



CROSSTRAINING

CHRISTIAN CAMPS

CAMP SCHEDULE | 2023

BASKETBALL VOLLEYBALL FOOTBALL SOCCER

SHOOTING ACADEMY

May 30-June 2

Entering grades 5-9 (Boys & Girls)

Shiloh Christian – Bismarck, ND

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 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.

MINI PRO I

June 12-15

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 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 10-13

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, water bottle, poster and wristbands.



RISING STAR I

June 12-15

Entering grades 4-7 (Boys & Girls)

YMCA – Bismarck, ND

1:00 p.m. - 4:00 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, sling backpack, poster and wristbands.

RISING STAR II

July 10-13

Entering grades 4-7 (Boys & Girls)

YMCA – Bismarck, ND

1:00 p.m. - 4:00 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, water bottle, poster and wristbands.

THE NEXT LEVEL BASKETBALL

July 24-27

Entering grades 5-9 (Boys & Girls)

Shiloh Christian – Bismarck, ND

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.*



drHeringer.com



EXTREME Volleyball

OVERNIGHT EXTREME VOLLEYBALL



OVERNIGHT EXTREME VOLLEYBALL

July 17-20

Girls entering Grades 9-12

Ramada Hotel – Bismarck, ND

Check-In: July 17 – 2:00 pm

Check-out: July 20 – 6:00 pm

Limited Enrollment! This week will coincide with our Overnight Extreme Basketball Camp but will allow our HS Volleyball athletes their own gym and instruction. It's going to be amazing! High level coaching, the best instruction, and tons of playing time. You won't want to miss this week. All accommodations are provided for the week including transportation, food, lodging (Ramada Hotel), ministry and of course, full days of volleyball instruction and games!

Every camper receives: Official Cross Training Overnight Extreme long-sleeve, bag tag, poster and wristband. Individual and Team Awards will also be given.



MILLER
INSULATION



EXTREME basketball

OVERNIGHT EXTREME BASKETBALL

OVERNIGHT EXTREME BASKETBALL

July 17-20

Entering grades 5-12 (Boys & Girls)

Ramada Hotel – Bismarck, ND

Check-In: July 17 – 2:00 pm

Check-out: July 20 – 6:00 pm

FEATURED NBA GUEST

CAMERON PAYNE

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

This year's NBA guest is Cameron Payne from the Phoenix Suns. Payne is one of the key ingredients to the Suns chances of winning the NBA Championship this season. As an elite backup to Chris Paul, he contributes a valuable 12.1 points and 5.3 assists per game. At Overnight Extreme 2023, you'll sit right next to Cameron and listen to him tell stories of playing in China, moving throughout the NBA and finding a home in Phoenix. Who knows, by the time camp rolls around, you may even be asking him what it's like to be a newly crowned NBA champion! Tap into his basketball intellect and discover what his mindset is as an elite point guard. Learn what it was like when Kevin Durant joined the Suns. Discover the work ethic he's applied throughout his career to make him successful. All these answers and more are coming to Overnight Extreme 2023!

This camp 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 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 8.

Every Camper Receives: *Official Cross Training long sleeve, guest poster, bag tag and wristbands. Individual and Team Awards will also be given.*



WILLISTON MINI PRO BASKETBALL

June 6-8

Entering Grades K-3 (Boys & Girls)

Williston ARC

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 6-8

Entering Grades 4-7 (Boys & Girls)

Williston ARC

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

Imagine kids from all over the area entering 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

June 19-22

Boys entering Grades 2-4

Shiloh Christian Miller Field – Bismarck

9:00 a.m. – 12:00 p.m.

Cross Training First Steps Football Camp introduces kids to football by teaching the 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 drills are designed to ensure athletes are learning in an age-appropriate manner and creating an ideal atmosphere to learn the proper skills and techniques to play the game. Your little football player will love this week!

Every camper receives:

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

CORE FOOTBALL

June 26-29

Boys entering Grades 5-7

Shiloh Christian Miller Field – Bismarck

9:00 a.m. – 12:00 p.m.

Here is your chance to learn the skills and strategies it takes to become a competitive football 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 wristband.



Edward Jones®





MINI PRO VOLLEYBALL

June 26-28

Girls entering Grades K-2

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 Volleyball T-shirt, sling backpack, poster and wristband.*

Shiloh Christian - Bismarck, ND

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

SPARK VOLLEYBALL

June 26-29

Girls entering Grades 3-4

Spark Volleyball is specifically designed for our 3rd and 4th grade girls. They will love this one! With height appropriate nets and proper mechanics, your little athlete will begin to learn the fundamentals of volleyball, all while enjoying a fun, Christian atmosphere filled with games and laughter. No prior experience is needed. Knee pads are optional but encouraged.

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

Shiloh Christian - Bismarck, ND

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

THE ULTIMATE

June 19-22

Girls entering Grades 5-6

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 5 and 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. They will master the fundamentals, increase their 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.

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

YMCA - Bismarck, ND

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



NEXT LEVEL VOLLEYBALL

July 10-13

Girls entering Grades 7-10

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.

Every camper receives: Official Cross Training long-sleeve, bag tag, poster and wristband.

Limited to 80 players.

Shiloh Christian - Bismarck, ND

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

WILLISTON ULTIMATE VOLLEYBALL

June 6-8

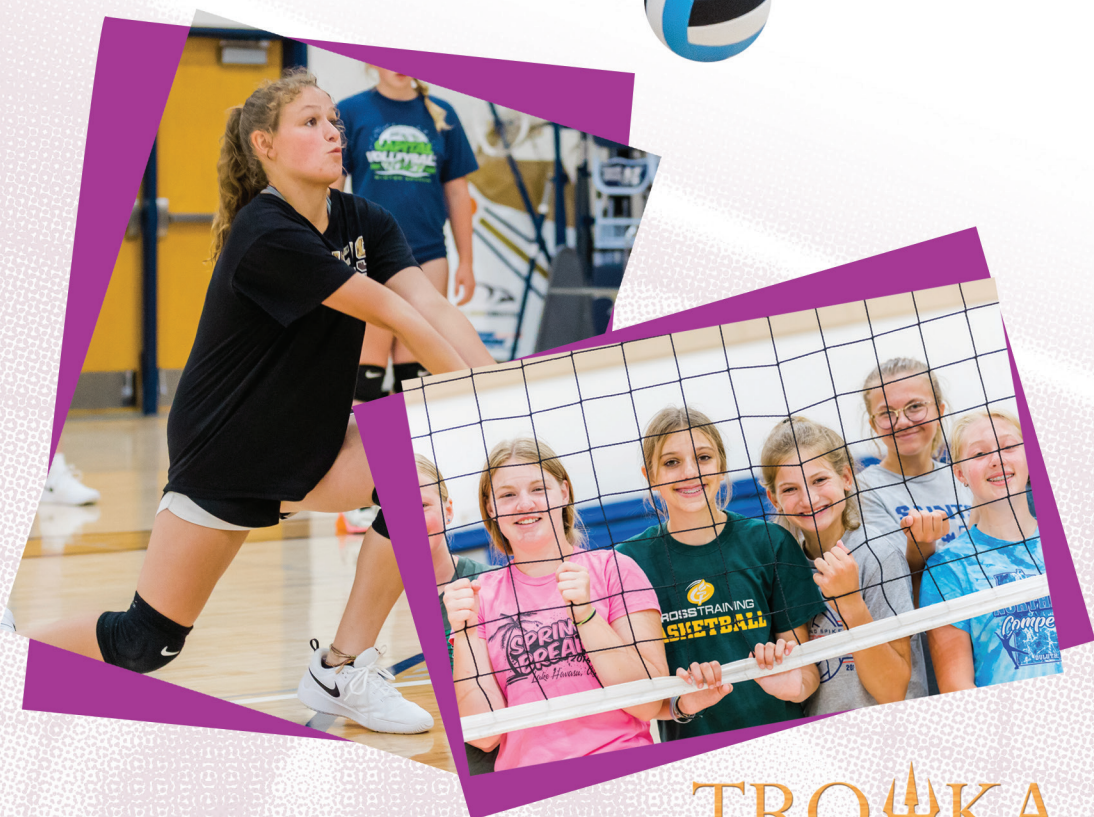
Girls entering Grades 4-7

Williston ARC

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

The Ultimate volleyball is one of our favorite volleyball offerings. 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 wristband.



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GIVING



Mini Pro Soccer

June 5-8

Entering Grades K-3 (Boys & Girls)

Shiloh Christian Miller Field – Bismarck, ND

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 of soccer. Cross Training 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, sling backpack, poster and wristband.

Rising Star Soccer

June 5-8

Entering Grades 4-6 (Boys & Girls)

Shiloh Christian Miller Field – Bismarck, ND

1:00 p.m. – 4:00 p.m.

Get ready! This session was designed for players of all levels who want to learn and improve their skills in a fun and faith-filled atmosphere. Each day 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.

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

Every camper receives:

Official Cross Training Soccer T-shirt, sling backpack, poster and wristband.





missions

2024

MISSIONS TRIP

SPORTS MISSIONS - Basketball, Volleyball & Non-Athlete Teams **July 30 - August 6, 2024** **Ensenada, Baja California, Mexico**

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 your faith. If you are ready for the challenge and searching for something like this, ask God to open your heart to the calling of becoming a Cross Training Missionary. For more information, call our office at 701-250-9964. We would be happy to walk you through the specifics. Or visit us online and download the Missions Trip Informational PDF found on the Missions page.

What's included?

Airfare • Ground Transportation • Meals - Lodging
Sports Jersey • Cross Training Travel Gear & Backpack

BOTTOM LINE INFORMATION

| | |
|--------------|---|
| Who | Boys and Girls ages 15-21 |
| What | Cross Training Missions Trip - Basketball, Volleyball and Non-Athlete teams |
| Where | Ensenada, Baja California, Mexico |
| When | July 30 - August 6, 2024 |
| Why | Provide a missions experience relevant for students to grow in their faith |

Investment \$3,100 (\$600 Deposit due with Registration)

To learn more visit crosstrainingcamp.com/missions

REGISTRATION FOR 2024 TRIP WILL OPEN SEPTEMBER 7, 2023.





BASKETBALL

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|--|---|--|
| MINI PRO I 9:00 - 11:30 a.m. | June 12-15 <i>Boys & Girls entering Grades K-3</i> | YMCA (Bismarck, ND) \$100 |
| MINI PRO II 9:00 - 11:30 a.m. | July 10-13 <i>Boys & Girls entering Grades K-3</i> | YMCA (Bismarck, ND) \$100 |
| RISING STAR I 1:00 – 4:00 p.m. | June 12-15 <i>Boys & Girls entering Grades 4-7</i> | YMCA (Bismarck, ND) \$100 |
| RISING STAR II 1:00 – 4:00 p.m. | July 10-13 <i>Boys & Girls entering Grades 4-7</i> | YMCA (Bismarck, ND) \$100 |
| SHOOTING ACADEMY 9:00 a.m. – 4:00 p.m. Lunch provided | May 30-June 2 <i>Boys & Girls entering Grades 5-9</i> | Shiloh Christian (Bismarck, ND) \$280 |
| NEXT LEVEL B-BALL 9:00 a.m. – 4:00 p.m. Lunch provided | July 24-27 <i>Boys & Girls entering Grades 5-9</i> | Shiloh Christian (Bismarck, ND) \$280 |
| OVERNIGHT EXTREME Check-in 2 p.m., July 17 Check-Out 6:00 p.m., July 20 | July 17-20 <i>Boys & Girls entering Grades 5-12</i> | Ramada Inn (Bismarck, ND) \$460 |
| WILLISTON B-BALL 9:00 – 11:30 a.m. 1:00 – 4:00 p.m. | June 6-8 <i>Boys & Girls entering Grades K-3</i> <i>Boys & Girls entering Grades 4-7</i> | Williston ARC (Williston, ND) \$95 \$95 |





VOLLEYBALL

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|--|---|--|
| WILLISTON ULTIMATE 9:00 a.m. – 11:30 a.m. | June 6-8 <i>Girls entering Grades 4-7</i> | Williston ARC (Williston, ND) \$95 |
| MINI PRO VOLLEYBALL 9:00 a.m. – 11:00 a.m. | June 26-28 <i>Girls entering Grades K-2</i> | Shiloh Christian (Bismarck, ND) \$80 |
| SPARK VOLLEYBALL 1:00 p.m. – 4:00 p.m. | June 26-29 <i>Girls entering Grades 3-4</i> | Shiloh Christian (Bismarck, ND) \$100 |
| ULTIMATE V-BALL 1:00 p.m. – 4:00 p.m. | June 19-22 <i>Girls entering Grades 5-6</i> | YMCA (Bismarck, ND) \$100 |
| NEXT LEVEL V-BALL 9:00 a.m. – 4:00 p.m. Lunch provided | July 10-13 <i>Girls entering Grades 7-10</i> | Shiloh Christian (Bismarck, ND) \$280 |
| OVERNIGHT EXTREME Check-in 2 p.m., July 17 Check-Out 6:00 p.m., July 20 | July 17-20 <i>Girls entering Grades 9-12</i> | Ramada Inn (Bismarck, ND) \$460 |

FOOTBALL

| | | |
|---|---|---|
| FIRST STEPS FOOTBALL 9:00 a.m. – 12:00 p.m. | June 19-22 <i>Boys entering Grades 2-4</i> | Shiloh Miller Field (Bismarck, ND) \$100 |
| CORE FOOTBALL 9:00 a.m. – 12:00 p.m. | June 26-29 <i>Boys entering Grades 5-7</i> | Shiloh Miller Field (Bismarck, ND) \$100 |

SOCCER

| | | |
|--|---|---|
| MINI PRO SOCCER 9:00 a.m. – 11:30 a.m. | June 5-8 <i>Boys entering Grades K-3</i> | Shiloh Miller Field (Bismarck, ND) \$100 |
| RISING STAR SOCCER 1:00 p.m. – 4:00 p.m. | June 5-8 <i>Boys entering Grades 4-6</i> | Shiloh Miller Field (Bismarck, ND) \$100 |

MISSIONS

| | | |
|----------------------|--|---------------------------------|
| MISSIONS TRIP | July 30 - August 6, 2024 <i>Boys & Girls ages 15-21</i> | Ensenada, BC, Mexico \$3,100 |
|----------------------|--|---------------------------------|



Sea Foam®



3 WAYS TO REGISTER

ONLINE

- Register online by visiting www.crosstrainingcamp.com
- Click on Register and create a new account or log in to your account.
- Add athlete(s) and find open camps within the Basketball, Football, Soccer & 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

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 \$280 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 VOLLEYBALL _____ |
| MINI PRO II BASKETBALL _____ | SPARK VOLLEYBALL _____ |
| RISING STAR I BASKETBALL _____ | ULTIMATE VOLLEYBALL _____ |
| RISING STAR II BASKETBALL _____ | NEXT LEVEL VOLLEYBALL _____ |
| NEXT LEVEL BASKETBALL _____ | FIRST STEPS FOOTBALL _____ |
| SHOOTING ACADEMY _____ | CORE FOOTBALL _____ |
| OVERNIGHT EXTREME B-BALL _____ | MINI PRO SOCCER _____ |
| OVERNIGHT EXTREME V-BALL _____ | 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 (2023-24) _____ MALE _____ FEMALE _____

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

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 2023 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 7. 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

www.crosstrainingcamp.com

701-250-9964

