

Bishop Ireton High School



Cardinal Camps

SUMMER 2017

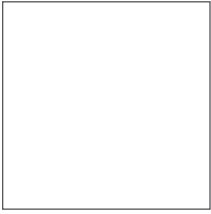
*Don't miss out.
Sign up today!*

**CAMPS
FOR
GRADES
1-12**

Online registration at
www.bishopireton.org



BISHOP IRETON
HIGH SCHOOL



Bishop Ireton High School

201 Cambridge Road
Alexandria, VA 22314

www.bishopireton.org



Camp Philosophy

Bishop Ireton offers campers the opportunity to participate in sports, science, 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
www.bishopireton.org

Bishop Ireton Cardinal Camps Summer 2017

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

___ Baseball Camp (July 24–28)	\$275
___ Basketball Camp (June 26–30)	\$325
___ Basketball Camp (July 10–14)	\$325
___ Lacrosse Camp (July 17–21)	\$325
___ Lacrosse Camp (July 31–August 4)	\$325
___ Football Camp (July 10–13)	\$200

GIRLS' CAMPS

___ Basketball Camp (June 19–June 23)	\$300
___ Basketball Camp (July 17–21)	\$300
___ Lacrosse Camp (June 26–29)	\$275
___ Volleyball Clinic (July 24–27)	\$375
___ Volleyball Beginner's Camp (July 17–20)	\$165

CO-ED CAMPS

___ Junior Soccer Camp (July 10–14)	\$185
___ Junior Soccer Camp (July 24–28)	\$185
___ Advanced Soccer Camp (July 10–14)	\$325
___ Advanced Soccer Camp (July 24–28)	\$325
___ Theater Camp (June 19–23)	\$350
___ Theater Camp (July 10–14)	\$350
___ Rowing Camp (June 19–23)	\$200
___ Rowing Camp (June 26–30)	\$200
___ Science Enrichment Camp (June 26–30)	\$200

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 2017–18 _____ T-shirt size (circle one) YM YL AS AM AL AXL

Parent Name _____ Phone _____

Address _____ Email _____

City _____ State _____ Zip _____ Emergency Phone _____

Insurance Co. _____ Policy No. _____

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 _____

The Camps

CARDINAL ADVANCED SOCCER CAMP (CO-ED) ★ \$325

Date	July 10–14, July 24–28 (Monday–Friday)	Age	Grades in 2017–18: 6–12
Time	9:00 am – 3:00 pm (Monday–Thursday) 9:00 am – 12:00 pm (Friday)	Coach	Head Coach Jon Norem Licenses: USSF "A", NSCAA Adv. Nat'l./Nat'l Youth; WCAC Coach of the Year 2012 & 2014
Location	B.I.'s Fannon Field	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. **Lunch is provided.**

CARDINAL BOYS' BASEBALL CAMP ★ \$275

Date	July 24–28 (Monday–Friday)	Age	Grades in 2017–18: 5–9
Time	9:00 am – 3:00 pm	Coach	Head Coach Michael Olerta
Location	Frank Mann Field	Contact	olertam@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

Date	June 26–30, July 10–14 (Monday–Friday)	Age	Grades in 2017–18: 1–10
Time	9:00 am – 3:00 pm (Monday–Thursday) 9:00 am – Noon (Friday)	Coach	Head Coach Neil Berkman
Location	B.I.'s Fr. Godley Gymnasium	Contact	berkmann@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 BOYS' FOOTBALL CAMP ★ \$200

Date	July 10–13 (Monday–Thursday)	Age	Grades in 2017–18: 5–9
Time	5:00 pm – 8:00 pm	Coach	Kevin Barger
Location	B.I.'s Fannon Field	Contact	bargerk@bishopireton.org

Description

This camp is a “non-contact” evening camp that provides middle school students and rising freshmen with instruction and activities that inspire a love of the sport and the confidence to fully participate in organized or informal football activities. This camp is designed to challenge all, regardless of whether they have experience in organized football programs. The Bishop Ireton staff and players provide individual and small group instruction to participants. Young men attending the clinic will take part in non-contact drills on our state of the art artificial turf playing surface; receive instruction in gross and fine motor skills involved in offensive, defensive, and special teams play. The camp fee includes camp T-shirt. Team discounts available.

CARDINAL JUNIOR SOCCER CAMP (CO-ED) ★ \$185

Date	July 10–14, July 24–28 (Monday–Friday)	Age	Grades in 2017–18: 1–5
Time	9:00 am – 12:00 pm	Coach	Head Coach Jon Norem Licenses: USSF “A”, NSCAA Adv. Nat’l./Nat’l Youth; WCAC Coach of the Year 2012 & 2014
Location	B.I.'s Fannon Field	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 GIRLS' VOLLEYBALL CLINIC WITH GOLD MEDAL SQUARED ★ \$375

Date	July 24–27 (Monday–Thursday)	Age	Grades in 2017–18: 9–12
Time	8:30 am – 5:30 pm (Monday–Wednesday) 8:30 am – 4:30 pm (Thursday)	Coach	Head Coach Kathy Gutmann
Location	B.I.'s Fr. Godley Gymnasium	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 GIRLS' VOLLEYBALL BEGINNER'S CAMP ★ \$165

Date	July 17–20 (Monday–Thursday)	Age	Grades in 2017–18: 4–9
Time	6:00 pm – 9:00 pm	Coach	Head Coach Kathy Gutmann
Location	B.I.'s Fr. Godley Gymnasium	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 26–29 (Monday–Thursday)	Age	Grades in 2017–18: 4–9
Time	9:00 am – 3:00 pm	Coach	Head Coach Rick Sofield
Location	B.I.'s Fannon Field	Contact	sofieldr@bishopireton.org

Description

The B.I. 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 17–21, July 31–August 4 (Monday–Friday)	Age	Grades in 2017–18: 1–9
Time	9:00 am – 3:00 pm	Coach	Head Coach Brandon Rose
Location	B.I.'s Fannon Field	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 19–23, July 17–21 (Monday–Friday)	Age	Grades in 2017–18: 4–10
Time	9:00 am – 3:00 pm	Coach	Head Coach Jason Harris
Location	B.I.'s Fr. Godley Gymnasium	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 (CO-ED) ★ \$350

Date	June 19–23, July 10–14 (Monday–Friday)	Age	Grades in 2017–18: 3–10
Time	9:00 am – 3:00 pm	Coach	Joanna Henry and Mary Kelly
Location	Garwood Whaley Auditorium	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.**

CARDINAL ROWING CAMP (CO-ED) ★ \$200

Date	June 19–23, June 26–30 (Monday–Friday)	Age	Grades in 2017–18: 8–12
Time	8:00 am – 12:30 pm	Coach	Beth Bostwick
Location	Anacostia Community Boathouse 1900 M Street, SE, Washington, DC	Contact	beth.bostwick32@gmail.com

Description

Learn the basics of rowing, which includes learning the operational details of a typical rowing shell, body mechanics and motion of rowing, and begin to experience the sport in a fun, educational, and exciting way. Transportation to and from the Boathouse is provided.

SCIENCE ENRICHMENT CAMP (CO-ED) ★ \$200

Date	June 26–30 (Monday–Friday)	Age	Grades in 2017–18: 7–9
Time	9:00 am – 12:00 pm	Coach	Denise Tobin
Location	Bishop Ireton	Contact	tobind@bishopireton.org

Description

This camp will provide enhancement of science topics to prepare for high school level coursework in a fun and engaging atmosphere. Daily activities include laboratory protocols/experiments for mature students. Topics covered include Kingdoms/Phyla and dissection; genetics and DNA extraction; dichotomous keys; earth science/geology concepts; and chemical properties of substances.

