

BISHOP

4 IRETON

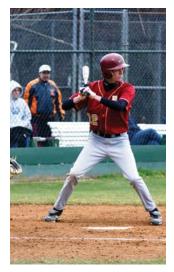
# BISHOP IRETON HIGH SCHOOL

## 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**

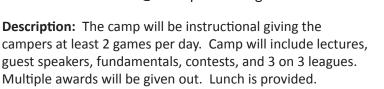
Date:	July 11 – 15 (Monday-Friday)	
Time:	9:00 am – 3:00 pm	
Location:	Frank Mann Field	
Age:	Grades in 2016-17: 5-9	
Coach:	Head Coach Rex Thomas	
Contact:	rthomas@bishopireton.org	

**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.

\$325

#### **Cardinal Boys' Basketball Camp**

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:	berkmann@bishopireton.org		



#### Cardinal Advanced Soccer Camp (Co-ed)

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;



\$325

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)

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



\$185

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.

Coach:

Contact:



Cardinal Vo	blieyball 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

Head Coach Kathy Gutmann 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.

#### rdinal Boys' Lacrosse (

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Carumai	Duys Laciusse Callip 5525	
Date:	July 18 – 22, Aug 1 – 5 (Monday-Friday)	
Time:	9:00 am – 3:00 pm	
Location:	Bl'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:	Bl'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

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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 additonal member of the same family or for the second or more sessions. You can also register online at www.bishopireton.org

Boys' Camps			<u>Girls' Camps</u>		
Baseball Camp (July 11-15)	\$275		Basketball Camp (June 20-24)	\$300	)
Basketball Camp (June 27-July 1)	\$325		Basketball Camp (July 18-22)	\$300	)
Basketball Camp (July 11-15)	\$325		Lacrosse Camp (June 27-30)	\$275	5
Lacrosse Camp (July 18-22)	\$325		Volleyball Clinic (July 25-28)	\$375	5
Lacrosse Camp (August 1-5)	\$325		<ul> <li>Volleyball Beginners' Camp (July 18-21)</li> </ul>	\$165	;
<u>Co-Ed Camps</u>					
Junior Soccer Camp (July 11-15)	\$185		Advanced Soccer Camp (July 25-	29) \$325	;
Junior Soccer Camp (July 25-29)	\$185		Theater Camp (June 27-July 1)	\$350	)
□ Advanced Soccer Camp (July 11-15)	\$325		Theater Camp (July 11-15)	\$350	)
Please Comple Summer Camp Director + Bishop Ireton H Checks should be mad A <b>\$15</b> discount is available for each additiona <u>Tuition is fully refundab</u>	ete and i High Sch e payab al memb le until :	ret loc le <u>er</u> <u>1 v</u>	to <b>Bishop Ireton High School</b> . of the same family or for a second or mo <u>veek prior to the start of camp</u> .	re sessions	
					rl
Age: Grade in 2016-17					
Parent Name:					
Address:					
City: State:					
Insurance Co					
Allergies/medical conditions/medications:					_
Current School:					
Please read and sign: I have no knowledge of any p	hysical in	npa	irment that would prevent the camper from	participating	z

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	