

Above and Beyond Summer Camp Session Descriptions



June 3-7
Open to 6th -12th
grades.



Mustang Meal Prep and Nutrition

Learn performance nutrition principles and how to put them to use. Principles will include pre and post workout nutrition, starting with breakfast, hydration and healthy snacks. Food prep days will include foods that Fuel (carbohydrates), Build (protein), Protect (fats), and Prevent (fruits and vegetables).

Available Sessions: PM only
Time: 11 a.m. to 1 p.m.

Gone Fishing

Do you enjoy the great outdoors? Do you enjoy relaxing by the water? Then fishing is the activity for you! Come join us to learn all about fishing from baiting a hook and tying knots, to find the best fishing spots and catching big fish. All your supplies are provided on this fishing excursion so don't miss out! All supplies and transportation to fishing sites will be provided including tackle, bait and a fishing pole.

Available Sessions: AM Only
Times: 7:30 a.m. to 10:30 a.m.

eSports

Have you ever considered how playing a video game could earn you a college scholarship? Come join us to learn about one of the largest eSports, League of Legends and hone your skills with your friends. This session will explore collegiate eSports, different categories and games, tournament level competitions, and best of all, playing League of Legends!

Available Sessions: PM Only
Times: 1:00 p.m. to 3:30 p.m.

Electronics and Programming with Arduino

Computer science is an exploding career field and Omaha is becoming a hotbed for technology companies. Build your skills by exploring basic coding and electronics using the Arduino microcontroller. You will be working with the Sparkfun Inventor Kit which includes an Arduino, breadboard, and all the components to make some cool projects over the week. At the end of the week, you get to take your inventor kit home with you so you can continue the learning!

Available Sessions: AM Only
Times: 8:30 a.m. to 11:00 a.m.

Extreme Outdoor Sports

If you like competition and enjoying the summer weather, Extreme Outdoor Sports is just for you. Play team games like capture the flag, frisbee golf, and polish horseshoes. Let out your inner beast with a mud tug of war and other fun outdoor games. Prepare to compete and have tons of fun!

Available Sessions: PM Only
Times: 1:00 p.m. to 3:30 p.m.

Take the Stage!

This camp is all about Performance. Whether standing and delivering a speech for a crowd or acting in a show for the stage, you need to be ready to perform! In this camp, we'll cover the basic elements of NSAA speeches and the different styles (schools) of acting, including improv! Students will prepare their own pieces (speeches or stage performance), individual or as a group, to present to an audience on the last day of camp.

Available Sessions: AM Only
Times: 8:30 a.m. to 11:00 a.m.

Archery

Channel your inner Robin Hood by learning to master the bow with Mr. Ellis. Learn all there is to know about archery and hone your skills with live target practice. Each student will be instructed in archery safety, shooting technique and stationary target precision. We will begin with safety, followed by basic shooting form and then improve technique over the remaining sessions. The course will wrap up with a variety of fun activities/competitions. Mr. Ellis is BAI (Basic Archery Instructor) certified through NASP and Safari Club International.

Available Sessions: AM Only
Times: 8:30 a.m. to 11:00 a.m.

[Register Here](#)