



BISHOP IRETON HIGH SCHOOL



CARDINAL CAMPS SUMMER 2016

**Don't miss out!
Sign up today!**
Online registration at
www.bishopireton.org

CAMPS FOR GRADES 1 - 12

THE CAMPS



Cardinal Baseball Camp

\$275

Date: July 11 – 15 (Monday-Friday)
Time: 9:00 am – 3:00 pm
Location: Frank Mann Field
Age: Grades in 2016-17: 5-9
Coach: Head Coach Rex Thomas
Contact: rthomas@bishopireton.org

Description: Camp designed for players with aspirations of high school baseball. Camps will focus on all aspects of the game. (Hitting, Pitching, Team Defense, Base-running, Mental Game, etc.) Camp instructed by Bishop Ireton High School coaches and current and former players. **Lunch will not be provided.**

Cardinal Boys' Basketball Camp

\$325

Dates: June 27 – July 1, July 11 – 15 (Monday-Friday)
Times: 9:00 am – 3:00 pm
Location: BI's Fr. Godley Gymnasium
Age: Grades in 2016-17: 1-10
Coach: Head Coach Neil Berkman
Contact: berkman@bishopireton.org

Description: The camp will be instructional giving the campers at least 2 games per day. Camp will include lectures, guest speakers, fundamentals, contests, and 3 on 3 leagues. Multiple awards will be given out. Lunch is provided.



Cardinal Advanced Soccer Camp (Co-ed)

\$325

Date: July 11 – 15, July 25 – 29 (Monday-Friday)
Times: 9:00 am – 3:00 pm (Mon-Thu); 9:00 am - 12:00 pm (Fri.)
Location: BI's Fannon Field
Age: Grades in 2016-17: 6-12
Coach: Head Coach Jon Norem
Licenses: USSF "A", NSCAA Adv. Nat'l./Nat'l Youth
WCAC Coach of the Year 2012 & 2014
Contact: coachnorem@gmail.com



Description: Camp is designed for the advanced/travel player OR for those who aspire to play in HS. The camp will focus on the four components of soccer: technical, tactical, psychological and physical. It is important that each candidate arrive to camp in good physical shape. Lunch is provided. **Areas of focus include:** Individual/Technical Skills;

Creativity with the Ball, 1st Touch, Passing, Receiving under Pressure, Turning, Heading, Volleying, Finishing/Shooting, 1v1. **Tactical and Team Play:** Principles of Attack/Defense, 2v2, 3v3, Support/Off-the-Ball Movement, Combination Play, Pressure, Cover, Balance, Vision, Positional Play, Small Group Tactics.



Cardinal Junior Soccer Camp (Co-ed)

\$185

Date: July 11 – 15, July 25 – 29 (Monday-Friday)

Time: 9:00 am – 12:00 pm

Location: Bl's Fannon Field

Age: Grades in 2016-17: 1-5

Coach: Head Coach Jon Norem

Licenses: USSF "A", NSCAA Adv. Nat'l./Nat'l Youth

WCAC Coach of the Year 2012 & 2014

Contact: coachnorem@gmail.com

Description: Our 1/2 day camp will focus on developing the foundational skills of each player: dribbling, ball control, kicking, shooting and passing. Older players, advance to receiving balls, 1v1 attack, tackling and heading. Skills are taught using a variety of methods, increasing the level of challenge as the player becomes more confident with the skills. Players are then asked to perform the learned skills under match conditions. Small group tactics will be taught during match conditions.

Cardinal Volleyball Clinic w/ Gold Medal Squared \$375

Date: July 25 – 28 (Monday-Thursday)

Time: 8:30 am – 5:30 pm (Mon-Wed);

8:30 am – 4:30 pm (Thu)

Location: Bl's Fr. Godley Gymnasium

Age: Grades in 2016-17: 9-12

Coach: Head Coach Kathy Gutmann

Contact: gutmannk@bishopireton.org

Description: This camp is designed for the serious, experienced volleyball player. Led by Coach Gutmann and a professional staff from Gold Medal Squared, the schedule is challenging, and physically demanding. Players are given a solid foundation in basic volleyball skills and an opportunity to work on all facets of their



game. A great deal of play is involved in the clinic utilizing positioning, strategies and techniques of the game of volleyball. This is a great way to prepare for volleyball tryouts for prospective Bishop Ireton players. Lunch is provided.



Cardinal Volleyball Beginner's Camp \$165

Date: July 18 – 21 (Monday-Thursday)
Time: 6:00 – 9:00 pm
Location: BI's Fr. Godley Gymnasium
Age: Grades in 2016-17: 4-9
Coach: Head Coach Kathy Gutmann
Contact: gutmannk@bishopireton.org

Description: For players with limited or no experience interested in developing their volleyball skills. Campers receive training in the fundamental aspects of the game.

Cardinal Girls' Lacrosse Camp \$275

Date: June 27 – 30 (Monday-Thursday)
Times: 9:00 am – 3:00 pm
Location: BI's Fannon Field
Age: Grades in 2016-17: 4-9
Coach: Head Coach Rick Sofield
Contact: sofieldr@bishopireton.org

Description: The BI Cardinals Girls' Lacrosse Camp is a fun and dynamic camp which focuses on individual lacrosse skills and incorporates these skills into team concepts. Each session will focus on a particular skill and each player will learn to utilize that skill through a drill progression which begins with individualized instruction, followed by small group competition, and culminating in game situations. Lunch is provided.



Cardinal Boys' Lacrosse Camp \$325

Date: July 18 – 22, Aug 1 – 5 (Monday-Friday)
Time: 9:00 am – 3:00 pm
Location: BI's Fannon Field
Age: Grades in 2016-17: 1-9
Coach: Head Coach Brandon Rose
Contact: roseb@bishopireton.org

Description: The Bishop Ireton Lacrosse Camp will provide players with the opportunity to increase their knowledge of the game, have fun, and make friends. Aspects that will be taught include increasing

lacrosse IQ, lacrosse specific skills, and scenarios. Players will be exposed to individual position concepts, advanced skills, and game scenarios. The camp is designed specifically for players to advance individual skills and team concepts within their own game. Lunch is provided.



Cardinal Girls' Basketball Camp

\$300

Date: June 20 – 24, July 18 – 22
(Monday-Friday)

Time: 9:00 am – 3:00 pm

Location: BI's Fr. Godley Gymnasium

Age: Grades in 2016-17: 4-10

Coach: Head Coach Jason Harris

Contact: harrisj@bishopireton.org

Description: This camp is designed to specifically for players hoping to increase their skill level and knowledge of the game. Camp instruction includes lectures, guest speakers, fundamentals, drills, contests, along with player evaluations and awards. Lunch is provided.

Summer Theater Camp

\$350

Dates: June 27 – July 1, July 11 – 15 (Monday-Friday)

Time: 9:00 am – 3:00 pm

Location: Garwood Whaley Auditorium

Age: Grades in 2016-17: 3-10

Directors: Joanna Henry and Mary Kelly

Contact: henryj@bishopireton.org;

kelly@bishopireton.org

Description: This camp is a high-quality theater training for youth in grades 3 through 10, an energetic and creative summer program for young actors. Campers will have an opportunity to develop their skills in acting, voice, and movement. Led by a theater professional and assisted by award-winning and locally-recognized Ireton drama students, campers will participate in a variety of theatrical experiences. Family and friends are invited to a final presentation on the afternoon of the final workshop session. Lunch is provided.



Camp Philosophy

Bishop Ireton offers campers the opportunity to participate in sports and the arts while developing individual and group skills and fostering a love of the activity. Each camp is conducted by a high school certified coach/director - with the help of student counselors - providing individual and small group instruction and constant supervision.

Unless otherwise listed, lunch will be provided for full day camps at no extra cost by Sage Dining service. Each camper will receive a camp t-shirt.



For general information regarding Bishop Ireton's summer camps please feel free to contact Peter Hamer, Summer Camps Director, at (703) 212-5190 or email hamerp@bishopireton.org

REGISTER ONLINE AT
www.bishopireton.org

Bishop Ireton Cardinal Camps Summer 2016

Please check each camp into which you are enrolling your child or children, and fill in the total fee. A **\$15** discount is available for each additional member of the same family or for the second or more sessions. You can also register online at www.bishopireton.org

Boys' Camps

- | | |
|---|-------|
| <input type="checkbox"/> Baseball Camp (July 11-15) | \$275 |
| <input type="checkbox"/> Basketball Camp (June 27-July 1) | \$325 |
| <input type="checkbox"/> Basketball Camp (July 11-15) | \$325 |
| <input type="checkbox"/> Lacrosse Camp (July 18-22) | \$325 |
| <input type="checkbox"/> Lacrosse Camp (August 1-5) | \$325 |

Girls' Camps

- | | |
|--|-------|
| <input type="checkbox"/> Basketball Camp (June 20-24) | \$300 |
| <input type="checkbox"/> Basketball Camp (July 18-22) | \$300 |
| <input type="checkbox"/> Lacrosse Camp (June 27-30) | \$275 |
| <input type="checkbox"/> Volleyball Clinic (July 25-28) | \$375 |
| <input type="checkbox"/> Volleyball Beginners' Camp (July 18-21) | \$165 |

Co-Ed Camps

- | | | | |
|--|-------|--|-------|
| <input type="checkbox"/> Junior Soccer Camp (July 11-15) | \$185 | <input type="checkbox"/> Advanced Soccer Camp (July 25-29) | \$325 |
| <input type="checkbox"/> Junior Soccer Camp (July 25-29) | \$185 | <input type="checkbox"/> Theater Camp (June 27-July 1) | \$350 |
| <input type="checkbox"/> Advanced Soccer Camp (July 11-15) | \$325 | <input type="checkbox"/> Theater Camp (July 11-15) | \$350 |

Total Amount due for all camps selected: \$ _____

Please Complete and return with payment to:

Summer Camp Director ♦ Bishop Ireton High School ♦ 201 Cambridge Road ♦ Alexandria, VA 22314

Checks should be made payable to **Bishop Ireton High School**.

A **\$15** discount is available for each additional member of the same family or for a second or more sessions.

Tuition is fully refundable until 1 week prior to the start of camp.

Name: _____ Boy Girl

Age: _____ Grade in 2016-17 _____ T-shirt size: YM YL AS AM AL AXL (circle one)

Parent Name: _____ Phone: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Emergency Phone: _____

Insurance Co. _____ Policy #: _____

Allergies/medical conditions/medications: _____

Current School: _____

Please read and sign: I have no knowledge of any physical impairment that would prevent the camper from participating in the camp's program. I understand that, as a condition of admittance as a camper, the undersigned, on behalf of the applicant, hereby releases Bishop Ireton High School and all other employees or agents of the camp from any and all liability from injury or illness, mental or physical, suffered by the camper during or related to camp, unless caused by willful act or gross negligence by the person or entity against whom the claim is made.

I consent that the image of the above camper may be used by Bishop Ireton HS in camp brochures, advertisement and on the school's camps webpage. ___ yes ___ no

Parent/Guardian
Signature _____ Date _____