CROSSTRAINING
CHRISTIAN CAMPS

GRAYSON
"The Professor"
BOUCHER

Coming to
OVERNIGHT
EXTREME

THE GREATEST STREET-BALL PLAYER ON THE PLANET!

11 million+ impressions per month

3.1 million followers

5 million+ Subscribers
685 million video views

2021
CAMP SCHEDULE

BASKETBALL VOLLEYBALL
FOOTBALL SOCCER

MINI PRO I

June 14-17 — **YMCA – Bismarck, ND**

Entering grades K-3 (Boys & Girls) — *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 this 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, sling backpack, poster and wristbands.

MINI PRO II

July 6-9 — **YMCA – Bismarck, ND**

Entering grades K-3 (Boys & Girls) — *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 14-17 — **YMCA – Bismarck, ND**

Entering grades 4-7 (Boys & Girls) — *1:00 p.m. - 4:30 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, sling backpack, poster and wristbands.

RISING STAR II

July 6-9 — **YMCA – Bismarck, ND**

Entering grades 4-7 (Boys & Girls) — *1:00 p.m. - 4:30 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.

drHeringer.com

SHOOTING ACADEMY

June 1-4 — **Shiloh Christian – Bismarck, ND**

Entering grades 5-10 (Boys & Girls) — *9:00 a.m. - 4:00 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 proven 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, you will have your shot recorded and reviewed by a coach. Let this session 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.

INDIVIDUAL INSTRUCTION

June 21-24 — **YMCA – Bismarck, ND**

Entering grades 5-12 (Boys & Girls) — *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 4:00 pm. Call now 701-250-9964

Every camper receives:
Official Cross Training T-shirt, water bottle, bag tag, poster, wristband and player evaluation packet.

THE NEXT LEVEL BASKETBALL

July 12-15 — **Shiloh Christian – Bismarck, ND**

Entering grades 5-9 (Boys & Girls) — *9:00 a.m. - 4:00 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, sling backpack, bag tag, poster and wristband.

MILLER
INSULATION

basketball

OVERNIGHT EXTREME

Our 2021 guest is going to BLOW YOUR MIND!

OVERNIGHT EXTREME
July 19-23
Entering grades 5-12 (Boys & Girls)

Ramada Hotel – Bismarck, ND
Check-in: 4:00 p.m. - July 19

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.

Grayson "The Professor" Boucher honed his craft where he was able to turn pro at 18, landing a spot on the globally famed And 1 Mixtape Tour in 2003. Streetball: The And 1 Mixtape Tour, had an ESPN reality television series documenting the team's tours year-round, which aired for 7 seasons. After And 1, The Professor continued to tour the world wowing crowds with his ball handling skills and posting his highlight driven content on his YouTube channel, ProfessorLive, which he started in 2009.

Following his viral video, Spiderman Basketball Episode 1 in 2013, his channel reached over 100 million views. The Professor continues to travel the world and expand his brand on social media. He has over 11 million followers across all social media platforms and the Spiderman Basketball web series has become the number 1 most viewed web series on all of YouTube. In short, the best street-ball player in the world and his video crew are coming to Overnight Extreme to hang out, shoot videos and share his incredible journey of using basketball to change lives.

Check him out here: www.facebook.com/professorlive www.theprofessorlive.com

This session is an overnight experience 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 9.

Every Camper Receives: *Official Cross Training T-shirt, Guest Poster, Sling Backpack, Bag Tag and Wristbands. Individual and Team Awards will also be given.*

WILLISTON MINI PRO BASKETBALL

June 8-10 — **Williston ARC**

Entering grades K-3 (Boys & Girls) — *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 in a positive environment. 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. 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: *Cross Training T-shirt, sling backpack, poster and wristband.*

WILLISTON RISING STAR BASKETBALL

June 8-10 — **Williston ARC**

Entering grades 4-7 (Boys & Girls) — *1:00 p.m. - 4:30 p.m.*

Imagine kids from all over the area entering into a gym with fun Christian music playing. The atmosphere is electric with kids eager to learn and coaches ready to teach. This camp will be a great combination of fun, faith and instruction. Kids will experience Cross Training's innovative methods of teaching the game of basketball while discovering who they really are through Jesus Christ. Whether your child has little experience or a lot, this camp will bring the game of basketball to life.

Every camper receives: *Cross Training T-shirt, sling backpack, poster and wristband.*

FIRST STEPS FOOTBALL (Non-Contact)

June 21-24 **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, drawstring backpack, poster and wristbands.

CORE FOOTBALL (Non-Contact)

June 28-July 1 **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 learn and grow by a team of incredible 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, drawstring backpack, poster and wristbands.

SCHEELS

OFFICIAL SPONSOR OF
CROSS TRAINING FOOTBALL

MINI PRO VOLLEYBALL

July 26-28 — **Shiloh Christian - Bismarck, ND**

Girls entering Grades K-3 — *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.*

NEXT LEVEL VOLLEYBALL

July 6-9 — **Shiloh Christian - Bismarck, ND**

Girls entering Grades 7-10 — *9:00 a.m. – 4:00 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! You will master the game in four short days and start your season off right.

Limited to 75 players.

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

WILLISTON ULTIMATE VOLLEYBALL

June 8-10 — **Williston ARC**

Entering grades 4-7 (Girls) — *9:00 a.m. - 12:00 p.m.*

The Ultimate volleyball is one of our favorite volleyball offerings and now is your chance to take part. Whether you have played volleyball before or are just getting started, this age and session is the best place to take your further. This camp is open to 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 session! **Limited to 50 players.**

Every camper receives: *Cross Training T-shirt, sling backpack, poster and wristbands.*

THE ULTIMATE I

June 28-July 1 — **Shiloh Christian - Bismarck, ND**

Girls entering grades 4-6 — *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, sling backpack, poster and wristbands.*

THE ULTIMATE II

July 26-29 — **Shiloh Christian - Bismarck, ND**

Girls entering grades 4-6 — *1:00 p.m. - 4:30 p.m.*

Sign-up for twice the fun or choose this July session instead of June. Either way, the Ultimate II is going to make YOU a better volleyball player. The earlier we can get our bodies mastering the fundamentals of the game and practicing proper mechanics, the better. This session includes new and fun instruction, drills, games, contests and fun camper/coach devotionals each day! This session is open to all ability levels and will bring a positive atmosphere for each and every girl to learn and grow.

Limited to 85 players.

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

TROYKA GIVING

Mini Pro Soccer

June 7-10 — **Shiloh Christian Miller Field – Bismarck**

Boys & Girls entering Grades K-3 — *9:00 a.m. – 11:30 a.m.*

Whether your child has previously participated in soccer or they're just starting out, this camp is the perfect setting for them to learn the skills and techniques to enjoy the game. Cross Training soccer not only teaches the core fundamentals, but wraps it into our fun, energetic and faith-based environment that makes our camp experience so special. Your child will love the instruction, skill development, daily contests, group competition and games that take place each and every day!

Athletes are asked to bring their own ball (Size 3) and shin guards. Soccer cleats are not required but encouraged.

Every camper receives:
Official Cross Training Soccer T-shirt, Water Bottle, Poster and Wristband.

Rising Star Soccer

August 2-4 — **Shiloh Christian Miller Field – Bismarck**

Boys & Girls entering Grades 4-6 — *9:00 a.m. – 12:00 p.m.*

Get ready! This 3-day camp was designed for players of all levels who want to learn and improve their skills in a fun and faith-filled atmosphere. Each morning will be packed with instruction and skill development including small-sided games to promote personal involvement and enhance the understanding of team concepts. Ball skill sessions, shooting drills and group stations will also be included in this epic week of instruction. Tie all of this together with games at the end of camp each day and you'll never want to leave. Register today. Space is limited.

Athletes are asked to bring their own ball (Size 4), shin guards and soccer cleats.

Every camper receives:
Official Cross Training Soccer T-shirt, Water Bottle, Poster and Wristband.

"As our ministry continues to expand into new sports platforms, we couldn't me more excited to invite the soccer community into the Cross Training family."

Bob Upgren
Executive Director

Dakota FOOT & ANKLE CLINIC

DANIEL COMPANIES
The Leader in Commercial

missions

2021 MISSIONS TRIP

MISSIONS TRIP - BASKETBALL AND VOLLEYBALL TEAMS

August 3 - 10, 2021 **Dominican Republic**

Boys and girls entering Grade 10 (2021-22) through College Senior

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 learned 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 Sports missionary. For more information, call our office at 701-250-9964 and we would be happy to walk you through the specifics and mail out a detailed informational packet. This packet can also be found online at crosstrainingcamp.com/missions.

SOLD OUT

What's included

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

BOTTOM LINE INFORMATION

Who	Boys and Girls ages 15-22
What	Cross Training Basketball & Volleyball Missions Trip
Where	Santo Domingo, Dominican Republic
When	August 3 – 10, 2021
Why	Provide a missions experience relevant for athletes to grow in their faith

Investment $3,100 ($600 Deposit due online to secure your spot)

To learn more visit crosstrainingcamp.com/missions

A WAITING LIST HAS BEEN STARTED FOR OUR NEXT MISSIONS TRIP, JULY 27-AUGUST 3, 2022. TO BE PLACED ON THIS LIST, PLEASE CONTACT OUR OFFICE AT 701-250-9964

BASKETBALL

MINI PRO I 9:00 - 11:30 a.m.	June 14-17 *Boys & Girls entering Grades K-3*	YMCA (Bismarck, ND) $95
MINI PRO II 9:00 - 11:30 a.m.	July 6-9 *Boys & Girls entering Grades K-3*	YMCA (Bismarck, ND) $95
RISING STAR I 1:00 – 4:30 p.m.	June 14-17 *Boys & Girls entering Grades 4-7*	YMCA (Bismarck, ND) $95
RISING STAR II 1:00 – 4:30 p.m.	July 6-9 *Boys & Girls entering Grades 4-7*	YMCA (Bismarck, ND) $95
INDIV. INSTRUCTION Call 701-250-9964	June 21-24 *Boys & Girls entering Grades 5-12*	YMCA (Bismarck, ND) $275
SHOOTING ACADEMY 9:00 a.m. – 4:00 p.m. Lunch provided	June 1-4 *Boys & Girls entering Grades 5-10*	Shiloh Christian (Bismarck, ND) $275
OVERNIGHT EXTREME Check-in 4 p.m., July 19	July 19-23 *Boys & Girls entering Grades 5-12*	Ramada Inn (Bismarck, ND) $450
NEXT LEVEL B-BALL 9:00 a.m. – 4:00 p.m. Lunch provided	July 12-15 *Boys & Girls entering Grades 5-9*	Shiloh Christian (Bismarck, ND) $275
WILLISTON B-BALL 9:00 – 11:30 a.m. 1:00 – 4:30 p.m.	June 8-10 *Boys & Girls entering Grades K-3* *Boys & Girls entering Grades 4-7*	Williston ARC (Williston, ND) $90 $90

schedule

VOLLEYBALL

WILLISTON ULTIMATE 9:00 a.m – 12:00 p.m.	June 8-10 *Girls entering Grades 4-7*	Williston ARC (Williston, ND) $90
MINI PRO VOLLEYBALL 9:00 – 11:00 a.m.	July 26-28 *Girls entering Grades K-3*	Shiloh Christian (Bismarck, ND) $75
ULTIMATE I 1:00 – 4:30 p.m.	June 28-July 1 *Girls entering Grades 4-6*	Shiloh Christian (Bismarck, ND) $95
ULTIMATE II 1:00 – 4:30 p.m.	July 26-29 *Girls entering Grades 4-6*	Shiloh Christian (Bismarck, ND) $95
NEXT LEVEL V-BALL 9:00 a.m. – 4:00 p.m. Lunch provided	July 6-9 *Girls entering Grades 7-10*	Shiloh Christian (Bismarck, ND) $275

FOOTBALL

FIRST STEPS FOOTBALL 9:00 – 12:00 p.m.	June 21-24 *Boys entering Grades 2-4*	Shiloh Miller Field (Bismarck, ND) $95
CORE FOOTBALL 9:00 – 12:00 p.m.	June 28-July 1 *Boys entering Grades 5-7*	Shiloh Miller Field (Bismarck, ND) $95

SOCCER

MINI PRO SOCCER 9:00 – 11:30 a.m.	June 7-10 *Boys entering Grades K-3*	Shiloh Miller Field (Bismarck, ND) $95
RISING STAR SOCCER 9:00 – 12:00 p.m.	August 2-4 *Boys entering Grades 4-6*	Shiloh Miller Field (Bismarck, ND) $75

MISSIONS

MISSIONS TRIP Call 701-250-9964	August 3-10, 2021 *Boys & Girls ages 15-21*	Dominican Republic $3,100

SOLD OUT

how to register

3 WAYS TO REGISTER

ONLINE

- Register online by visiting www.crosstrainingcamp.com
- Click on Register and create a new 2021 account.
- Add athlete(s) and find open camps within the Basketball, Football, Soccer & Volleyball tabs.
- You will receive an email confirmation after paymentchas 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 must be done over the phone to reserve your time slot first. Then payment can be made online.

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 $275 and over will be refunded registration fee minus $100 administrative fee.

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

register

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

MINI PRO I BASKETBALL _____
MINI PRO II BASKETBALL _____
RISING STAR I BASKETBALL _____
RISING STAR II BASKETBALL _____
INDIVIDUAL INSTRUCTION _____
NEXT LEVEL BASKETBALL _____
SHOOTING ACADEMY _____
OVERNIGHT EXREME _____

MINI PRO VOLLEYBALL _____
ULTIMATE I VOLLEYBALL _____
ULTIMATE II VOLLEYBALL _____
NEXT LEVEL VOLLEYBALL _____
FIRST STEPS FOOTBALL _____
CORE FOOTBALL _____
MINI PRO SOCCER _____
RISING STAR SOCCER _____
WILLISTON MINI PRO BBALL _____
WILLISTON RISING STAR BBALL _____
WILLISTON ULTIMATE VBALL _____

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 (2021-22) _____ 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 2021 basketball, football, soccer 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 9. 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

www.crosstrainingcamp.com

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