camp ran in partnership with iCode Academy, offering your child the variability of activities at The St James, while also providing them a top-tier STEM and Coding program. Options include:

- **Minecraft: Modding Adventure- Week 3 (6/17-6/21)**: Campers will learn how to make Mods (modifications) for one of their favorite games: Minecraft. Learning to mod in Minecraft is a gateway to an adventure of creativity in computer skills that can be taken from video games to the real world.
- **Game Builder: Creating with Construct 3- Week 4 (6/24-6/28)**: In this introductory camp, campers will go beyond playing games, and get behind-the-scenes experience, learning the art and science of game development. With hands-on projects, campers will be exposed to many digital tools used today for game creation such as Construct 3. Each game created throughout the week will start small and grow exponentially along with skills learned! By the end of the week, campers will really see that making games is more fun than playing them!
- **Roblox Editor: Create & Code Your World 3- Week 5 (7/1-7/3)**: Campers will learn to use The Roblox Editor, a special coding environment used to create complete projects in Roblox! Throughout the week, campers will use block coding, a programming style that shows that texted-based coding is not essential. This exciting camp takes an activity your child loves and turns it into an educational adventure!
- **Minecraft Survival: The Building Blocks of Coding- Week 6 (7/8-7/12)**: Learn conditionals, functions, coordinates and more in block-based coding and JavaScript. Students will Design an original creative project to program four tools for a survival backpack to help them in a Minecraft world.
- **Roblox Editor: Create & Code Your World- Week 7 (7/15-7/19)**: Campers will learn to use The Roblox Editor, a special coding environment used to create complete projects in Roblox! Throughout the week, campers will use Lua programming to add features to their games. This exciting camp takes an activity your child already loves and turns it into an educational adventure!
- **Web Developer: Website Coding & Design- Week 8 (7/22-7/26)**: Campers will develop a fully functional website with the use of HTML, CSS, JavaScript and even Bootstraps. They will also learn the importance of proper research and design thinking, and visual prototyping.
- **Animation Creation: Exploring Today's Digital Tools- Week 9 (7/29-8/2)**: Inspired by Pixar, Walt Disney, and DreamWorks, this camp will explore the methods used in these animations studios and apply them to make our own animations!
- **Jr. Programmer: Intro to 2D Game Development with Scratch- Week 10 (8/5-8/9)**: Campers learn to create games and advanced applications using the Scratch programming language. They'll integrate functions, custom code blocks, and physical components into their projects while also gaining other important skills like flowcharting, and principles of electrical engineering. Campers will learn to develop games similar to Flappy Birds, Pac-Man, and other platformer games.
- **Minecraft Lab: Chemistry through the World of Minecraft- Week 11 (8/12-8/16)**: Students will engage in active learning through hands-on activities about the basics of chemistry. They will learn about and experience chemistry by conducting experiments, and other hands-on interactive activities including science experiments using Minecraft World.



Golf Camp

Ages 6-13, Boys & Girls, 9AM-3PM

4-Day Camp

Offered: Week 2 (6/10, 6/14), **Week 3** (6/17-6/21), **Week 4** (6/24-6/28), **Week 5** (7/1-7/3), **Week 6** (7/8-7/12), **Week 7** (7/15-7/19), **Week 8** (7/22-7/26), **Week 9** (7/29-8/2), **Week 10** (8/5-8/9)

The St. James golf specialty camp is the perfect opportunity for your child to work on improving golf fundamentals by working with one of our elite golf instructors. Open to campers ages 6-13, each camper will work on improving technique, using a variety of clubs and building confidence.

Ice Hockey Camp

Ages 6-15, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 3 (6/17-6/21), **Week 7** (7/15-7/19), **Week 8** (7/22-7/26)

The St. James ice hockey camp is for campers ages 6-15 and will take place in our state-of-the-art Icehouse that boasts two NHL sized ice rinks. Each camper will receive expert instruction and improve skating technique, stick handling, endurance, and more!

[Learn To Play] Ice Hockey Camp

Ages 4-12, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 4 (6/24-6/28), **Week 9** (7/29-8/2)

The St. James ice hockey camp is for campers ages 4-12 and will take place in our state-of-the-art Icehouse that boasts two NHL sized ice rinks. Each camper will receive expert instruction and improve skating technique, stick handling, endurance, and more!

[Girls] Ice Hockey Camp

Ages 5-14, Girls, 9AM-3PM

5-Day Camp

Offered: Week 7 (7/15-7/19)

Open to Travel and Rec level 6U-14U female players. Coached primarily by current and former NCAA & ACHA female athletes. Includes 3 hours of ice time combined with a variety of off-ice training activities.

Ice Hockey [Goalie Camp]

Ages 4-15, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 8 (7/22-7/26)

Open to goalies of all levels! Join us for a week of intensive goalie instruction with Director of Goaltending, Tanner Jones and STJ Goalie Coach, Anton Rosen. Goalies will be broken up by age and ability once on the ice.

Ice Hockey [Defensive Camp]

Ages 7-17, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 6 (7/22-7/26)

Campers must have played in a travel program or our STJ House program for the 2023-2024 season. Throughout the week we will be working on situational game play that requires a certain level of hockey experience.

**All camps operating Week 5 are 3-day camps due to the 4th of July holiday*

Ice Hockey [Defensive Camp] Travel Only

Ages 7-17, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 10 (8/5-8/9)

Campers must have played in a travel program or our STJ House program for the 2023-2024 season. Throughout the week we will be working on situational game play that requires a certain level of hockey experience.

Ice Hockey [Offensive Camp]

Ages 7-17, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 6 (7/8-7/12)

Campers must have played in a travel program or our STJ House program for the 2023-2024 season. Throughout the week we will be working on situational game play that requires a level of hockey experience.

Ice Hockey [Offensive Camp] Travel Only

Ages 7-17, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 10 (8/5-8/9)

Campers must have played in a travel program or our STJ House program for the 2023-2024 season. Throughout the week we will be working on situational game play that requires a certain level of hockey experience.

Ice Hockey Camp [Preseason Travel Training Camp (8U-10U)]

Ages 8U-10U, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 11 (8/12-8/16)

Pre-Season Training Camp: Travel Players ONLY. This camp is catered to the Travel Hockey Player. Campers must have played for a travel hockey team in the 2023-2024 season or are rostered to play travel hockey in the 2024-2025 season. This will be a high paced, high intensity week focused on getting travel players ready for the upcoming season.

Ice Hockey Camp [Preseason Travel Training Camp (12U-16U)]

Ages 12U-16U, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 11 (8/12-8/16)

Pre-Season Training Camp: Travel Players ONLY. This camp is catered to the Travel Hockey Player. Campers must have played for a travel hockey team in the 2023-2024 season or are rostered to play travel hockey in the 2024-2025 season. This will be a high paced, high intensity week focused on getting travel players ready for the upcoming season.

Ice Hockey Camp [Small Camp Games (8U-14U)]

Ages 8U-14U, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 9 (7/29-8/2)

STJ Small Games Camp is designed to teach hockey IQ while working on technical skills through a variety of competitive cross ice, half ice or full ice games. Small games camp prioritizes fun and encourages kids to think and be creative in the process.



Boys Lacrosse Camp

Ages 12-15, Boys, 9AM-3PM

4-Day Camp

Offered: Week 11 (8/12-8/15)

The St. James boy's lacrosse camp focus on improving stick handling, defense, shooting, passing, and more! Open to ages 12-15, our lacrosse camp is run by a team of expert coaches in a fun & challenging environment.

Girls Lacrosse Camp

Ages 12-15, Girls, 9AM-3PM

4-Day Camp

Offered: Week 10 (8/5-8/9)

The St. James girl's lacrosse camp focus on improving stick handling, defense, shooting, passing, and more! Open to ages 12-15, our lacrosse camp is run by a team of expert coaches in a fun & challenging environment.

Junior Boys Lacrosse Camp

Ages 6-11, Boys, 9AM-3PM

4-Day Camp

Offered: Week 3 (6/17- 6/20), Week 5: (7/1-7/3), Week 8 (7/22-7/25), Week 9 (7/29-8/1)

The St. James boy's lacrosse camp focus on improving stick handling, defense, shooting, passing, and more! Open to campers ages 6-11, our lacrosse camp is run by a team of expert coaches in a fun and challenging environment.

Junior Girls Lacrosse Camp

Ages 6-11, Girls, 9AM-3PM

4-Day Camp

Offered: Week 3 (6/17- 6/20), Week 8 (7/22-7/25), Week 9 (7/29-8/1)

The St. James girl's lacrosse camp focus on improving stick handling, defense, shooting, passing, and more! Open to campers ages 6-11, our lacrosse camp is run by a team of expert coaches in a fun and challenging environment.

Soccer Camp

Ages 9-13, Boys & Girls, 9AM-3PM

5-Day Camp

Offered: Week 4 (6/24-6/26), Week 5 (7/1-7/3), Week 6: (7/8-7/10), Week 7 (7/15-7/17), Week 9 (7/29-8/2), Week 10 (8/5-8/9)

The St. James soccer specialty camp targets specific skill development, game-time tactics and competitive applications that are age appropriate for all student athletes. Camp participation is ideal for inspiring growth in a player and honing their footwork skills, agility on the field, and team mindset. We are committed to providing the most inclusive youth soccer camp training, including position-specific, strategic, physical, and mental training.

Jr. Soccer Camp

Ages 6-8, Boys & Girls, 9AM-3PM

3-Day Camp

Offered: Week 4 (6/24- 6/26), Week 6: (7/8-7/10), Week 7 (7/15-7/17)

The St. James junior soccer specialty camp targets specific skill development, game-time tactics and competitive applications that are age appropriate for all student athletes. Camp participation is ideal for inspiring growth in a player and honing their footwork skills, agility on the field, and team mindset. We are committed to providing the most inclusive youth soccer camp training, including position-specific, strategic, physical, and mental training.

Squash Camp

Ages 6-13, Boys & Girls, 9AM-3PM

4-Day Camp

Offered: Week 3 (6/17- 6/20), Week 4: (6/24-6/27), Week 6 (7/8-7/11), Week 7 (7/15-7/18), Week 9 (7/29-8/1), Week 10 (8/5-8/8)

The St. James squash specialty camp is for campers ages 6-13. Campers will be doing hand-eye coordination and squash drills, as well as learning how to construct a rally that will move their opponents all over the court. This camp is open to kids of all sports, as squash is a great way to cross-train! Join us to up your athleticism while having a lot of fun!

Swimming Camp

Ages 6-15, Boys & Girls, 9AM-3PM

3- & 4-Day Camps

3-Day Camps Offered: Week 1 (6/3-6/7), Week 2 (6/10, 6/14), Week 5 (7/1-7/3), Week 6 (7/8-7/12), Week 8 (7/22-7/26), Week 9 (7/29-8/2)

4-Day Camps Offered: Week 3 (6/17-6/20), Week 4 (6/24-6/27), Week 7 (7/15-7/18)

The St. James Swimming camp offers beginner to competitive swimmers the opportunity to learn a variety of strokes and techniques, as well as boosting endurance and confidence in the pool. The St. James swimming camps take place in one of the only full indoor Olympic size swimming pools in the area.

Volleyball Camp

Ages 6-14, Boys & Girls, 9AM-3PM

4-Day Camp

Offered: Week 2 (6/10, 6/14), Week 4 (6/24-6/27), Week 5 (7/1-7/3) Week 6 (7/8-7/12), Week 7 (7/15-7/19)

The St. James volleyball camp allows campers ages 6-14, a great way to master the fundamentals of volleyball in our state-of-the-art indoor Court House. Learn to serve, dig, and focus on improved technique and endurance on both offense and defense.