

2025

BASKETBALL VOLLEYBALL
FOOTBALL SOCCER



CROSSTRAINING
CHRISTIAN CAMPS

CAMP SCHEDULE 2025



BASKETBALL

SHOOTING ACADEMY

May 27-30

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 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 long sleeve shirt, wristband, poster and Individual Player-Shot Analysis Form.

MINI PRO I BASKETBALL

June 9-12

Entering grades K-2 (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, drawstring backpack, poster and wristband.

MINI PRO II BASKETBALL

July 7-10

Entering grades K-2 (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 wristband.

RIISING STAR I BASKETBALL

June 9-12 **YMCA – Bismarck, ND**

Entering grades 3-6 (Boys & Girls)

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, drawstring backpack, poster and wristband.



RIISING STAR II BASKETBALL

July 7-10

Entering grades 3-6 (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 wristband.

THE NEXT LEVEL BASKETBALL

July 14-17

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 long sleeve shirt, poster and wristband.



OVERNIGHT EXTREME BASKETBALL

OVERNIGHT EXTREME BASKETBALL

July 21-24 *Entering grades 5-12 (Boys & Girls)*

Ramada Hotel – Bismarck, ND

Check-In: July 21 – 3:00 pm

Check-out: July 24 – 6:00 pm

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 camp session is an overnight experience with 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 four straight days!

**THIS SESSION ALWAYS SELLS OUT! SPACE IS LIMITED!
REGISTRATION DEADLINE IS JULY 4 OR WHEN SOLD OUT.**

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



MILLER
INSULATION CO., INC



STAY TUNED FOR THE BIG REVEAL OF OUR 2025 NBA GUEST AT OVERNIGHT EXTREME!

For more than two decades, Cross Training has been proud to bring the excitement of the NBA to North Dakota, offering campers the rare opportunity to meet and interact with some of their favorite players. Every year, we work tirelessly to secure an NBA superstar who will make this event even more unforgettable. And this year is no different—we're currently putting in the hard work to bring you an extraordinary guest of honor who will leave you in awe.

Over the years, we've been fortunate to host an incredible lineup of NBA talent, including Jonathan Isaac, Jalen Suggs, Cam Payne, Jamal Murray, Quinn Cook, Danny Green, Shaun Livingston, and many more. Each of these athletes has contributed something unique to the game, and we can't wait to add another unforgettable player to the list.

Stay tuned, because in April, we'll be unveiling our 2025 NBA guest, and trust us, they will not disappoint! This year's guest is guaranteed to elevate the experience to new heights, offering exclusive insights, inspiration, and unforgettable moments that will leave athletes buzzing long after camp.



Don't miss out on what promises to be another landmark event in Overnight Extreme history. Get ready to be a part of something truly special!





BASKETBALL

WILLISTON MINI PRO BASKETBALL

June 3-5

Entering Grades K-3 (Boys & Girls)

Williston ARC - Williston, 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 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:

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

WILLISTON RISING STAR BASKETBALL

June 3-5

Entering Grades 4-7 (Boys & Girls)

Williston ARC - Williston, ND

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:

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





FOOTBALL

FIRST STEPS FOOTBALL

June 16-19

Shiloh Miller Field – Bismarck, ND

*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 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, drawstring backpack, poster and wristband.

CORE FOOTBALL

June 23-26

Boys entering Grades 5-7

Shiloh Miller Field – Bismarck, ND

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,
drawstring backpack, poster and
wristband.*





VOLLEYBALL

MINI PRO VOLLEYBALL

June 23-25

Girls entering Grades K-2

Shiloh Christian - Bismarck, ND

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

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, drawstring backpack, poster and wristband.

SPARK VOLLEYBALL

June 23-26

Girls entering Grades 3-4

Shiloh Christian - Bismarck, ND

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

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, drawstring backpack, poster and wristband.



ULTIMATE VOLLEYBALL

June 16-19

Girls entering Grades 5-6

YMCA - Bismarck, ND

1:00 p.m. - 4:00 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. Ultimate Volleyball 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, drawstring backpack, poster and wristband.



NEXT LEVEL VOLLEYBALL

July 28-31

Girls entering Grades 7-10

Shiloh Christian - Bismarck, ND

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 80 players.

Every camper receives:

Official Cross Training Volleyball long sleeve shirt, poster and wristband.

WILLISTON ULTIMATE VOLLEYBALL

June 3-5

Girls entering Grades 4-7

Williston ARC - Williston, ND

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

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 you 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:

Official Cross Training Volleyball T-shirt, drawstring backpack, poster and wristband.



SOCCER

MINI PRO SOCCER

June 2-5

Entering Grades K-2 (Boys & Girls)

Shiloh 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!

All athletes are required to wear shin guards. Soccer cleats are preferred but not required.

Every camper receives:

Official Cross Training Soccer T-shirt, water bottle, poster and wristband.

RISING STAR SOCCER

June 2-5

Entering Grades 3-6 (Boys & Girls)

Shiloh 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.

All athletes are required to wear shin guards and soccer cleats.

Every camper receives:

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



Sea Foam



MISSIONS TRIP 2026

SPORTS MISSIONS

Basketball, Volleyball & Leadership Teams

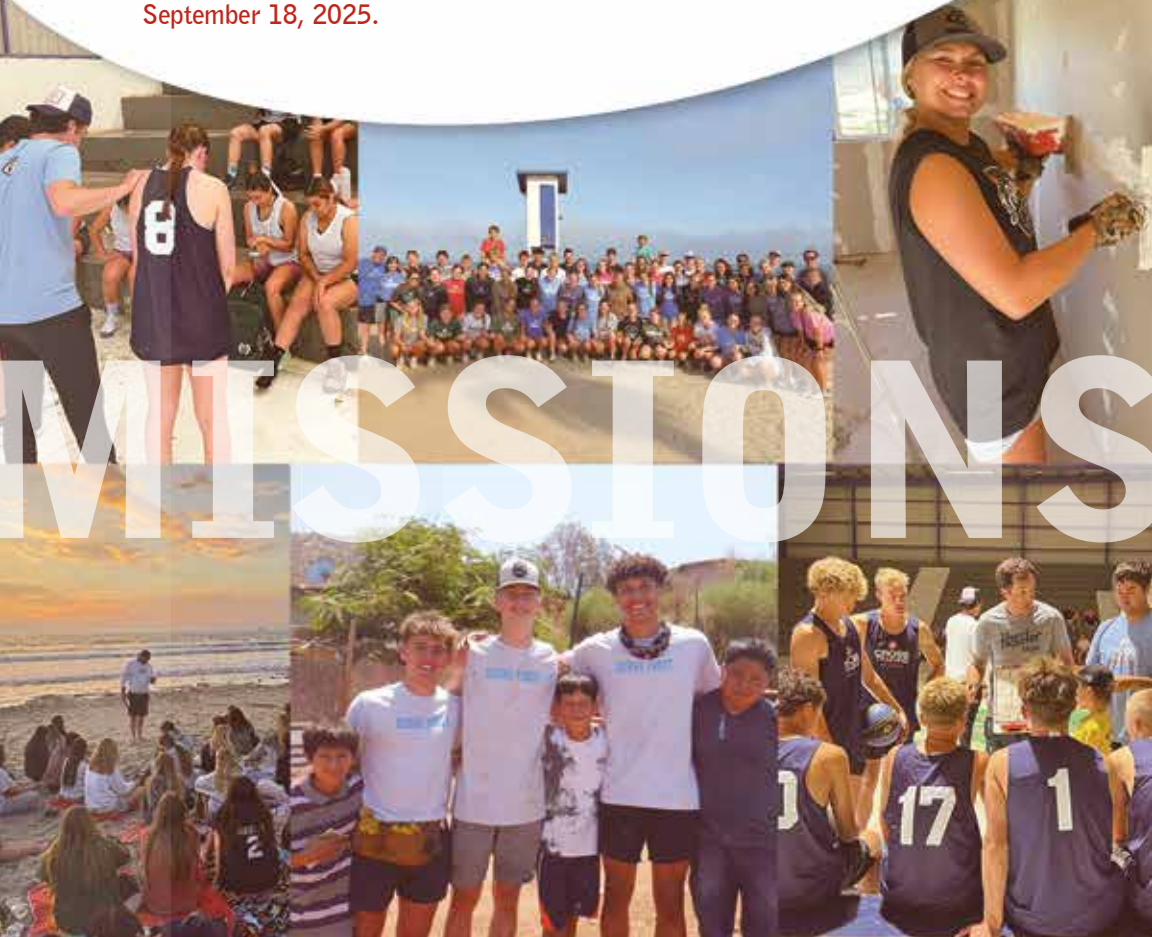
Boys & Girls ages 15-21

(must have completed freshman year of HS before trip)

July 29 - August 5, 2026

Ensenada, Baja California, Mexico

For the young person who wants to step out of their comfort zone and experience a life-changing week, this is the perfect opportunity to exercise your faith. **Registration for this trip will not open until September 18, 2025.**



MISSIONS



SCHEDULE

BASKETBALL

MINI PRO I

9:00 - 11:30 a.m.

June 9-12

Boys & Girls entering Grades K-2

YMCA (Bismarck, ND)

\$100

MINI PRO II

9:00 - 11:30 a.m.

July 7-10

Boys & Girls entering Grades K-2

YMCA (Bismarck, ND)

\$100

RISING STAR I

1:00 - 4:00 p.m.

June 9-12

Boys & Girls entering Grades 3-6

YMCA (Bismarck, ND)

\$100

RISING STAR II

1:00 - 4:00 p.m.

July 7-10

Boys & Girls entering Grades 3-6

YMCA (Bismarck, ND)

\$100

SHOOTING ACADEMY

9:00 a.m. - 4:00 p.m.

Lunch provided

May 27-30

Boys & Girls entering Grades 5-9

Shiloh Christian (Bismarck, ND)

\$285

NEXT LEVEL

9:00 a.m. - 4:00 p.m.

Lunch provided

July 14-17

Boys & Girls entering Grades 5-9

Shiloh Christian (Bismarck, ND)

\$285

OVERNIGHT EXTREME

Check-In 3:00 p.m., July 21

Check-Out 6:00 p.m., July 25

July 21-24

Boys & Girls entering Grades 5-12

Ramada Inn (Bismarck, ND)

\$465

WILLISTON

9:00 - 11:30 a.m.

1:00 - 4:00 p.m.

June 3-5

Boys & Girls entering Grades K-3

Boys & Girls entering Grades 4-7

Williston ARC (Williston, ND)

\$100

\$100



VOLLEYBALL

WILLISTON ULTIMATE 9:00 a.m. – 11:30 a.m.	June 3-5 Girls entering Grades 4-7	Williston ARC (Williston, ND) \$100
MINI PRO 9:00 a.m. – 11:30 a.m.	June 23-25 Girls entering Grades K-2	Shiloh Christian (Bismarck, ND) \$85
SPARK 1:00 p.m. – 4:00 p.m.	June 23-26 Girls entering Grades 3-4	Shiloh Christian (Bismarck, ND) \$100
ULTIMATE 1:00 p.m. – 4:00 p.m.	June 16-19 Girls entering Grades 5-6	YMCA (Bismarck, ND) \$100
NEXT LEVEL 9:00 a.m. – 4:00 p.m. Lunch provided	July 28-31 Girls entering Grades 7-10	Shiloh Christian (Bismarck, ND) \$285

FOOTBALL

FIRST STEPS 9:00 a.m. – 12:00 p.m.	June 16-19 Boys entering Grades 2-4	Shiloh Miller Field (Bismarck, ND) \$100
CORE 9:00 a.m. – 12:00 p.m.	June 23-26 Boys entering Grades 5-7	Shiloh Miller Field (Bismarck, ND) \$100

SOCCER

MINI PRO 9:00 a.m. – 11:30 a.m.	June 2-5 Boys entering Grades K-2	Shiloh Miller Field (Bismarck, ND) \$100
RISING STAR 1:00 p.m. – 4:00 p.m.	June 2-5 Boys entering Grades 3-6	Shiloh Miller Field (Bismarck, ND) \$100

MISSIONS

MISSIONS TRIP	July 29 - August 5, 2026 Boys & Girls ages 15-21 (Registration opens September 18, 2025)	Ensenada, BC, Mexico \$3,200
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CROSSTRAINING
CHRISTIAN CAMPS



REGISTRATION

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 \$285 and over will be refunded registration fee minus \$100 administrative fee.

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



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

- | | |
|--|---|
| <input type="checkbox"/> MINI PRO I BASKETBALL | <input type="checkbox"/> ULTIMATE VOLLEYBALL |
| <input type="checkbox"/> MINI PRO II BASKETBALL | <input type="checkbox"/> NEXT LEVEL VOLLEYBALL |
| <input type="checkbox"/> RISING STAR I BASKETBALL | <input type="checkbox"/> FIRST STEPS FOOTBALL |
| <input type="checkbox"/> RISING STAR II BASKETBALL | <input type="checkbox"/> CORE FOOTBALL |
| <input type="checkbox"/> NEXT LEVEL BASKETBALL | <input type="checkbox"/> MINI PRO SOCCER |
| <input type="checkbox"/> SHOOTING ACADEMY | <input type="checkbox"/> RISING STAR SOCCER |
| <input type="checkbox"/> OVERNIGHT EXTREME B-BALL | <input type="checkbox"/> WILLISTON MINI PRO B-BALL |
| <input type="checkbox"/> MINI PRO VOLLEYBALL | <input type="checkbox"/> WILLISTON RISING STAR B-BALL |
| <input type="checkbox"/> SPARK VOLLEYBALL | <input type="checkbox"/> WILLISTON ULTIMATE V-BALL |

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 (2025-26) _____ **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 2025 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 4. 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**  

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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