

ST. MARY SUMMER CAMPS 2013

****All grades are the child's grade for NEXT year****

STRENGTH & CONDITIONING CAMP Instructor: Ross Flemmer Cost: High School-\$200 for 4 days/week or \$120 for 2 days; Junior High \$100 for 2 days/week

Cardinal Strength and Conditioning Camp for Senior High (Grades 9-12 next year):

This camp meets Monday, Tuesday, Thursday and Friday of each week. This is an 11 week camp starting in Late May. This camp is for both boys and girls. The goal of the camp is to improve speed, strength, agility, coordination, and flexibility. Times are 6:00-7:30 or 7:30-9:00. (Schedules to be sent after registration)

Cardinal Strength and Conditioning Camp for Junior High (Grade 7-8 next year):

This camp meets each Monday and Tuesday for 11 weeks (starting in late May). This camp is for both boys and girls. The goal of this camp is to improve speed, strength, agility, coordination, and flexibility. It is also designed to teach the athletes how to properly perform lifts and drills which they will be doing in their upcoming seasons and in the future. Time is 9:00-10:30. (Schedules to be sent after registration)

Grades K-6 GIRLS BASKETBALL CAMPS

Instructor: Amanda Geraets

Skills and fundamentals including dribbling, passing, shooting, and defensive drills.

K-3rd grade: June 17th, 18th, 20th 11:00-12:00 am

4th-6th grade: June 17th, 18th, 20th 12:00-1:00 pm

7-12 GIRLS BASKETBALL CAMPS Instructor: Josh LeBrun

Skills and fundamentals including dribbling, passing, shooting, and defensive drills that will prepare your daughter for Cardinal basketball.

10th-12th grade: July 1st & 2nd 9:00-10:30; July 3rd 8:00-9:30 am

7th-9th grade: July 1st & 2nd 10:30-12:00 July 3rd 9:30-11:00 am

Cost: \$25 includes t-shirt

Grades K-12 BOYS BASKETBALL CAMPS

Cost: \$25 includes t-shirt

Instructor for K-12: Blake Miller

Skills and fundamentals camp, with an emphasis on improving dribbling, passing, shooting, and defensive drills .

Grades K-2: May 28th-31st, 3:00-4:00

Grades 3-6: June 10th-13th, 9:00-10:00

Grades 7-9: June 17th-20th, 9:00-10:30

Grades 10-12: June 10th-13th, 6:00-7:30 pm

LITTLE CARDINAL FOOTBALL

COST: \$20(K-2)/\$30 (3-6)

Instructors: Ross Flemmer & Blaine Bacon

This camp is designed for boys and girls, and is divided in to two different sessions, (Grades K-2) and (Grades 3-6).

The athletes that attend camp will work on basic football fundamentals as well as play different games and competitions.

K-2: June 19-21, 10:00-11:00 am

3-6: June 26-28, 10:00-11:30 am

DUE NO LATER THAN MAY 4TH.

PLEASE USE ONE SHEET PER STUDENT ATHLETE (ONLY ONE CHECK IS NEEDED PER FAMILY-attach all sheets please)

NAME _____ GRADE (2012-2013) _____ PARTICIPANT CELL PHONE # _____

ADDRESS _____ BOY/GIRL _____ T-SHIRT SIZE YM YL YXL /ADULT S M L XL

CAMP CHOICES: <u>(Circle Choices)</u>	K-2 BB \$25	3-6 Boys BB \$25	7-9 Boys BB \$25	10-12 Boys BB \$25
	K-2 Girls BB \$25	3-6 Girls BB \$25	7-9 Girls BB \$25	10-12 Girls BB \$25
	K-2 Little Card FB \$20	7-8 Strength Camps \$100	9-12 Strength Camp (2 days) \$120	9-12 Strength Camp(4 days) \$200

PARENT/GUARDIAN NAME _____

PARENT/GUARDIAN PHONE (HOME & CELL) _____

PARENT/GUARDIAN SIGNATURE _____

PARENT/GUARDIAN E-MAIL _____ TOTAL CAMP COSTS \$ _____

(Checks to St. Mary Summer Challenge please)

Please return registration form and payment to the school or mail to:

St. Mary, Attn: Summer Challenge 812 N. State Ave. Dell Rapids, SD 57022

Release Form: I hereby authorize the staff of the St. Mary Summer Camp to act for me according to their best judgment in any or all emergencies requiring medical attention and hereby release the camp and workers from any and all liability for any injuries incurred while traveling to, participating in, or returning from camp.