



## *MEDIA RELEASE*

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*FOR IMMEDIATE RELEASE*

### **St. Mary Catholic High School to Offer Summer Sports Camps**

*Neenah, WI:* St. Mary Catholic High School is offering an array of summer sports camps, and online registration is now open at **[smcatholicschools.org](http://smcatholicschools.org)**. The camps being offered are:

#### Boys and Girls

Cross Country: Tuesday/Thursday June 7-July 28

Soccer: June 6-9

Tennis: June 13-17

#### Boys

Basketball: June 6-9

Football: July 19 & 21

#### Girls

Basketball: June 24, July 1 & 15 for grades 3-6; June 22 & 29, July 13 for girls entering grades 7-9

Softball: June 13-16

Volleyball: July 19-21

The SMCHS camps are led by the high school teams' coaches, with enthusiastic and skilled members of the SMCHS sports teams acting as assistants. Designed to build skills and teamwork, these camps also focus on fun!

In addition, a STEPS (Summer Training for Endurance, Power Strength and Speed) class will be offered that combines using free weights with plyometrics, conditioning and agility work to maximize a student's abilities and prepare him or her for the upcoming season. All participants will be taught proper form and technique, and will be fully supervised during the entire workout. Open to all students entering grades 6-12, this class runs Monday-Thursday, June 8-July 30. When taken for two full summers, this class results in ½ credit, the equivalent of one semester of physical education at St. Mary Catholic High School.

The camps are offered at various time between June 8 and July 30, with the week of June 29-July 3 off. **Check the website at [smcatholicschools.org](http://smcatholicschools.org) for specific details and for a link to the convenient online sign up.**

The Green Bay Packer Football Camp will also be offered on the school's campus from July 25-29. Visit their website [prosportsexperience.com/green-bay-packers-youth-football-camps/](http://prosportsexperience.com/green-bay-packers-youth-football-camps/) for details.

**St. Mary Catholic High School (SMCHS)** a regional high school, is part of [St. Mary Catholic Schools \(SMCS\)](#). The system also includes St. Mary Elementary Schools (St. Margaret Mary and St. Gabriel in Neenah, and St. Mary in Menasha), as well as St. St. Mary Catholic Middle School in Neenah. SMCHS is dedicated to the individual development of each student by providing an education focused on faith, academics and service.

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