

BASEBALL CAMP BOYS, GRADES 5-8

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.

#29 June 18-21 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.

#30 June 25-28 M-TH 9:00-10:00 a.m. \$65.00

HIGH SCHOOL BASEBALL FRESHMAN BASEBALL

This camp is for the incoming freshman class of 2016. 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

#31 July 9-12 M-TH 9:00-10:45 a.m. \$90.00

VARSITY BASEBALL

This camp is for all potential '12 varsity baseball players. It will include practice time and playing a full summer league schedule culminating with the summer league state tournament.

#32 June 4-July 30 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.

#33 June 18-29 M-F Session 1 9:00-9:45 a.m. \$70.00*

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

#35 July 9-20 M-F Session 3 9:00-9:45 a.m. \$70.00*

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

#37 July 23-Aug 3 M-F Session 5 9:00-9:45 a.m. \$70.00*

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

REGISTER IN PERSON: Saturday, April 21, 2012 - 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 7-12

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.)

#39 June 11-Aug 2 M-TH 6:30-8:30 p.m. Grades 7-9 \$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.)

#40 June 11-July 27 M-TH 6:30-8:00 p.m. \$150.00

HIGH SCHOOL CONDITIONING - Co-ed

Open to high school-level swimmers. The goal is to improve technique and conditioning through extensive drills and training sets. St. Pat's coaches will supervise and instruct.

#41 June 11-July 27 M-F 4:30-6:00 p.m. \$60.00

WRESTLING

BEGINNER THRU INTERMEDIATE - Grades 1-8

This is the 30th 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.

#42 July 10-12 & 16-18 T-TH 11:00-12:30 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.

#43 June 11-14 & 18-21 M-TH 11:00-12:30 p.m. \$60.00

VOLLEYBALL

VOLLEY CAMP - Co-ed Grades 6-12

Head Coach Julie Wijek who is also coach of Powerhouse Volleyball Club and Director of Northshore Assaut, will conduct all camps designed to introduce volleyball to younger players by teaching the skills they need through the use of a lighter ball and a much lower net. The emphasis on the program is fun! The program will also 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.

#44 July 10-12 All Skills 6-8 T-TH 6:00-8:00 p.m. \$60.00

#45 Skills & Position 9-12 T-TH 6:00-8:00 p.m. \$60.00

#46 July 17-19 All Skills 6-8 T-TH 6:00-8:00 p.m. \$60.00

#47 Skills & Position 9-12 T-TH 6:00-8:00 p.m. \$60.00

GOLF

Co-ed, Grades 6-9

Come out and receive instruction from our golf coaches, Mike Tortoriello and Dan Geraghty. Camp will include transportation to the golf course and range, camp t-shirt, and snacks. The camp will focus on all areas of the game including warm-up, set-up, grip, swing, long and short game, and the rules and etiquette of the game. Campers must have their own clubs.

#48 June 19-21 T-TH 10:00-2:00 p.m. \$100.00

SCIENCE & ENGINEERING

Co-ed, Grades 6-8

What makes a plane fly? Why do LEDs light? How does animation work? Build rockets, make a friendship tester and create your own cartoons in his year's science & engineering camp! Learn more about flight, rocketry, electricity and optics in our fun and state-of-the-art physics lab. All campers will receive individual attention from Saint Patrick Master Science Faculty. This program will help prepare students for high school science as well as provide early opportunities to build skills for the ACT, ISAT and other advanced testing programs.

#49 July 10-July 20: T-F 1:30-3:30 p.m. Room 301 \$200.00

MUSIC

JAZZ CAMP - Co-ed, Grades 5-8

Open to boys and girls with a minimum of one year experience in grade school band or private lessons. Students will have a BLAST at Jazz Camp! This camp will teach the basics of jazz improvisation and style. Led by Band Director Kevin Carroll, the camp is a great way for students to prepare to be a part of the award-winning Saint Patrick Jazz Ensembles. At the conclusion of the camp on Friday at 2:30 p.m., campers will perform in the Stahl Family Theatre with a pizza party to follow. T-shirt, folder, and music will be provided. Please list your child's instrument on the registration sheet.

#50 June 18-22 M-F 12:00-2:30 p.m. \$100.00

PERCUSSION CAMP - Co-ed, Grades 5-8

Open to boys and girls with a minimum of one year experience 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 Stahl Family Theatre followed by a pizza party. T-shirt, folder, and music will be provided.

#51 June 18-22 M-F 9:00-11:30 a.m. \$100.00

SUMMER ACTING INTENSIVE

Co-ed Grades 6 thru graduating high school seniors.

Mr. Geoffrey Arndt is the instructor for this two-week workshop. Training will provide a solid foundation for theatre performance and concentrate on acting, voice, and movement. All experience levels are welcome. The workshop concludes with a performance in the Stahl Family Theatre on Friday, June 22 at 7:30 p.m. with a pizza party to follow. T-shirts will be provided.

#52 June 11-22 M-F 12:00-3:00 p.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 18-21 M-TH 4:00-7:00 p.m. \$65.00

WORLD LANGUAGES & CUSTOMS

BIENVENIDO! - BIENVENUE! - HUĀN YÍNG - WELCOME Co-ed Ages 9-13 - Limit 25 students.

Join us for this fun-filled experience that will send you on a journey of discovery into the Spanish, French and Chinese languages and customs. Sample traditional foods, explore music and dance, and learn simple words and phrases.

#54 June 11-14 M-TH 9:00-12:00 p.m. \$65.00



Activities for Boys and Girls

Professional Adult Staff

Affordable Prices

Safe Environment

Saint Patrick High School



5900 W. Belmont, Chicago

773.282.8844

stpatrick.org

SHAMROCK SPORTS CAMP Co-ed, Ages 7-13

The Shamrock Sports Camp is an 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. Activities will be conducted by our Athletic staff. **TO APPLY** : A \$100 non-refundable deposit must accompany application. Full payment is due by the end of the first week of camp.

#19	June 18-July 27	6 Wks	M-F	1:00-4:00 p.m.	\$350.00
#20	June 18-July 6	3 Wks	M-F	1:00-4:00 p.m.	\$200.00
#21	July 9-July 27	3 Wks	M-F	1:00-4:00 p.m.	\$200.00

ALL DAY SPORTS CAMP

Same as above along with art activities.

#22	June 18-July 6	3 Wks	M-F	10:00-4:00 p.m.	\$400.00
#23	July 9-July 27	3 Wks	M-F	10:00-4:00 p.m.	\$400.00

Concession stand open for lunch or bring your own.
Beverages will be provided by Saint Patrick High School.

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.

#24	July 23-27	Grades 9-12	M-F	7:45-9:45 a.m.	\$55.00
#25	July 23-27	Grades 4-8	M-F	7:45-9:45 a.m.	\$55.00

Sign-up for Cross Country & Track and Field SPECIAL PRICE \$70.00

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.

#26	July 23-27	M-F	10:00-12:00 p.m.	\$60.00
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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.

#27	June 25-29	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.

#28	July 9-31	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-five years of coaching experience at the high school and college level.

TOP GUN. RECEIVER CAMP - Grades 5-8

Quarterbacks, bring your favorite wide receivers to this camp and get ready to air it out! Quarterbacks and wide receivers will work on individual and group skills with Shamrock football coaches, Matt Reardon, Matt O'Brien, Tom Barrett and Mike Jasinski. Get ready for your season.

#11	July 9-12	M-TH	2:00-4:00 p.m.	\$40.00
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ELITE CONTACT FOOTBALL CAMP - Grades 7-8

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

#12	July 16-19	M-TH	1:00-3:00 p.m.	\$40.00
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FUNDAMENTAL CAMP - Grades 3-6

The main emphasis of this non-contact camp is to introduce the training techniques and skills involved with becoming a successful football player/athlete. This camp teaches you the football player's offense and defensive skills by position. Fundamental camp offers athletes the opportunity to train with qualified coaches and varsity football players in a safe instructional environment.

#13	July 23-26	M-TH	1:00-3:00 p.m.	\$40.00
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HIGH SCHOOL FOOTBALL - SHAMROCKS ONLY

This camp for SHAMROCKS will prepare you for the upcoming season. The focus will be on fundamentals, schemes and team building and which is a big part of our preparation for a successful season.

#14	Varsity June 11-21 & July 9-26	M-TH	4:00-7:00 p.m.	\$75.00
#15	Soph. June 11-21 & July 9-26	M-TH	4:00-7:00 p.m.	\$75.00
#16	Frosh. June 18-22	M-F	5:00-7:00 p.m.	\$75.00
	And July 9-26	M-TH	3:00-6:00 p.m.	

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 gym shoes and cleats.

#17	July 9,11, 16,18, 20	M and W	8:30-10:00 a.m.	\$50.00
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INTRO TO STRENGTH TRAINING Athletes, Co-ed, Grades 6-8

USA certified strength Coach Shawn Bond will teach athletes the basics of strength training. Emphasis will be on proper form, positions in various exercises, and developing core strength.

#18	July 10, 12, 17, 19, 24, 26	T and TH	8:30-10:00 a.m.	\$50.00
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BASKETBALL

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 p-rogressive.

#1	June 18-June 29	M - F	10:00-12:30 p.m.	\$110.00
#2	July 9-20	M - F	10:00-12:30 p.m.	\$110.00

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.

#3	July 9-13	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.

#4	July 16-20	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.

#5	July 9-20	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.

#6	June 4-21	Varsity	M -TH	10:00-12:30 p.m.	\$60.00
#7	June 4-21	Soph	M -TH	8:00-10:00 a.m.	\$60.00
#8	June 18-28	Frosh	M -TH	3:00-5:00 p.m.	\$60.00

HIGH SCHOOL 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.

#9	June 4-8	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.

#10	June 4-8	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 _____
School _____	Zip Code _____
T-shirt Size (please circle) Youth: S M L Camp # _____	Grade in Sept. _____
Adult: S M L XL Camp # _____	Amount \$ _____
	Amount \$ _____
	Amount \$ _____
	TOTAL \$ _____

ALL CAMP FEES DUE AT TIME OF REGISTRATION Send check(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 () _____	