

BASEBALL CAMP-Boys, Grades 5-8

FUNDAMENTAL CAMP

This camp will focus on teaching young players the proper fundamentals of the game. The skills that will be concentrated on are throwing, fielding, hitting, and base running. Campers will have the opportunity to work on specific positional techniques as well. Bring your own bat if you have one.

#27 June 7-10 M-TH 8:00-10:00 a.m. \$80.00

HITTING CAMP

This camp will teach the necessary techniques and skills of hitting a base ball. Campers will be taught the proper stance, stride, weight transfer, and swing. They will also learn how to hit both the inside and outside pitch. If you have your own bat and glove, please bring them to camp.

#28 June 14-17 M-TH 9:00-10:00 a.m. \$65.00

PITCHING CAMP

The purpose of this camp is to help players to develop and refine the mechanics of pitching and catching. Pitchers will be taught how to maintain balance, maximize velocity, and develop control over their pitches. Catchers will be instructed on how to properly receive, block, and throw the ball effectively.

#29 June 21-24 M-TH 9:00-10:00 a.m. \$65.00

HIGH SCHOOL BASEBALL

FRESHMAN BASEBALL

This camp is for the incoming freshman class of 2014. This camp will teach the skills necessary for being a successful high school baseball player. The player will have the opportunity to learn Shamrock Baseball by working with the varsity coaching staff, as well as the freshman and sophomore coaches

#30 June 28-July 8 M-TH 9:00-10:45 a.m. \$90.00

VARSITY BASEBALL

This camp is for all potential '11 varsity baseball players. It will include practice time and playing a full summer league schedule culminating with the summer league state tournament.

#31 June 8-July 23 TBA \$95.00

AQUATICS

SWIMMING- Co-ed, ages 4-14

Under the direction of Coach Gibson, all levels of instruction are taught from beginner to advanced levels.

#32 June 14-25 M-F Session 1 9:00-9:45 a.m. \$70.00*

#33 M-F Session 2 10:00-10:45 a.m. \$70.00*

#34 June 28-July 9 M-F Session 3 9:00-9:45 a.m. \$70.00*

#35 M-F Session 4 10:00-10:45 a.m. \$70.00*

#36 July 12-23 M-F Session 5 9:00-9:45 a.m. \$70.00*

#37 M-F Session 6 10:00-10:45 a.m. \$70.00*

REGISTER IN PERSON: Saturday, April 24, 2010 - 9:00 a.m., Pool Office.
***\$60.00 for additional brother/sister per session.**

WATER POLO

One of the most successful sports programs at St. Pats! The water polo team has won a State-Championship in 1997, five-time 2nd place state finishes, and three 3rd place state finishes. Under the direction of Head Coach Marty Gibson, campers will be taught the basic rules & fundamentals of water polo. Fun is the goal as each skill is developed. Offense and defensive sets, passing, shooting, one-on-one and team play will be covered. Each camper is eligible to compete in tournaments during the camp.

GRAMMAR SCHOOL - Co-ed, Grades 5-8

This camp focuses on teaching the younger player the fundamental skills of passing, shooting and basic offensive and defensive sets as well as the overall basics of the game. (Tournaments extra.)

#38 June 1-July 30 M-TH 6:00-7:00 p.m. \$100.00

HIGH SCHOOL - Co-ed Grades 8-12

This camp is designed to reinforce the fundamentals and teach advanced water polo skills through both individual and group instruction. This is an excellent opportunity to become a better and more complete player as your skills and knowledge of the game are refined and expanded. (Tournaments extra.)

#39 June 1-July 30 M-TH 7:00-9:00 p.m. \$150.00

DIVING - Co-ed Ages 6-13

In conjunction with St. Pat's, the Oakton Diving Club is offering fun and exciting learn-to-dive lessons. Divers will learn the basic elements of front and back dives and safety on the board and deck. ODC has successfully produced 81 high school state qualifiers since 2001 including St. Pat's alum Michael Wright who was state runner-up in '05. Dive lessons are a great way for young kids to have fun and learn the basis to become a competitive diver.

#40 June 22-July 29 T-TH 5:00-5:45 p.m. \$120.00

WRESTLING

BEGINNER THRU INTERMEDIATE - Grades 1-8

This is the 28th year for the Saint Patrick Wrestling Camp. The camp is designed to introduce wrestling to the novice who will learn the basics of the sport, while the more experienced wrestlers will work on new techniques. Wrestlers will be grouped according to skill, age, and weight class. Head Coach Pat Duggan and his staff will conduct the camps.

The younger wrestler will learn the basics to build a strong foundation for success on the mat. Drilling and live wrestling will present an opportunity for participants to gain confidence. For the more advanced wrestler, emphasis will be on mastering new techniques and live wrestling. Wrestling gear is not mandatory. Shorts, t-shirt, and gym shoes can be worn.

#41 July 6-15 T-TH 11:00-1:00 p.m. \$60.00

ADVANCED WRESTLING - Grades 5-12

This camp is offered to all current Shamrocks, incoming freshmen, and experienced grade school wrestlers. The camp provides athletes the opportunity to sharpen fundamental skills as well as master new techniques.

#42 June 14-24 M-TH 11:30-1:30 p.m. \$60.00

VOLLEYBALL

VOLLEY CAMP - Boys Grades 6-12

Head Coach Joel Anderson and the Power House Volleyball Club will conduct all camps designed to introduce volleyball to our younger players by teaching the skills they need through use of a lighter ball and a much lower net. The emphasis on this program is FUN! The program will cover court-related movement, non-court related movement, hand-eye development with the ball, body movement and ball work, foot work, agility and an introduction to the sport of volleyball.

#43 July 13-15 All Skills 6-8 T-TH 7:15-9:15 p.m. \$60.00

#44 Skills & Position 9-12 T-TH 7:15-9:15 p.m. \$60.00

#45 July 20-22 All Skills 6-8 T-TH 5:15-7:15 p.m. \$60.00

#46 Skills & Position 9-12 T-TH 7:15-9:15 p.m. \$60.00

#47 July 27-29 All Skills 6-8 T-TH 5:15-7:15 p.m. \$60.00

#48 Skills & Position 9-12 T-TH 7:15-9:15 p.m. \$60.00

GOLF

Co-ed, Grades 6-8

Camp includes instruction by professional teaching members of the USGA. Transportation to the golf course, lunch, and camp t-shirt will be provided. The camp will address all areas of the game including warm-up, set-up, swing, long and short games, putting, and golf etiquette. Campers must bring their own clubs.

#49 June 7-11 Co-ed Grades 6-8 M-F 9:00-3:00 p.m. \$250.00
(Additional brother/sister enrolled in camp \$200.00)

SCIENCE & ENGINEERING

Co-ed, Grades 6-8

This two-week camp is held in the state-of-the-art science facility at Saint Patrick. Students will investigate fascinating principles of science and bio-engineering while working with digital microscopes, electronic balances, flex-cam cameras and computerized sensors to measure everything from an object's velocity to a liquid's pH. Students will use our **NEW Genetics Lab** where they will extract their own DNA and discover various genes. All campers will receive individual attention from our science department faculty. This program will prepare students for high school science and provide early opportunities to build skills for the ACT, ISAT, and other advanced testing programs. **CAMP SIZE IS LIMITED.**

#50 June 29-July 9 T-F 8:30-10:30 a.m. \$200.00

MUSIC

JAZZ CAMP - Co-ed, Grades 6-8

Open to boys and girls with a minimum of one year of grade school band experience or private lessons. Students will have a **BLAST** at the Saint Patrick Jazz Camp! This camp will teach the basics of jazz improvisation and style. At the conclusion of the camp on Friday at 2:30, campers will perform in the Stahl Family Theatre with a pizza party to follow. Jazz Camp t-shirt, folder, and music will be provided to all campers. **PLEASE LIST THE INSTRUMENT YOUR SON/DAUGHTER PLAYS ON THE REGISTRATION SHEET.**

#51 June 14-18 M-F 12:00-3:00 p.m. \$110.00

PERCUSSION CAMP - Co-ed, Grades 6-8

Open to boys and girls with a minimum of one year in grade school band or private lessons. Students will be participating in a fun and exciting percussion ensemble using many different instruments including traditional, non-traditional, and marching percussion instruments. On Friday, the students' weeklong experience will culminate with a public concert at 2:30 p.m. in the theatre followed by a pizza party. Students will receive a folder, music, and a percussion camp t-shirt.

#52 June 14-18 M-F 8:30-11:30 a.m. \$110.00

DANCE CAMP - Girls, Grades 4-8

This four day dance camp is open to grade school aged girls who are interested in improving their dance execution, technique, and showmanship. Dance camp attendees will work directly along side the state ranked Shamrock Dance Team learning pom, jazz and hip hop choreography. This camp is open to all levels of dance ability and will be a great training tool for aspiring dancers and cheerleaders.

#53 June 21-24 M-TH 4:00-7:00 p.m. \$65.00

SAINT PATRICK HIGH SCHOOL

Summer Camp Boys and Girls 2010 Schedule



SIGN-UP TODAY



773.282.8844 - stpatrick.org

SHAMROCK SPORTS CAMP Co-ed, Ages 7-13

The Shamrock Sports Camp is a summer athletic camp designed to provide a wide variety of experiences and fundamentals in athletic activities. There will be an emphasis on daily instructional swimming, but participation in a wide variety of activities will also be offered during the six week camp. Campers will be provided towels daily. Also, participants will receive camp evaluations, awards, and swimming certification. **TO APPLY** : A \$100 non-refundable deposit must accompany application. Full payment is due by the end of the first week of camp. Camp is limited to the first 90 campers.

#19	June 14-July 23	6 Wks	M-F	1:00-4:00 p.m.	\$335.00
#20	June 14-July 2	3 Wks	M-F	1:00-4:00 p.m.	\$195.00
#21	July 6-23	3 Wks	M-F	1:00-4:00 p.m.	\$195.00

CROSS COUNTRY Co-ed, Grades 4-12

This one week camp will cover the physical and mental attributes of mid to long distance running. Each day campers will be bused to various trails and paths in the Chicagoland area. Runners will also learn how to run intervals, fartlek, and hill training while using proper form and technique.

#22	July 12-30	Grades 9-12	M-F	7:30-9:30 a.m.	\$130.00
#23	July 26-30	Grades 4-12	M-F	7:30-9:30 a.m.	\$65.00

TRACK AND FIELD Co-ed, Grades 4-12

Eighteen different events make up a high school track meet, and all will be covered in this one week camp. Campers will be bused to Hanson Stadium. Once there, they will learn four different events each day. Coaches and student assistants will teach the benefits of being a well-rounded athlete and instruct campers on how to perform jumps, hurdles, sprints, and throws in the correct manner.

#24	July 26-30	M-F	9:30-11:30 a.m.	\$70.00
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SOCCER

GRAMMAR SCHOOL SOCCER - Co-ed, Grades 6-8

This week-long camp is designed to improve upon the individual as well as team skills for the young soccer player. Much attention will be given to individual skills such as dribbling and passing, but a majority of the camp will be designed around team play.

#25	June 14-18	M-F	9:00-11:30 a.m.	\$65.00
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HIGH SCHOOL SOCCER - Boys Grades 9-12

This program is designed to challenge players to reach their full potential. The camp will feature specialized skill training and techniques. Emphasis will be put on team play and drills will be organized around 4v4 and 7v7. This camp will also serve as a way for players to prepare and condition for the upcoming season.

#26	July 5-30	M-F	6:30-9:00 p.m.	\$85.00
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FOOTBALL

The Saint Patrick Football Camp is designed to teach young men the proper fundamentals and techniques of the game. The camps will be under the direction of Head Coach Dan Galante who has twenty-three years of coaching experience at the high school and college level.

PRO FOOTBALL CAMP - Grades 4-8

Learn football from the pros! Former Saint Patrick football players **Tim McGarigle, LB drafted by the St. Louis Rams, and Dan Santucci, OL for the Cincinnati Bengals**, will teach football techniques to players in 4th to 8th grade. These professional players will also discuss proper nutrition and conditioning as well as the mental attitude and work ethic that is needed to play in high school, college, and the NFL.

#12	June 28, 29, 30 & July 1	M-TH	1:00-3:00 p.m.	\$80.00
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RUN & GUN QUARTERBACK ACADEMY - Grades 5-8

Quarterback coaches Matt Reardon and Tom Barrett will work on all quarterback fundamentals including reads, drops, sets, and throws. We will teach fundamentals involved with the option game. We will teach any athlete the fundamentals needed to play QB at the grade school level.

#13	June 15, 17, 22, 24	T-TH	3:30-5:00 p.m.	\$40.00
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ELITE CONTACT FOOTBALL CAMP - Grades 7-8

Get ready for your upcoming season and find out what it takes to play high school football. You must bring your own helmet, shoulder pads, pants jerseys and mouthpiece. The camp will be run by varsity coaches and will feature film study, and individual, group and team drills.

#14	July 26-29	M-TH	1:00-3:00 p.m.	\$50.00
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SHAMROCK PRIDE

This camp is for all Shamrock '10 varsity players. This will be the final ingredient of your off-season training. This camp will lay the foundation for our season and will determine our success for the year.

#15	June 7-24, M-TH & July 6-29	M-TH	4:00-7:00 p.m.	\$75.00
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SHAMROCK FROSH/SOPH

This camp is for incoming freshman and returning sophomore players. The Football staff will prepare you for the 2010 season. To be successful in this league, we must operate as a team. To do that, we must understand our offensive and defensive fundamentals, techniques, and schemes. This camp will teach you those necessary skills and instill in you SHAMROCK PRIDE.

#16	Soph. June 7-24	M-TH & July 6-29	M-TH	3:00-6:00 p.m.	\$75.00
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#17	Frosh. June 7-23	M&W & July 6-28	M-W	3:00-6:00 p.m.	\$75.00
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SPEED CAMP - Co-ed, Grades 5-8

Designed for athletes of all sports to improve their flexibility, stride length, and form. We will teach the art of movement. Regardless of your current speed, you can train your body to run faster. Campers will be exposed to drills, techniques, plyometrics, and foot speed drills. Video and demonstrations are used to aid the teaching process. These drills and techniques are used by many college and professional sports teams. Coach Galante will run the camp. Campers should bring shoes and cleats.

#18	July 8,15,22	TH	8:30-10:00 a.m.	\$50.00
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BASKETBALL CAMPS

Shamrock Head Basketball Coach Mike Bailey and his assistants will conduct all camps. Participants will receive a camp t-shirt and a Saint Patrick Basketball.

FUNDAMENTAL - Boys, Grades 5-8

This camp is designed to help young players build a sound fundamental base for the game. Campers will be assessed individually and instruction will be focused on improving weaknesses and developing abilities. Each day will be devoted to basic fundamentals of dribbling, shooting, rebounding, and ball handling. Campers attending multiple sessions, the drills will be progressive.

#1	June 14-25	M - F	10:00-12:30 p.m.	\$110.00
#2	July 12-23	M - F	10:00-12:30 p.m.	\$110.00

FUNDAMENTAL GIRLS' CAMP - Girls Grades 5-8

This camp offers the same fundamental instruction as the boys camp.

#3	July 12-16	M - F	5:00-7:00 p.m.	\$75.00
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SHOOTING CAMP - Co-ed, Grades 5-8

Campers will learn the jump shot, foot alignment, hand position, body balance and squaring up, position of wrist, arm and elbow, release and follow through, and shooting off the pass, dribble and drive.

#4	July 19-23	M - F	3:00-5:00 p.m.	\$100.00
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BALL HANDLING SKILLS CAMP - Co-ed, Grades 5-8

This camp will teach ball handling drills, dribbling skills, fundamental vs zone, one on one presses, and scoring skills off the dribble.

#5	July 12-16	M - F	3:00-5:00 p.m.	\$100.00
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RISING STAR CAMP - Co-ed, Grades 2-4

Junior Players will have the opportunity to learn and play basketball with the use of junior-sized balls. A great way for your child to develop.

#6	July 12-23	M - F	8:30-10:00 a.m.	\$90.00
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HIGH SCHOOL BASKETBALL - Shamrocks Only

This camp for Shamrocks offers each player the opportunity to improve their game, develop their shooting style, and fine tune their defensive and offensive performance. Participation in this camp will help the player become a strong force in a team setting.

#7	June 1-17	Varsity	M -TH	10:00-12:30 p.m.	\$60.00
#8	June 1-17	Soph	M -TH	8:00-10:00 a.m.	\$60.00
#9	June 14-24	Frosh	M -TH	3:00-5:00 p.m.	\$60.00

POST PLAYER CAMP

This camp develops the total post player. Skills include stationary and driving post player moves and shots that go together and teaches you how to attack the baseline and middle areas. Drills are given for an individual to work with during the off-season.

#10	June 7-11	M - F	1:00-3:00 p.m.	\$60.00
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PERIMETER SKILLS CAMP

This camp develops the total perimeter player. Instruction includes cutting and screening, fast break situations, and penetration and relocation skills. Drills are given for an individual to work with during the off-season.

#11	June 1-11	M - F	1:00-3:00 p.m.	\$60.00
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APPLICATION AND WAIVER FORM - PLEASE PRINT INFORMATION

Camper's Name _____	Parent/Guardian _____
Address _____	City _____
Phone () _____	State _____
Zip Code _____	Male _____
Female _____	Band Instrument _____
T-shirt Size (please circle)	Youth: S M L
Adult: S M L XL	Camp # _____
Amount \$ _____	Amount \$ _____
Camp # _____	Amount \$ _____
TOTAL \$ _____	

Grade in Sept. _____ **Age** _____

Send checks(s) made payable to: **Saint Patrick High School**
Brian Glorioso, Camp Director
5900 W. Belmont, Chicago, 60634

THIS SECTION MUST BE COMPLETED
I hereby authorize the staff of the SHAMROCK CAMPS to act to their best judgement in any emergency requiring medical attention. I hereby waive and release Saint Patrick H. S. and all camp staff from any and all liability for injuries or illnesses while in camp(s). My payment is not refundable. Cancel check is my receipt.

Parent/Guardian Signature _____ **Phone () _____** **Date** _____

Emergency Contact _____ **Phone () _____**

ALL CAMP FEES DUE AT TIME OF REGISTRATION

Send checks(s) made payable to:

Saint Patrick High School
Brian Glorioso, Camp Director
5900 W. Belmont, Chicago, 60634