

Summer Sports CAMP

Can't decide on which sport to focus on for the summer? At our CAIS Sports camp you do not need to choose just one, your camper will rotate through 3 sports everyday. We will be offering basketball, soccer, and pickleball. All sports will be held on the CAIS forever home!

Meet our sport camp coaches:

Golden Gate Pickleball Foundation:

GGPF is a non-profit organization whose mission is to facilitate the growth of pickleball in the Bay Area for the enjoyment, health, and social engagement of all players by offering organized recreational and competitive play.

Jonas Satuito is a USPTA certified pickleball and tennis coach. He has been assistant tennis coach at SI for 7 years. He is a Senior Pro Pickleball player currently ranked #62 on the APP Sr Tour, has a Duper rating of 5.2. and coaches at DinkSF and Bay Padel.

Session Details:

Learn how to play and master the game of pickleball. All ages and abilities are welcome and players will be grouped based on experience and ability. If you want to learn techniques, drills and strategies to improve your pickleball skills and knowledge, this is the camp for you. Each day we will focus on a specific shot and technique for the first hour and the second hour will focus on point play and games. Each week will focus on different aspects of the game. By the end of the summer, you will have the confidence and ability to compete in tournaments.

Dynamo Football Club

Dnamo FC is a youth soccer club committed to developing both soccer skills and life skills in a supportive and inclusive environment. Our mission is to help young players grow in confidence, teamwork, and leadership while fostering a lifelong love for the game. Our experienced coaches use innovative training techniques to help players master technical skills, improve tactical awareness, and build physical fitness.

At Dnamo FC, we emphasize values such as sportsmanship, discipline, and resilience, helping kids not only become better players but also well-rounded individuals. Beyond the field, we encourage academic success, community involvement, and leadership development.

We're proud to be a community-focused club where every player feels welcome, valued, and inspired to reach their full potential.

Session Details:

Join us for an engaging and dynamic 2-hour training session designed to build your technical, tactical, and physical soccer skills while having fun! The session begins with a quick introduction

and icebreaker to get everyone comfortable and ready to learn. After warming up with a combination of high knees, butt kicks, lunges, and side shuffles, we'll dive into essential skill drills. These include competitive passing and receiving exercises, dribbling and ball control challenges through cone races, and fun 1vs1 and 2vs2 mini-goal games.

After honing those skills, participants will put them into practice during a full-field scrimmage. Balanced teams will face off while coaches provide guidance, pausing the game only briefly to emphasize key learning points. We'll close the session with a variety of quick, fun games like a crossbar challenge, *Sharks vs Minnows*, and agility drills. Finally, players will cool down with stretches and receive personalized feedback on their performance with key takeaways from the session. This session combines skill development, teamwork, and enjoyment in a fast-paced, interactive environment. Don't miss out!

San Francisco Spiders

At SF Spiders, an AAU basketball club, we stand as a beacon of integrity, opportunity, and growth in the world of youth basketball. Our mission is to provide high-quality coaching and mentorship, ensuring that every child's journey in the sport is marked by personal development, skill-building, and empowerment. We were founded to address the shortcomings of programs that fail to prioritize the growth and well-being of young athletes.

SF Spiders, focus on what truly matters: fostering a positive, nurturing environment where young athletes can thrive and reach their full potential. Our coaches are more than instructors—they are mentors and role models who provide the guidance, attention, and support every child deserves. We are committed to helping our players grow both on and off the court, using basketball as a pathway for personal growth, skill development, and resilience.

Session Details:

Basketball camp offers comprehensive skill development, team concept training, and individualized attention to help every player reach their full potential. Participants will focus on improving essential individual skills such as dribbling with speed and control, mastering a variety of passing techniques, and refining shooting mechanics from free throws to three-pointers. Additional drills will enhance agility, footwork, and overall conditioning to support on-court performance. Campers will also learn key team concepts like defensive strategies, offensive movement, and effective communication to strengthen teamwork and game execution. With a focus on individual needs, players will receive personalized instruction to address their specific goals, weaknesses, or requests, ensuring they leave the camp with a clearer understanding of their development path and newfound confidence. All Skill levels are welcomed! Instruction and intensity is adjusted to individual campers.