



**CROSSTRAINING**  
CHRISTIAN CAMPS

FEATURE PLAYER  
2019 SLAM DUNK CONTEST  
**WINNER**

**Hamidou Diallo**

Coming to  
**OVERNIGHT  
EXTREME**



**2019**  
CAMP SCHEDULE



## **MINI PRO I**

**June 10-13**

*Entering grades K-3 (Boys & Girls)*

**YMCA – Bismarck, ND**

*9:00 a.m. - 11:30 a.m.*

Get your child in the habit of having fun while exercising. We have made a commitment to have Mini Pro be the best place for kids to learn about the game of basketball. The name of the game at his age is FUN, and we will do whatever it takes to bring a smile to your child's face. Absolutely no basketball experience is necessary. We look forward to the opportunity to teach your child the game of basketball while instilling sound Christian principles.

***Every camper receives:***

*Official Cross Training T-shirt, water bottle, poster and wristbands.*

## **MINI PRO II**

**July 8-11**

*Entering grades K-3 (Boys & Girls)*

**YMCA – Bismarck, ND**

*9:00 a.m. - 11:30 a.m.*

Mini Pro I is NOT a prerequisite.

This session will bring back all the fun, excitement and hilarious devotions with a secret added twist! Note that Mini Pro I is not required, but we will be reviewing some of the concepts taught earlier at that camp. Campers will absolutely love this next step in their basketball instruction and spiritual development. Continued fundamental teaching, alongside game instruction, makes this session a winner! Players can expect to have game situations taught, as well as daily contests that are both fun and competitive.

***Every camper receives:***

*Official Cross Training T-shirt, sling backpack, poster and wristbands.*

## **RISING STAR I**

**June 10-13**

*Entering grades 4-7 (Boys & Girls)*

**YMCA – Bismarck, ND**

*1:30 p.m. - 5:00 p.m.*

Imagine kids from all over the state filling into a gym with fun, Christian music playing. The atmosphere is set specifically to mirror what our Overnight Extreme camp will look like. Kids will experience Cross Training's new methods in teaching the game of basketball while discovering who they really are through Jesus Christ. This session includes skill development and game concepts. Whether your child has little experience or a lot, this camp will bring the game of basketball to life!

***Every camper receives:***

*Official Cross Training T-shirt, water bottle, poster and wristbands.*

## **RISING STAR II**

**July 8-11**

*Entering grades 4-7 (Boys & Girls)*

**YMCA – Bismarck, ND**

*1:30 p.m. - 5:00 p.m.*

Rising Star I is NOT a prerequisite.

As an awesome follow-up to Rising Star I, this session will continue to build on the fundamentals of the game and the foundation of our faith. We will implement game situations as well as play full-court games. One of the main goals at this camp is to focus on your child's fundamental techniques. Great instruction and games, combined with non-stop fun make this camp an absolute must this summer!

***Every camper receives:***

*Official Cross Training T-shirt, sling backpack, poster and wristbands.*





## THE NEXT LEVEL BASKETBALL

**July 15-18**

*Entering grades 5-9 (Boys & Girls)*

**Shiloh Christian – Bismarck, ND**

*9:00 a.m. - 4:30 p.m. (lunch included)*

Are you craving to take your game to the **NEXT LEVEL**? This session is specifically designed to challenge and engage players to continually raise their level of playing. Athletes will get an extreme amount of playing time while being coached in game situations. Instruction will include shooting, ball handling, offensive moves, passing, defense, game concepts and more. Instruction all morning combined with games in the afternoon make this camp one of our favorite offerings!

**Limited to 85 players.**

**Every camper receives:**

*Official Cross Training T-shirt, reversible jersey, water bottle, bag tag, poster and wristband.*

## INDIVIDUAL INSTRUCTION

**June 17-20**

*Entering grades 5-12 (Boys & Girls)*

**YMCA – Bismarck, ND**

*Call 701-250-9964 to schedule*

Cross Training has created one of the most exhaustive basketball checklists for the athlete in you. It is created to evaluate, monitor and develop every player we instruct. This one-on-one instruction is one-hour long for four consecutive days. Each athlete will schedule his or her session time by calling our office prior to registering. This instruction is what every player needs and now is your opportunity to take your game one step higher. Our player packets will evaluate every part of your game, which will bring you confidence and a game plan as you prepare for your season.

**REGISTRATION BY PHONE ONLY.**

**Sessions run each hour from 8:00 am to 12:00 pm. Call now 701-250-9964**

**Every camper receives:**

*Official Cross Training T-shirt, sling backpack, bag tag, poster, wristband and player evaluation packet.*

## ADVANCED POSITION INSTRUCTION

**June 17-20**

*Entering grades 6-12 (Boys & Girls)*

**YMCA – Bismarck, ND**

*1:30-3:00 pm (Boys) / 3:30-5:00 p.m. (Girls)*

After years of doing individual instruction, we noticed that players needed a “next step” to their basketball development. Advanced Position Instruction is where we teach players how to apply their skills to the position they most often play on the court. In short, our goal is to teach them how to understand the game of basketball more, in order for them to play better than they have ever before. In this session, players choose between two categories: Guards or Forward/Post. Sessions will run for 90 minutes for four consecutive days. The boy’s session will run from 1:30 – 3:00 p.m. and the girl’s session will run from 3:30 – 5:00 p.m. Each session is limited to 25 players. Upon registration for this camp, you will receive an email about which position you prefer.

**Every camper receives:**

*Official Cross Training T-shirt, sling backpack, bag tag, poster and wristband.*



## **SHOOTING ACADEMY**

**May 28-31**

*Entering grades 5-10 (Boys & Girls)*

**Horizon Middle School – Bismarck, ND**

*9:00 a.m. - 4:30 p.m. (lunch included)*

The most difficult skill for a player to learn is how to shoot the ball consistently well. Over the years, we have worked with thousands of kids throughout the region in developing their shot. Our instruction is unmatched and has proved itself effective and rewarding. There is nothing better than to see the light bulb turn on for players. We have designed a brand new shooting package for every player in attendance. Not only will you receive the concepts taught at camp, but also through personal evaluation of each athlete at camp, you will have your shot recorded and reviewed by a coach. Let this camp be the start of a whole new season!

***Every camper receives:***

*Official Cross Training T-shirt, sling backpack, bag tag, poster, wristbands and personal shooting evaluation packet.*

## **WILLISTON CAMPS**

**June 4-6**

**MINI PRO** *Entering grades K - 3 (Boys & Girls)*

**RIISING STAR** *Entering grades 4 - 7 (Boys & Girls)*

**Williston ARC - Williston, ND**

*9:00 a.m. - 11:30 p.m.*

*1:00 p.m. - 4:30 p.m.*

Cross Training is back and we're bringing our Mini Pro & Rising Star camps with us. These two sessions are an absolute blast for learning the skills in becoming a better basketball player. The name of the game at this age is FUN and we will do whatever it takes to bring a smile to your child's face. We look forward to serving your athlete in an encouraging, Christ-centered atmosphere while also instilling sound instruction on and off the court. Instruction will include shot formation, dribbling, game concepts and fundamental training. Register early, space is limited.

***Every camper receives:***

*Official Cross Training T-shirt, sling backpack, poster and wristbands.*



**basketball**

# OVERNIGHT EXTREME

Looking for the ultimate  
basketball camp experience?  
**YOU FOUND IT!**

**OVERNIGHT EXTREME**  
**July 22-26**

*Entering grades 5-12 (Boys & Girls)*

**Ramada Hotel – Bismarck, ND**

*Check-in: 4:00 p.m. - July 22*

Welcome to Overnight Extreme! This week is jam-packed with high-level instruction, games, special guests and the most exciting ministry you have ever experienced.

Our 2019 NBA guest is the current NBA Slam Dunk Champion, Hamidou Diallo. The Oklahoma City Thunder guard won the event with a litany of guest stars beside him, including Russell Westbrook and Shaquille O'Neal. His gravity defying leap over Shaq, who stands 7'1 ,will be replayed for years to come and made him an overnight sensation! Athletically, Diallo is one-of-a-kind. At the NBA Draft Combine in 2017, he recorded a 44.5-inch max vertical jump, the second-best result ever recorded at the NBA Draft Combine.

This is an incredibly unique opportunity to meet a rising star and grab a picture with an NBA Slam Dunk Champion who pulled off arguable one of the most memorable dunks in history. You better believe we'll do everything possible to talk Diallo into participating in our very own Cross Training dunk contest. If he does, watch out. The rims may never be the same!

This camp experience is our only overnight camp with beautiful hotel accommodations brought to you by the Ramada Hotel in Bismarck, ND. With air-conditioned rooms, mini fridge, housekeeping, pool time and many more amenities, you and your friends will have a blast together! Ministry will take place in the ballroom each night with plenty of room for fun.

Now is your time to participate in the most competitive and dynamic overnight basketball camp in the Region. Instruction and games will take place in three different facilities, to give each player ample playing time and space. We'll crank the music, play hard and enjoy competing against one another for five straight days!

**THIS SESSION ALWAYS SELLS OUT! SPACE IS LIMITED! REGISTRATION DEADLINE IS JULY 12.**

**Every Camper Receives:** *Official Cross Training T-shirt, NBA guest poster, sling backpack, bag tag, poster and wristbands.*



## MINI PRO VOLLEYBALL

**July 1-3**

*Girls entering Grades K-3*

**Shiloh Christian - Bismarck, ND**

*9:00 a.m. – 11:00 a.m.*

Back by popular demand is our Mini Pro Volleyball Camp! Our goal in this session is to bring the game of volleyball to life for your little athlete, and what better way to start than in a fun and encouraging atmosphere like Cross Training. This session will be strategic in developing hand-eye coordination, proper mechanics and fundamental development for your little girl. Nets will be at appropriate height for each age division. Join in on the fun this summer at Mini Pro Volleyball.

**Every camper receives:** *Official Cross Training T-shirt, water bottle, poster and wristbands.*

**Limited to 75 players.**

## THE ULTIMATE

**June 24-27**

*Girls entering grades 4-6*

**YMCA - Bismarck, ND**

*1:00 p.m. - 4:30 p.m.*

Whether you have played volleyball before or are just getting started, this age and session is the best place to take you further. The Ultimate is for girls entering Grades 4-6. This camp is open to players of all ability levels and is sure to be a positive and uplifting environment for your young athlete. You will master the fundamentals, increase your knowledge of proper mechanics and gain experience by playing the game with intensity and heart. You won't want to miss this amazing week of volleyball instruction.

**Limited to 85 players.**

**Every camper receives:** *Official Cross Training T-shirt, water bottle, poster and wristbands.*

## NEXT LEVEL VOLLEYBALL

**July 8-11**

*Girls entering Grades 7-10*

**Shiloh Christian - Bismarck, ND**

*9:00 a.m. – 4:30 p.m. (lunch included)*

Volleyball is on the rise and now is your time to develop the skills it takes to get to the NEXT LEVEL. This session will offer some of the most advanced training in volleyball mechanics and skills. Learn different rotations before season starts so you are ahead of the learning curve! We have a specific teaching philosophy that focuses on character and confidence. You will master the game in four short days and start your season off at a whole new level!

**Limited to 75 players.**

**Every camper receives:** *Official Cross Training T-shirt, water bottle, prayer bag tag, poster and wristbands.*





## **FIRST STEPS FOOTBALL (Non-Contact)**

**June 17-20**

**Shiloh Christian Miller Field – Bismarck**

*Boys entering Grades 2-4*

*9:00 a.m. – 12:00 p.m.*

Cross Training First Steps Football Camp introduces kids to football by teaching basic skills in a fun, energetic and faith-based environment. Coaches use a series of drills to show passing, catching and running skills in a non-contact setting. All skills and drills are designed to ensure children are learning in an age-appropriate manner and creating an ideal atmosphere to learn the proper skills and techniques of football.

### ***Every camper receives:***

*Official Cross Training Football T-shirt, sling backpack, poster and wristbands.*

## **CORE FOOTBALL (Non-Contact)**

**June 24-27**

**Shiloh Christian Miller Field – Bismarck**

*Boys entering Grades 5-7*

*9:00 a.m. – 12:00 p.m.*

CORE Football is your chance to learn the skills and strategies it takes to becoming a competitive player. This safe, non-contact environment is the perfect setting for young athletes to be coached by former University of Mary All-American, Grant Singer, and his team of coaches. You will learn the most up-to-date instruction from both the offensive and defensive side of the ball. Each day players can expect to participate in stations, contests, competitive drills and of course our popular 7-on-7 games.

### ***Every camper receives:***

*Official Cross Training Football T-shirt, sling backpack, poster and wristbands.*

# **SCHEELS**

**OFFICIAL SPONSOR OF  
CROSS TRAINING FOOTBALL**







missions



## MISSIONS TRIP - BASKETBALL AND VOLLEYBALL TEAMS

**July 31 – August 7, 2019**

**Dominican Republic**

*Boys and girls ages 16 - 21*

For the player who wants to step out of their comfort zone and experience a life-changing week, this is the perfect opportunity to exercise everything we have said about Jesus Christ and the power of a faith in this Savior.

If you're ready for the challenge and searching for something new, ask God to open your heart to the calling of becoming a Cross Training Missions Trip. For more information, call our office at 701-250-9964. We would be happy to walk you through the specifics and mail out a detailed informational packet.

### What's included?

Airfare • Meals • Lodging • Transportation • Insurance  
Sports Jersey and Shorts • Cross Training Travel Shirt

### BOTTOM LINE INFORMATION

**Who** Boys and Girls ages 16 - 21

**What** Cross Training Basketball & Volleyball Missions Trip

**Where** Santo Domingo, Dominican Republic

**When** July 31 – August 7, 2019

**Why** Provide a missions experience relevant for athletes to grow in their faith



**Investment** \$2,800 (\$500 Deposit due with application form found online)

**A WAITING LIST HAS BEEN STARTED FOR OUR NEXT MISSIONS TRIP, AUGUST 3-10, 2021. TO BE PLACED ON THIS LIST, PLEASE CONTACT OUR OFFICE AT 701-250-9964.**







## 3 WAYS TO REGISTER

### ONLINE

- Register online by visiting [www.crosstrainingcamp.com](http://www.crosstrainingcamp.com)
- Click on Register and create a new 2019 account.
- Add athlete(s) and find open camps within the Basketball, Football & Volleyball tabs.
- You will receive an email confirmation after payment has been processed.



### MAIL

- Complete the registration form attached (next page).
- Select session(s).
- Read discount information to determine if you are eligible.
- Mail in the registration form and payment.

### PHONE

- Call our office at 701-250-9964 .
- Have your camp sessions selected and payment information ready.

## IMPORTANT INFORMATION

### INDIVIDUAL INSTRUCTION

Registration for this **MUST** be done over the phone at 701-250-9964. You can pay for this session over the phone or online, but please make sure you reserve your time slot first.

Example: If you desire 10 - 11 a.m., we will check our master schedule to see if that time slot is available. If it is, your child will be scheduled for 10-11 a.m. each of the four days of camp.

### DISCOUNT INFORMATION

If you register for **three or more camps** (one or multiple children) you will receive a \$20 discount at checkout.

### REFUND POLICY

All half-day camps will be refunded registration fee minus a \$25 administrative fee.

All camps \$250 and over will be refunded registration fee minus \$100 administrative fee.

If a camp were to be cancelled, refund will be in full value.





## schedule

<b>MINI PRO I</b> 9:00 - 11:30 a.m.	<b>June 10 - 13</b> <i>Boys &amp; Girls entering Grades K-3</i>	<b>YMCA (Bismarck, ND)</b> \$90
<b>MINI PRO II</b> 9:00 - 11:30 a.m.	<b>July 8 - 11</b> <i>Boys &amp; Girls entering Grades K-3</i>	<b>YMCA (Bismarck, ND)</b> \$90
<b>RISING STAR I</b> 1:30 - 5:00 p.m.	<b>June 10 - 13</b> <i>Boys &amp; Girls entering Grades 4-7</i>	<b>YMCA (Bismarck, ND)</b> \$90
<b>RISING STAR II</b> 1:30 - 5:00 p.m.	<b>July 8 - 11</b> <i>Boys &amp; Girls entering Grades 4-7</i>	<b>YMCA (Bismarck, ND)</b> \$90
<b>INDIV. INSTRUCTION</b> Call 701-250-9964	<b>June 17 - 20</b> <i>Boys &amp; Girls entering Grades 5-12</i>	<b>YMCA (Bismarck, ND)</b> \$275
<b>SHOOTING ACADEMY</b> 9:00 a.m. - 4:30 p.m. Lunch provided	<b>May 28 - 31</b> <i>Boys &amp; Girls entering Grades 5-10</i>	<b>Horizon Middle School (Bismarck, ND)</b> \$275
<b>OVERNIGHT EXTREME</b> Check-in 4 p.m., July 22	<b>July 22 - 26</b> <i>Boys &amp; Girls entering Grades 5-12</i>	<b>Ramada Inn (Bismarck, ND)</b> \$435
<b>NEXT LEVEL B-BALL</b> 9:00 - 4:30 p.m. Lunch provided	<b>July 15 - 18</b> <i>Boys &amp; Girls entering Grades 5-9</i>	<b>Shiloh Christian (Bismarck, ND)</b> \$275
<b>ADVANCED POSITION INST.</b> 1:30 - 3:00 pm 3:30 - 5:00 p.m.	<b>June 17 - 20</b> <i>Boys entering Grades 6-12</i> <i>Girls entering Grades 6-12</i>	<b>YMCA (Bismarck, ND)</b> \$250
<b>WILLISTON CAMPS</b> 9:00 - 11:30 p.m. 1:00 - 4:30 p.m.	<b>June 4 - 6</b> <i>Boys &amp; Girls entering Grades K-3</i> <i>Boys &amp; Girls entering Grades 4-7</i>	<b>Williston ARC (Williston, ND)</b> \$90 \$90
<b>MINI PRO VOLLEYBALL</b> 9:00 - 11:00 a.m.	<b>July 1 - 3</b> <i>Girls entering Grades K-3</i>	<b>Shiloh Christian (Bismarck, ND)</b> \$65
<b>THE ULTIMATE</b> 1:00 - 4:30 p.m.	<b>June 24 - 27</b> <i>Girls entering Grades 4-6</i>	<b>YMCA (Bismarck, ND)</b> \$90
<b>NEXT LEVEL V-BALL</b> 9:00 - 4:30 p.m. Lunch provided	<b>July 8 - 11</b> <i>Girls entering Grades 7-10</i>	<b>Shiloh Christian (Bismarck, ND)</b> \$275
<b>FIRST STEPS FOOTBALL</b> 9:00 - 12:00 p.m.	<b>June 17 - 20</b> <i>Boys entering Grades 2-4</i>	<b>Shiloh Christian (Bismarck, ND)</b> \$90
<b>CORE FOOTBALL</b> 9:00 - 12:00 p.m.	<b>June 24 - 27</b> <i>Boys entering Grades 5-7</i>	<b>Shiloh Christian (Bismarck, ND)</b> \$90
<b>MISSIONS TRIP</b> Call 701-250-9964	<b>August 3 - 10, 2021</b> <i>Boys &amp; Girls ages 16-21</i>	<b>Dominican Republic</b> \$2,800







PLEASE PLACE A CHECK NEXT TO EACH CAMP FOR WHICH YOU ARE REGISTERING.

MINI PRO I	_____	OVERNIGHT EXTREME	_____
MINI PRO II	_____	WILLISTON MINI PRO	_____
RISING STAR I	_____	WILLISTON RISING STAR	_____
RISING STAR II	_____	MINI PRO VOLLEYBALL	_____
INDIVIDUAL INST.	_____	THE ULTIMATE	_____
ADVANCED POSITION INST.	_____	NEXT LEVEL VOLLEYBALL	_____
NEXT LEVEL BASKETBALL	_____	FIRST STEPS FOOTBALL	_____
SHOOTING ACADEMY	_____	CORE FOOTBALL	_____

DOLLAR AMOUNT OF CAMP(S) \_\_\_\_\_

DISCOUNT (if applicable) - \_\_\_\_\_

TOTAL CAMP FEE(S) = \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PARENTS' NAME \_\_\_\_\_

PARENTS' HOME PHONE \_\_\_\_\_

PARENTS' CELL PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

GRADE (2019-20) \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

T-SHIRT: (Adult Sizes) S M L XL XXL (Youth Sizes) S M L

The camp directors, staff, school, and coaches shall not be held liable for any damage arising from personal injury sustained during the camp or at the facilities. The camper and his/her parents or guardian assume full responsibility for any damages or injuries which may occur to the camper during the camp session and so hereby, fully and forever, exonerate and discharge the aforementioned from any claims, demands, damages, anticipated or unanticipated, resulting from the participation in camp.

I/we hereby consent to the participation of my son/daughter in the Cross Training 2019 basketball, football or volleyball camp and waive all liabilities from the camp.

CAMPER SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Registration deadline for Overnight Extreme Camp is July 12. Camp fee includes room, board, and all camp activities. **Please list two possible names for room assignment.**

\_\_\_\_\_

Please send completed application and camp fee as soon as possible.

**PAY BY CREDIT CARD**

Select card type ☐ VISA ☐ MasterCard ☐ DISCOVER

Name \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV Code \_\_\_\_\_

**PAY BY CHECK**

Cross Training  
PO Box 2471  
Bismarck, ND 58502





# CROSSTRAINING

P.O. Box 2471

Bismarck, ND 58502

701-250-9964

w w w . c r o s s t r a i n i n g c a m p . c o m

PRSRT STD  
U.S. POSTAGE  
**PAID**  
BISMARCK, ND  
PERMIT NO. 433