

JUNE

SUNRISE SPOTLIGHT

Our spotlight for the month of June is on Jonathan Wilson one of our most prominent coaches. John has been coaching with us for 18 years at Lichen K-8 both at the Middle School and Elementary levels. We are extremely grateful for all the time effort and energy John has put into each and every team he has coached. We look forward to seeing what he continues to accomplish in the future. Thanks John!



FAQs

Q: What is the activity time for the **Sport & Swim Camps**?
All of our & Swim camps including "Soccer & Swim and Volleyball & Swim run 9am - 3:30pm.

Q: How can I register for a program that I'm interested in?
You can register online through our website [HERE](#). You can also register over the phone at 916-725-1585 or Email Sunrise@sunriseparks.com

Coaches Quote of the Month:

You don't have to be great to start, but you have to start to be great." - Zig Ziglar

Volunteer To Coach!

With just a few hours of your time, you can help make a long lasting impact on our hundreds of young athletes.

Call (916) 725-8843 or email rbozzalla@sunriseparks.com or click [HERE](#)

UPCOMING PROGRAMS



SIDEKICK SOCCER CLINICS

Saturdays June 8th - 29th

To learn more click [HERE](#)

Saturdays July 13th - August 3rd

To learn more click [HERE](#)



VOLLEYBALL CAMP

June 10th -13th & June 17th - 20th &

June 24th - 27th & July 8th - 11th

To learn more click [HERE](#)



SOCCER & SWIM CAMP

June 10th - 14th & July 15th - 19th

To learn more click [HERE](#)



VOLLEYBALL & SWIM CAMP

June 17th -21st & July 8th - 12th

To learn more click [HERE](#)



BASKETBALL ROCKS CLINICS

Saturdays July 20th -August 10th

To learn more click [HERE](#)

