

Summer Sports Academies



Sport-specific conditioning programs for athletes of all ability levels.

434.978.7529 • aacac.com

200 Four Seasons Drive • Charlottesville

sports academies @aacac



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- Boys Lacrosse Academy**
AACAC's premier Sports Academy! The AACAC Boys Lacrosse Academy is directed by Al Sadtler, founder and director of the Seminole Lacrosse League. The coaches of the academy are Hunter Price, Jim Loffredo and Richard Little. The coaches will provide a high level of instruction and skill development for all positions, video analysis and plenty of indoor and outdoor game time.
- Girls Lacrosse Academy**
The AACAC Girls Lacrosse Academy is directed by Al Sadtler and coached by both Jennifer Harris, of the Blue Ridge Lacrosse Club, and Nancy Haws, Head WAHS Varsity Coach. This Academy provides a high level of instruction and skill development for all positions, video analysis and plenty of indoor and outdoor game time.
- Field Hockey Academy**
Missi Sanders, former NCAA Coach of the Year at UVA, and her staff lead this highly instructional program designed for girls ages 12-18, perfect for individuals and teams for skill development and pre-season conditioning! Group rates available. Full field hockey equipment required.
- Basketball Academy**
AACAC is excited to announce a new partnership with the BD Basketball School in Charlottesville. Founder and director Coach Ben D'Allesandro, brings a wealth of knowledge and coaching experience to these academies. The BD Basketball School is a non-profit organization whose goal is to provide a serious environment for learning the game of basketball through a professionally-designed, comprehensive teaching curriculum that focuses on both skill and character development.
- Volleyball Academy**
Coaches Marty and Samantha Block bring their great knowledge and passion for volleyball to AACAC! Athletes develop skills and learn volleyball strategies through drills, match simulation and play, and video analysis. Watch your young volleyball player improve throughout this Academy while having a great time!



Sports Academies Directed by Coach Al Sadtler

- University of Virginia graduate and former UVa lacrosse player
- Founder and Director of Seminole Lacrosse League of Charlottesville
- NCAA Division I Lacrosse Official for 27 years including 8 NCAA National Championship games
- 2001 Charlottesville Chapter of the National Lacrosse Hall of Fame inductee
- NCAA Silver Anniversary Officiating Crew Member
- 1990 World Games of Lacrosse Official

SUMMER SPORTS ACADEMIES

Registration is available online at acac.com

Girls LACROSSE Academy

June 9-12 and July 14-17

- Ages: 9 – 14
- Time: 8:30am – 4:30pm
- Coaches: Jennifer Harris, Nancy Haws and staff

Boys LACROSSE Full Day Academy

July 7-10 and July 21-24

- Ages: 9 - 14
- Time: 8:30am – 4:30pm
- Coaches: Al Sadtler, Hunter Price, Jim Loffredo, Richard Little and staff
- Overnight Campers*: 3 nights / 4 days *all meals included*

**Overnight Campers will enjoy our day camp activities, then spend the evening swimming at the Adventure Central Waterpark, playing indoor lacrosse in the Arena, and having FUN in the Big Room.*

Boys LACROSSE Half Day Academy

August 4-7 and August 11-14

- Ages 8 – 12
- Time for half day campers: 8:45am – 1:00pm

Girls FIELD HOCKEY Academy

July 28-31

- Ages: 12 – 18 (Individual & teams welcome)
- Time: 8:30am – 4:30pm
- Coach: Missi Sanders and staff

Boys & Girls BASKETBALL Academy

June 16-19 and June 30-July 3

- Ages: 7 – 11
- Time: 8:30am – 4:30pm
- Coaches: BD Basketball School coaches

Girls VOLLEYBALL Academy

June 23-26, July 7-10, July 21-24

- Ages: 9 – 14
- Time: 8:30am – 4:30pm
- Coaches: Marty Block and Samantha Block

All camp days include sport instruction, indoor/outdoor play, speed and agility training, and an hour of swim time at the Adventure Central Waterpark.

Cost:

Weekly Academy: Family Members: \$279 Members: \$289 Non-members: \$299

Half Day Academy (Lacrosse only): Family Members: \$155 Members: \$160 Non-members: \$165

Overnight Lacrosse Academy: Family Members: \$439 Members: \$449 Non-members: \$459