Day Camps

FRA offers flexibility and numerous choices that will provide your child with an exceptional summer camp experience. If your child chooses to participate in an enrichment or sport they may complete the day with either morning or afternoon day camp sessions. **Day Camps are offered from June 7-July 30.**

**Kindy Camp offerings are listed under the Arts and Enrichments for each week. There is no Kindy Camp offered the week of July 6 - 9.

Kindy Mini-Camp
Students entering Kindergarten at FRA
Instructors: TBA
Location: LS Kindergarten Commons Area Time: 11:30 a.m. - 3:00 p.m.
Cost: $35 per week (Includes lunch and a camp t-shirt)
Let your child continue getting acquainted with FRA Kindergarten. Campers will experience lunch, nap and a planned group activity each afternoon.

Lower, Middle and Upper Camp weekly themes:

Week Two: Iron Chef FRA	Week Six: Born in the USA
Week Three: Camp FRA's got Talent	Week Seven: Survivor
Week Four: Game Show Week	Week Eight: Urban Adventures
Week Five: Lend A Hand	Week Nine: Best of the Best

Lower Camp - 1st and 2nd Grade Boys and Girls
Middle Camp – 3rd and 4th Grade Boys and Girls
Upper Camp – 5th, 6th and 7th Grade Boys and Girls
Instructors: TBA
Location: Lower School Time: 9:00 a.m. - 11:30 a.m.
11:30 a.m. - 3:00 p.m.
Cost: $87.50 per session (Includes lunch and a camp t-shirt)
We invite all FRA and non-FRA students to join us for a summer full of friends, fun and field trips.
Mornings begin with devotions, songs, and group activities. Each afternoon campers will rotate among various activities such as drama, sports, science/nature, art, etc. Every group will take part in either an in-house or off campus field trip each week. Swimming will take place at the Jewish Community Center from 9:45-10:45 a.m. on Tuesday and Thursday for Lower Camp and Monday and Wednesday for Middle and Upper Camp.
****Due to registration process you must check both morning and afternoon sessions of day camp to register for the full day. Afternoon sessions will be a continuation of the morning session.**

Extended Hours

Before Camp
Location: Lower School Time: 7:00 a.m. – 9:00 a.m.
Cost: $25 per week

After Camp
Location: Lower School Time: 3:00 p.m. – 6:00 p.m.
Cost: $40 per week

Week One: June 1 – 4

Arts and Enrichments

None

Sports

Girls Basketball
6th - 8th Graders

Staff:	Chris Hart, FRA Varsity Girls Basketball Coach FRA Assistant Coaches and Players	
Location:	Middle School Gym	Time: 8:00 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Shorts, t-shirt, and basketball shoes. Bring snack money.	

Defense and shooting, individual and team fundamentals, free throws, ball handling, passing, and team competition will be taught. There will be special games and contests, and awards and prizes. Guest speakers are a part of this camp.

Boys Basketball
6th - 8th Graders

Staff:	John Pierce, FRA Head Varsity Boys Basketball Coach FRA Assistant Coaches and Players	
Location:	Upper School Gym	Time: 8:00 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Shorts, t-shirt, and basketball shoes. Bring snack money.	

Defense and shooting, individual and team fundamentals, free throws, ball handling, passing, and team competition will be taught. There will be special games, contests, awards and prizes. Guest speakers are a part of this camp.

Girls Basketball
2nd - 5th Graders

Staff:	Chris Hart, FRA Varsity Girls Basketball Coach FRA Assistant Coaches and Players	
Location:	Middle School Gym	Time: 12:00 p.m. - 3:30 p.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Shorts, t-shirt, and basketball shoes. Bring snack money.	

Defense and shooting, individual and team fundamentals, free throws, ball handling, passing, and team competition will be taught. There will be special games and contests, and awards and prizes. Guest speakers are a part of this camp.

Boys Basketball
2nd - 5th Graders

Staff:	John Pierce, FRA Head Varsity Boys Basketball Coach FRA Assistant Coaches and Players	
Location:	Upper School Gym	Time: 12:00 p.m. - 3:30 p.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Shorts, t-shirt, and basketball shoes. Bring snack money.	

Defense and shooting, individual and team fundamentals, free throws, ball handling, passing, and team competition will be taught. There will be special games, contests, awards and prizes. Guest speakers are a part of this camp.

Strength and Conditioning
5th - 8th Graders
Staff: Mark Sutton, FRA Strength and Conditioning Coach
Location: Weight Room Time: 12:00 p.m. - 3:30 p.m.
Cost: $125 (Includes camp t-shirt)
Equipment: T-shirt, shorts, socks, and workout shoes. Bring snack money.
Designed to build a strong foundation in strength and conditioning. Campers will be taught strength, speed, flexibility and conditioning fundamentals that will be needed during their high school careers.

Lineman Camp
5th - 8th Graders
Staff: Lebron Ferguson and Tim Moore, FRA Football Staff
FRA Football Staff and Players
Location: FRA Stadium Time: 3:45 p.m. - 6:00 p.m.
Cost: $100 (Includes camp t-shirt and various prizes)
Equipment: T-shirt, socks, cleats and tennis shoes for rainy days. Bring snack money.
Camp includes skills and techniques for offensive and defensive line play. Skill drills and competitions will be part of the camp.

Air Raid Camp (QB/Receiver)
5th - 8th Graders
Staff: Bill Whittemore and David Neblett, FRA Football Staff
FRA Football Staff and Players
Location: FRA Stadium Time: 3:45 p.m. - 6:00 p.m.
Cost: $100 (Includes camp t-shirt and various prizes)
Equipment: T-shirt, socks, cleats and tennis shoes for rainy days. Bring snack money.
Camp consists of fundamentals at the quarterback/receiver position. Skills will be taught to improve proper mechanics in footwork and ball handling along with the "Do's and Don'ts for Success" at each position. Leadership, competition and teamwork will be a part of this camp.

Football Kicking Camp *Saturday June 5th Only
5th - 12th Grade Students
Staff: Charlie West, Kicking Specialist, Current Division I and Professional Kickers
Location: FRA Stadium Time: 9:00 a.m. - 11:30 a.m. (5th-8th)
1:00 p.m. - 3:30 p.m. (9th-12th)
Cost: $50 (Includes camp t-shirt)
Equipment: Cleats, K.O. tee, kicking block, placement holder, water bottle.
Campers will be taught kicking fundamentals such as punting, kick-offs, long-snapping, placement holding, extra point and field goal. For more information call Charlie West: 330-7002.

All Summer Camp

Private Piano Lessons
Kindergarten - 12th Graders
Instructor: Kay Bond, FRA Faculty
Dates: June 7 - July 19 Time: Mondays only at FRA
(Call Kay Bond, 352-4205, to schedule lessons.)
Cost: $140 for seven weeks of 30-minute private lessons
Kay Bond personalizes lessons to meet the needs of individual students, and teaches both theory and piano technique. By the end of seven sessions, students will be playing several pieces on the piano and understand the mechanics of how music is put together. No music experience required.

Week Two: June 7 – 11

Arts and Enrichments

Kindy Camp - Ready, Set, Kindergarten
Students entering Kindergarten at FRA

Instructor:	Allison Self, FRA Kindergarten Teacher	
Location:	LS Kindergarten Commons Area	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

"Calling all excited new kindergarteners!" Do you know how many slides are on our playground? What about swings? And how many door and windows does our kindergarten have? Come learn these answers and more as you jump into your new world of kindergarten! We will spend the week being creative and crafty while also familiarizing ourselves with your new school.

A Very Special Doll Camp
1st - 3rd Graders

Instructor:	Diane Perry, FRA Faculty	
Location:	Room 101 Lower School	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Don't miss the "American Girl" doll experience. Campers take a doll a day and learn about the time in which she lived. They will do lots of the activities from her era including crafts, cooking, daily activities and more. The grand finale is an "American Girl" doll celebration! (Campers do not have to have their own "American Girl" doll to participate. Mrs. Perry has lots of extras to share for the week.)

Mixed Media Book Art Camp
4th – 8th Graders

Instructor:	Cindy Thorton, FRA Faculty	
Location:	Room 256 Middle School	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Campers will pick a theme and create an accordion style 3-D book art. This colorful and fun activity allows students to experiment with color through a variety of media such as water color, markers, and gel pens. Campers will also select and glue down other items such as photos, drawings, yarn, etc. to help embellish their theme.

Bon Appetit
Kindergarten - 2nd Graders

Instructor:	Dawn Drugeot, FRA Faculty and former culinary instructor	
Location:	Middle School Smith Atrium	Time: 12:30 p.m. - 3:00 p.m.
Cost:	$140	

An introduction to different ethnic foods around the world, campers will learn international customs and traditions and prepare different types of food. We will tour Italy and make an awesome pizza, visit Mexico and make quesadillas and various dips. We will stop in France and learn how to make chocolate truffles. Japan will be visited and we will become candy sushi masters! We will end the week with a tea party for the parents.

Customize It! Fashion Camp
3rd - 6th Graders

Instructor:	Nina Dobbs, FRA Faculty	
Location:	Lower School Computer Lab	Time: 12:30 p.m. - 3:00 p.m.
Cost:	$140	

Do you enjoy designing your own clothes and accessories? Are you crafty? Then maybe this is the camps for you. Try your hand at customizing t-shirts and hats, tie-dye, sewing and more. If you have an old pair of jeans, bring them along and turn them into a purse or maybe even an apron. At this camp you will make new friends and take home some one-of-a-kind creations. Hope to see you there!

Portrait Drawing/Drawing on the Right Side of the Brain
4th - 8th Graders

Instructor:	David Tucker, FRA Faculty	
Location:	Art Room 257 Middle School	Time: 12:30 p.m. - 3:00 p.m.
Cost:	$140	

The emphasis will be on a self portrait along with expressive and composite self portrait. Students will learn to unlock the creative right side of the brain by certain techniques and skills covered in class.

Adult Camp

Adult Clay

Instructor:	David Tucker, FRA Faculty	
Location:	Room 257 Middle School*	Time: 6:00 p.m. - 9:00 p.m.
Cost:	$140	

Parents, alumni, and all adults interested in exploring the limitless possibilities of clay will love this class. We will cover the basics of pinch, coil, slab, wheel throwing, how to pull handles, make lids, raku firing, making molds, different clay bodies and glaze application. These are just some of the topics planned for this study of clay.
(Additional time will be dedicated to glazing and picking-up work.)
* Please meet David Tucker in front of the Middle School at 6:00 p.m.

Sports

Softball
4th - 8th Graders

Staff:	Jack Nunnally, FRA Head Varsity Softball Coach Staff: Kris Climer, FRA Assistant Head Softball Coach Several current and past players as well as guest appearances by former FRA players who now play in college.	
Location:	Softball Field	Time: 8:30 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Glove, bat, cleats, hat, and tennis shoes for rainy days. Bring a water bottle.	

Focus is on the fundamentals of softball. Special emphasis will be placed on throwing, fielding, hitting, and base running. Instruction will be offered on position play, and the basics of pitching and catching will be included. This camp will be suitable for every talent level.

Pitching and Catching
6th - 8th Graders

Staff:	Jerry Williams, FRA Assistant Baseball Coach	
Location:	FRA Crockett Baseball Field	Time: 8:30 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Cleats, glove, hat, and tennis shoes for rainy days. Bring snack money.	

Individual instruction will be offered for pitchers and catchers which will improve practice and game performances. This is a must camp for anyone making the transition from Little League to high school baseball.

Week Three: June 14 - 18

Arts and Enrichments

Kindy Camp - Kindergarten Readiness
Students entering Kindergarten at FRA

Instructor:	Allison Self, FRA Kindergarten Teacher	
Location:	LS Kindergarten Commons Area	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

This class will be held in a kindergarten classroom so that the students will become familiar with their new surroundings. We will brush-up on alphabet and number skills, have fun with theme-related activities, music, indoor and outdoor games, and more!

Children's Art Camp
1st - 2nd Graders

Instructors:	Laurie Nelson and Ashley Wade, FRA Faculty	
Location:	Room G04 Lower School	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Let your creative juices flow while we work with different mediums such as paint, clay, paper mache and pastels. Campers will have fun galore making wonderful projects to take home. *Please bring a snack.

Bon Appetit
3rd - 5th Graders

Instructor:	Dawn Drugeot, FRA Faculty and former culinary instructor	
Location:	Middle School Smith Atrium	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

This class will focus on details of cooking skills and methods. Importance will be placed on kitchen etiquette, food presentation and gift making. Some of the themes included are: chocolate making and confectionaries, the art of sushi and Mediterranean, Mexican and French cuisine!

Computer Camp
2nd - 4th Graders

Instructors:	Bettie Parsons Barger, Technology and Steven Compton, Director of Technology	
Locations:	Lower School Computer Lab	Time: 12:30 p.m. - 3:00 p.m.
Cost:	$140	

Join us for an exciting week of computer graphics, videos, photos, and games. Students will learn how to include digital resources in digital presentations. Learn computer skills while having fun. Equipment will be provided including scanners, video devices, digital cameras, and computers. Camp is limited to the first 20 students.

Physics is Phun!
5th - 8th Graders

Instructor:	Joe Meko, FRA Faculty	
Location:	Room Math and Science Hall 202	Time: 12:30 p.m. - 3:00 p.m.
Cost:	$140	

In this hands-on course, students explore the basic principles of motion and force, waves and sound, light and optics, and electricity and magnetism as they investigate various events. Students also construct working models to help them understand how these concepts apply to their world.

Sports

Soccer
1st - 4th Grade Boys and Girls

Staff:	Ken McDonald, FRA Varsity Soccer Coach FRA Assistant Coaches, FRA Varsity Boys and Girls Soccer Players	
Location:	FRA Stadium	Time: 8:30 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Soccer ball with camper's name, t-shirt, shorts, socks, shin guards, cleats, water bottle and tennis shoes in case of rain. Bring a snack.	

Campers will train in the fundamental techniques of soccer: dribbling, passing and receiving, shooting, and goalkeeping. The camp includes training at all positions through drills, fun games, and scrimmages

Baseball
5th - 8th Graders (limit first 30)

Staff:	George Weicker, FRA Head Varsity Baseball Coach, Jerry Williams, FRA Assistant Baseball Coach, and Varsity Players	
Location:	FRA Crockett Baseball Field	Time: 8:30 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Glove, bat, cleats, hat, tennis shoes for rainy days. Bring snack money.	

Campers will learn the fundamentals of throwing and fielding, hitting, pitching and catching mechanics, pitching grips, turning double plays, hitting, and bunting techniques, infield/outfield play, defensive positions, and the art of base running.

Wrestling I
K - 4th Graders

Staff:	Marc Taylor, FRA Head Varsity Wrestling Coach	
Location:	Freeman Wrestling Room	Time: 12:30 p.m. - 3:30 p.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	T-shirt, shorts, and wrestling shoes. Bring snack money.	

Proper wrestling technique will emphasize safety. Campers will learn takedowns, games, reversals, weight appropriate pinning, and match competition.

Middle School Soccer
5th - 8th Grade Boys and Girls

Staff:	Ken McDonald, FRA Varsity Soccer Coach FRA Assistant Coaches, College player, FRA Boys and Girls Varsity Players	
Location:	FRA Stadium	Time: 12:30 p.m. - 3:30 p.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Soccer ball with camper's name, t-shirt, shorts, socks, shin guards, cleats, indoor shoes, and water bottle.	

This camp is designed to provide a challenging experience for the middle school age player. Campers will train to improve the fundamental techniques of soccer through drills, fun games, and scrimmages. Campers will be divided into boys and girls divisions.

Week Four: June 21 – 25

Arts and Enrichments

Kindy Camp – Farm Week
Students entering Kindergarten at FRA

Instructor:	Laurie Nelson, FRA Faculty	
Location:	LS Kindergarten Commons Area	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Spend the week down on the farm! We will learn about farm life and animals, read stories about the farm, play games, sing some songs, and create some great art projects. So dust off those jeans and get ready for a rip roaring time!

Welcome to 1st Grade
1st Graders

Instructor:	Diane Perry, FRA Faculty	
Location:	Room 101 Lower School	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Ease the transition from Kindergarten to 1st Grade and know just what to expect when you arrive next fall. We will go through a variety of activities including devotional time, math, phonics, reading, spelling lists, center time, snack time, and recess. Parents receive "helpful hints" to work on during the summer.

Woodcraft Workshop I
1st- 5th Graders

Instructor:	Bill Zepeda, FRA Faculty	
Location:	Fine Arts Amphitheater	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

This camp offers a hands-on experience for kids who enjoy woodworking! Campers will have the opportunity to assemble and paint/stain "kid-friendly" wood projects (examples: squirrel feeder, bird house, DVD holder, etc.). Students will learn shop safety and the use of basic hand tools (no power tools). All campers will leave with creations that they are proud to display and say that they made it themselves!

Sweet Shop
2nd - 3rd Graders

Instructor:	Genevieve McKinney, FRA Faculty	
Location:	LS Kindergarten Commons Area	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Do you have a sweet tooth? Join us in the Sweet Shop and find out how to make your favorite treats.

Paint Your Pet
6th - 12th Graders

Instructor:	Cindy Thorton, FRA Faculty	
Location:	Room 256 Middle School	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Do you have a pet you just adore? What about capturing their likeness in a painting? Campers will be instructed on how to draw/paint the likeness of their pet on canvas. Campers will also learn proper drawing techniques to draw their pet as well as how to use acrylic paint.

Princess Life
PreK - 3rd Graders

Instructors:	Genevieve McKinney, FRA Faculty	
Location:	Lower School Foreign Language Room	Time: 12:30 p.m. - 3:00 p.m.
Cost:	$140	

Campers will make pretty princess crafts that every girl needs, listen to princess stories, and end the week with a princess party.

Scrapbooking
3rd - 7th Graders
Instructor: Jenni Childers, FRA Faculty and Creative Memories Consultant
Location: Room 109 Lower School Time: 12:30 p.m. - 3:00 p.m.
Cost: $140
For children who enjoy scrapbooking or would like to learn how to scrapbook, campers learn to crop, mount, enhance and journal using photo safe products. Students should bring their special photographs and will leave with a treasured keepsake album.

Sports
None

Week Five: June 28 – July 2
Arts and Enrichments
Kindy Camp – Things that Grow
Students entering Kindergarten at FRA
Instructor: Katie Alford, Former FRA Kindergarten Teacher
Location: LS Kindergarten Commons Area Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
Attention future botanists: Come and join the excitement of Kindy Camp as we explore the world of plants. We will study the parts of seeds and plants, as well as beginning to grow a few of our own! We will also have snacks to complement our studies. Don't miss out on the fun of studying flowers, trees, fruits and veggies!

Children's Art Camp
Kindergarten
Instructors: Laurie Nelson and Ashley Wade, FRA Faculty
Location: Room G04 Lower School Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
Let your creative juices flow while we work with different mediums such as paint, clay, paper mache and pastels. Campers will have fun galore making wonderful projects to take home. *Please bring a snack.

4th Grade Readiness
4th Graders
Instructors: Mary Beaty and Jenni Childers, FRA Faculty
Location: Room 106 Lower School Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
This camp will focus on study skills, summer reading, and mathematics. Study skills topics include organization, following directions, note taking and time management. Math will cover fractions, geometry, long division, and word problems. Campers will work on summer reading including finding books on the appropriate reading level and identifying setting, characters and main idea in order to prepare them for novel study.

Robotics and Other Fun Science
4th - 6th Graders
Instructor: Cynthia Palmer, FRA Faculty
Location: Room 116 Middle School Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
Come build a robot and learn all the possibilities of programming it. This camp will also include other fun hands-on activities.

Clay for Younger Artists
3rd - 7th Graders
Instructors: David Tucker, FRA Faculty
Location: Art Room 257 Middle School Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
Clay skills will be tailored to the age and abilities of the campers. Pinch, slab, coil construction and the potter's wheel will be part of class. Several projects will be glazed and fired. **(July 12th will be dedicated to glazing and on July 15th campers will pick-up work from 2:00 – 4:00p.m.)**

Sports
All Sports
Kindergarten - 6th Graders
Staff: Scott Oatsvall, FRA Coach
Location: Middle School Gym Time: 12:30 p.m. - 3:30 p.m.
Cost: $125 (Includes camp t-shirt)
Equipment: Drinks will be available. You may bring a snack.
This camp is designed to be a fun and encouraging camp. We will play traditional sports such as basketball, baseball, indoor soccer, volleyball, kickball and more. We will also play untraditional sports such as noodle hockey, volleyball gotcha, lion king, and shrek.

Week Six: July 6 – July 9
Arts and Enrichments
None

Sports
All Sports
Kindergarten - 6th Graders
Staff: Scott Oatsvall, FRA Coach
Location: Middle School Gym Time: 8:00 a.m. - 11:30 a.m.
Cost: $125 (Includes camp t-shirt)
Equipment: Drinks will be available. You may bring a snack.
This camp is designed to be a fun and encouraging camp. We will play traditional sports such as basketball, baseball, indoor soccer, volleyball, kickball and more. We will also play untraditional sports such as noodle hockey, volleyball gotcha, lion king, and shrek.

Week Seven: July 12 – 16
Arts and Enrichments
Kindy Camp – Safari Camp
Students entering Kindergarten at FRA
Instructor: Laurie Nelson, FRA Faculty
Location: LS Kindergarten Commons Area Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
Lions and tigers and more, oh my! We will be setting off on a fun safari adventure. Spend the week learning about wild animals, playing games, reading stories about animals you would see on a safari, and making some cool crafts and animal artwork. Get ready for a wild ride!

Camp Hawaii
1st - 4th Graders
Instructor: Amy Beth Jones, FRA Faculty
Location: Lower School Music Room Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
Discover the Islands of Hawaii. What music! What tradition! What parties! Come learn about beautiful Hawaii. Learn to hula and surf. Discover the amazing sea life from native turtles to whales that visit during winter. We'll wrap up the week with a big Luau. If you've ever wanted to go to Hawaii, this is the camp for you. ALOHA!

Give Me Space!
3rd – 4th Graders
Instructors: Lori Harris, FRA Substitute/Master Candidate in Education at Lipscomb University
Location: Room 120 Middle School/Smith Atrium Time: 12:30 p.m. - 3:00 p.m.
Cost: $140
Interested in space? Join us as we investigate microgravity, the solar system, principles of flight, and the history and future of NASA space travel. We'll discover how science, math and technology all have a place in space. We'll have fun hands-on activities and even design, build, and launch rockets. We'll have a blast!

Sports

Advanced Baseball
1st – 4th Graders (Limit first 30)
Staff: George Weicker, FRA Head Baseball Coach
Current and Former FRA Varsity Players
Location: FRA Crockett Field Time: 8:30 a.m. - 11:30 p.m.
Cost: $125 (Includes camp t-shirt)
Equipment: Glove, bat, cleats, hat, tennis shoes for rainy day. Bring snack money.
This camp is for kids who have played organized baseball on a team, and have mastered basic baseball skills. This camp will focus on improving fundamental skills in the areas of throwing, catching, hitting and fielding. Bunting, infield/outfield defensive positioning and base running will be included. Players will participate in intra-squad scrimmages.

Football
4th - 8th Graders
Staff: David Pack, FRA Varsity Football Coach
FRA Football Staff and Players
Location: FRA Football Stadium Time: 8:30 a.m. - 11:30 a.m.
Cost: $125 (Includes camp t-shirt and various prizes)
Equipment: T-shirt, socks, cleats and tennis shoes for rainy days. Bring snack money.
Camp includes fundamentals at all positions: quarterbacks, running backs, receivers, linemen, linebackers, defensive backs. Skill drills and competitions will be part of the camp. The last day of camp will be devoted to special activities.

Beginning Baseball
Kindergarten - 3rd Graders (Limit first 30)
Staff: George Weicker, FRA Head Baseball Coach
Current and Former FRA Varsity Players
Location: FRA Crockett Field Time: 12:30 p.m. **- 3:00 p.m.**
Cost: $125 (Includes camp t-shirt)
Equipment: Glove, hat, cleats or tennis shoes. Bring snack money and a water bottle.
This camp is for kids who have limited or no exposure to the game of baseball and need to practice basic skills. Campers will learn the fundamentals of throwing and catching, hitting and base running, fielding ground balls and fly balls. Campers will be taught the team concept of baseball.

Bowling Camp
5th - 8th Graders

Staff:	Joe Meko, FRA Head Bowling Coach	
Location:	Will receive instructions at registration	Time: 12:30 p.m. - 3:30 p.m.
Cost:	$145 (Includes camp t-shirt)	
Equipment:	Bowlers must wear socks at the bowling alley. Bring snack money.	

Campers will HAVE FUN, (the first rule of bowling), as they learn the sport's fundamentals, working primarily on approach, delivery, and technique. Campers will also learn how to score a game and strategies for picking up different pin combinations.

Week Eight: July 19 – 23

Arts and Enrichments

Kindy Camp – Fun in the Sun
Students entering Kindergarten at FRA

Instructor:	Katie Alford, Former FRA Kindergarten Teacher	
Location:	LS Kindergarten Commons Area	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

Is summer your favorite time of year? Do you love playing under blue skies and sunshine? Do you dream of visiting fun tropical beaches? Soak in the sunshine with us at Kindy Camp as we play fun games and make crafts that are inspired by summer fun. Catch a wave with us as we "travel" to sandy beaches and worlds of water this summer.

Musical Theater
1st - 4th Graders

Instructor:	Amy Beth Jones, FRA Faculty	
Location:	Middle School Theater	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

We will act, sing, and dance from several award-winning musicals. Come let the star within you shine! There will be a performance for parents at the end of the week.

Woodcraft Workshop II
1st - 5th Graders

Instructor:	Bill Zepeda, FRA Faculty	
Location:	Fine Arts Amphitheater	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

This camp offers a hands-on experience for kids who enjoy woodworking! Campers will have the opportunity to construct, assemble and paint/stain intermediate "kid-friendly" wood projects (examples: step-stool, garden planter, treasure box, etc.) Campers will practice shop safety and the use of basic hand tools (no power tools). All campers will leave with creations that they are proud to display and say that they made it themselves!

3rd Grade Readiness
3rd Graders

Instructor:	Leigh Wylie, FRA Faculty	
Location:	Room 204 Lower School	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

What will third grade be like? Our camp will help ease the transition into a year filled with many exciting changes! All subjects will be reviewed, and a fun preview of cursive and multiplication will be included. Join us as we take a hands-on approach and be confident to enter third grade.

Magnificent Math Camp
2nd - 3rd Graders
Instructor: Leigh Wylie, FRA Faculty
Location: Room 204 Lower School Time: 12:30 p.m. - 3:00 p.m.
Cost: $140
Calling all mathematicians! Explore the wonders of math using hands-on geometric figures, fractions, and measurement tools. Learn strategies to solve word problems and math brainteasers. Focus will be on higher-order thinking skills, problem solving, and math reasoning. We will also sharpen basic skills of addition, subtraction, and multiplication.

Calligraphy
5th - 10th Graders
Instructor: Becky Speck, FRA Faculty
Location: Crockett Library 102 Time: 12:30 p.m. - 3:00 p.m.
Cost: $140
Learn the art of calligraphy and make school projects stand out, create designs for cards and signs, and improve your handwriting in the process.

Sports
Track
2nd - 7th Graders
Staff: David Tucker, FRA Varsity Boys Track Coach Staff;
Current and former college decathlete, pole vaulter, and track stars.
Location: FRA Track Time: 8:30 a.m. - 11:30 a.m.
Cost: $125 (Includes camp t-shirt)
Equipment: Shoes, t-shirts, comfortable running shoes.
Camp features basic running skills, all running events, long jump, and hurdles. High jump, block clearance, shot and discus, pole vault, with competition in each event. Video analysis promoting self-esteem will be offered.

Week Nine: July 26 - 30
Arts and Enrichments
Kindy Camp - Kindergarten Readiness
Students entering Kindergarten at FRA
Instructor: Allison Collier, FRA Kindergarten Teacher
Location: LS Kindergarten Commons Area Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
By the end of July, summer is almost over, and it will soon be time to go back to school. This class will be held in a kindergarten classroom so that the students will become familiar with their new surroundings. We will brush-up on alphabet and number skills, have fun with theme-related activities, music, indoor and outdoor games, and more!

Prekindergarten Readiness
Students entering Prekindergarten
Instructor: Mary Kerr, FRA Faculty
Location: Room G07 Lower School Time: 9:00 a.m. - 11:30 a.m.
Cost: $140
This eventful camp has been designed specifically to help prepare four-year-olds for their first “Big School” adventure. Campers get a head-start on their Pre-School experience. Come join the fun!

Broadway Best
5th - 8th Graders

Instructor:	Amy Beth Jones, FRA Faculty	
Location:	Middle School Theater	Time: 9:00 a.m. - 11:30 a.m.
Cost:	$140	

We will act, sing and dance from several award winning musicals. Come let the star within you shine! Performance for parents at the end of the week.

Sports

Wrestling II
5th – 8th Graders

Staff:	Marc Taylor, FRA Head Wrestling Coach	
Location:	Freeman Wrestling Room	Time: 8:30 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	T-shirt, shorts, and wrestling shoes. Bring snack money.	

Camp will teach fundamentals and include games, takedowns, reversals, pinning, and weight appropriate match competitions.

Cheerleading - Middle School Gym
K - 6th Graders

Staff:	Lisa Baskin, FRA Varsity Cheerleading Coach, Varsity Cheerleaders	
Location:	Middle School Gym	Time: 8:30 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Shorts, t-shirt, tennis shoes. Bring a snack and a drink.	

Learn new cheers and chants, cheering motions, simple tumbling, jumping techniques, cheerleading dance, and basic building.

Tennis
3rd - 8th Graders

Staff:	Jon Hains, FRA Varsity Boys Tennis Coach and Professional Tennis Instructor FRA Varsity Players	
Location:	Tennis Courts	Time: 8:30 a.m. - 11:30 a.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Tennis racket (junior size for 10 and younger), tennis shoes (no black soles), t-shirt, sun block, and shorts. Bring snack money and water.	

Camp provides an excellent student-to-teacher ratio and teaches stroke fundamentals, basic match play, strategy, games, and contests. Development drills teach beginning to advanced levels.

Volleyball
5th-8th Grade Girls

Staff:	Missy Guthrie, FRA Varsity Volleyball Coach FRA Middle School Coach and Varsity Players	
Location:	Upper School Gym	Time: 12:30 p.m. - 3:30 p.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Shorts, t-shirts, tennis shoes, knee pads (optional). Bring snack money.	

Individual and team fundamentals will be taught including bump, set, spike, serve, and dig. Games and contests will make for a fun camp.

Week Ten: August 9 - 13
Arts and Enrichments

Sports
All Sports
Kindergarten - 6th Graders

Staff:	Scott Oatsvall, FRA Coach	
Location:	South Campus Gym	Time: 9:00 a.m. - 12:00 p.m.
Cost:	$125 (Includes camp t-shirt)	
Equipment:	Drinks will be available. You may bring a snack.	

This camp is designed to be a fun and encouraging camp. We will play traditional sports such as basketball, baseball, indoor soccer, volleyball, kickball and more. We will also play untraditional sports such as noodle hockey, volleyball gotcha, lion king, and shrek.