

Bishop Ireton Cardinal Camps Summer 2018

Please check each camp into which you are enrolling your child or children, and fill in the total fee. You can also register online at www.bishopireton.org/camp. Each camper will receive a complimentary camp t-shirt.

BOYS' CAMPS		GIRLS' CAMPS	
<input type="checkbox"/> Baseball Camp (July 30–August 3)	\$275	<input type="checkbox"/> Basketball Camp (June 18–22)	\$300
<input type="checkbox"/> Basketball Camp (June 25–29)	\$325	<input type="checkbox"/> Basketball Camp (July 16–20)	\$300
<input type="checkbox"/> Basketball Camp (July 9–13)	\$325	<input type="checkbox"/> Lacrosse Camp (June 18–21)	\$300
<input type="checkbox"/> Football Camp (July 16–19)	\$100	<input type="checkbox"/> Volleyball Clinic (July 30–August 2)	\$375
		<input type="checkbox"/> Girls Coding Camp (August 13–17)	\$50
		<input type="checkbox"/> Volleyball Beginner's Camp (July 30–August 2)	\$185

CO-ED CAMPS		TOTAL AMOUNT DUE (for all camps selected)	
<input type="checkbox"/> Junior Soccer Camp (June 25–29)	\$200	\$	
<input type="checkbox"/> Junior Soccer Camp (July 9–13)	\$200		
<input type="checkbox"/> Advanced Soccer Camp (June 25–29)	\$325		
<input type="checkbox"/> Advanced Soccer Camp (July 9–13)	\$325		
<input type="checkbox"/> Theater Camp (June 25–29)	\$350		
<input type="checkbox"/> Rowing Camp (June 18–22)	\$225		
<input type="checkbox"/> Rowing Camp (June 25–29)	\$225		
<input type="checkbox"/> Science Enrichment Camp (June 25–29)	\$200		

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.
 Tuition is fully refundable until 1 week prior to the
 start of camp.

Name _____ Boy _____ Girl _____
 Age _____ Grade in 2018–19 _____ T-shirt size (circle one) YM YL AS AM AL AXL AXXL
 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, advertisements and on the school's camps webpage. yes no

Parent/Guardian Signature _____ Date _____

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.

For general information regarding Bishop Ireton's summer camps, contact Chris Gilliland, Summer Camps Director, at (703) 212-5181 or email chris.gilliland@bishopireton.org.

Register Online
www.bishopireton.org/camp



Bishop Ireton High School
 201 Cambridge Road
 Alexandria, VA 22314
www.bishopireton.org



Bishop Ireton High School



Cardinal Camps

SUMMER 2018

Don't miss out.
 Sign up today!

CAMPS
 FOR
 GRADES
 1–12

Online registration at
www.bishopireton.org/camp



BISHOP IRETON
 HIGH SCHOOL

The Camps

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

Date	June 25–29, July 9–13 (Monday–Friday)	Age	11–18 (birth years 2000–2007)
Time	9:00 a.m. – 3:00 p.m. (Monday–Thursday) 9:00 a.m. – 12:00 p.m. (Friday)	Coach	Head Coach Jon Norem Licenses: USSF "A", NSCAA Adv. Nat'l./Nat'l Youth; WCAC Coach of the Year 2012 & 2014
Location	Fannon Field	Contact	coachnorem@gmail.com

Description

This camp is designed for the advanced/travel player or for those who aspire to play in high school. 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. **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 30–August 3 (Monday–Friday)	Age	Grades in 2018–19: 5–9
Time	9:00 a.m. – 2:00 p.m.	Coach	Head Coach Michael Olerta
Location	Frank Mann Field	Contact	olertam@bishopireton.org

Description

The camp is designed for players with aspirations of high school baseball. The camp will focus on all aspects of the game, including Hitting, Pitching, Team Defense, Base-running, and the Mental Game. The instruction is by Bishop Ireton High School coaches and current and former players. **Lunch will not be provided.**

CARDINAL BOYS' BASKETBALL CAMP ★ \$325

Date	June 25–29, July 9–13 (Monday–Friday)	Age	Grades in 2018–19: 1–10
Time	9:00 a.m. – 3:00 p.m. (Monday–Thursday) 9:00 a.m. – Noon (Friday)	Coach	Head Coach Neil Berkman
Location	Fr. Godley Gymnasium	Contact	berkmann@bishopireton.org

Description

The camp will be instruction and give 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 ★ \$100

Date	July 16–19 (Monday–Thursday)	Age	Grades in 2018–19: 5–9
Time	5:00 p.m. – 8:00 p.m.	Coach	Offensive Coordinator Milton Powell and various assistant coaches
Location	Fannon Field	Contact	Milton.Powell@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 and receive instruction in gross and fine motor skills involved in offensive, defensive, and special teams play. Team discounts available.

CARDINAL JUNIOR SOCCER CAMP (CO-ED) ★ \$200

Date	June 25–29, July 9–13 (Monday–Friday)	Age	6–10 (birth years 2008–2012)
Time	9:00 a.m. – 12:00 p.m.	Coach	Head Coach Jon Norem Licenses: USSF "A", NSCAA Adv. Nat'l./Nat'l Youth; WCAC Coach of the Year 2012 & 2014
Location	Fannon Field	Contact	coachnorem@gmail.com

Description

Our half-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 skills under match conditions. Small group tactics will be taught during match conditions. **Lunch will not be provided.**

CARDINAL GIRLS' VOLLEYBALL CLINIC WITH GOLD MEDAL SQUARED ★ \$375

Date	July 30–August 2 (Monday–Thursday)	Age	Grades in 2018–19: 9–12
Time	8:30 a.m. – 4:30 p.m. (Monday–Wednesday) 8:30 a.m. – 4:00 p.m. (Thursday)	Coach	Head Coach Owen Ranger
Location	Fr. Godley Gymnasium	Contact	Owen.Ranger@bishopireton.org

Description

This camp is designed for the serious, experienced volleyball player. Led by Coach Ranger 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. This is a great way to prepare for volleyball tryouts for prospective Bishop Ireton players. **Lunch is provided.**



CARDINAL GIRLS' VOLLEYBALL BEGINNER AND INTERMEDIATE CAMP ★ \$185

Date	July 30–August 2 (Monday–Thursday)	Age	Grades in 2018–19: 5–9
Time	6:00 p.m. – 9:00 p.m.	Coach	Head Coach Owen Ranger
Location	Fr. Godley Gymnasium	Contact	Owen.Ranger@bishopireton.org

Description

This camp is for players with limited or no experience who are interested in developing their volleyball skills. Campers receive training in the fundamental aspects of the game.

CARDINAL GIRLS' LACROSSE CAMP ★ \$300

Date	June 18–21 (Monday–Thursday)	Age	Grades in 2018–19: 4–9
Time	9:00 a.m. – 3:00 p.m.	Coach	Head Coach Rick Sofield
Location	Fannon Field	Contact	sofieldr@bishopireton.org

Description

The B.I. Cardinals Girls' Lacrosse Camp is a fun and dynamic camp that 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 that begins with individualized instruction, followed by small group competition, and culminating in game situations. **Lunch is provided.**

CARDINAL GIRLS' BASKETBALL CAMP ★ \$300

Date	June 18–22, July 16–20 (Monday–Friday)	Age	Grades in 2018–19: 4–10
Time	9:00 a.m. – 3:00 p.m. (Monday–Thursday) 9:00 a.m. – Noon (Friday)	Coach	Head Coach Jason Harris
Location	Fr. Godley Gymnasium	Contact	harrisj@bishopireton.org

Description

This camp is designed specifically for players hoping to increase their skill level and knowledge of the game. Camp instruction includes lectures, guest speakers, fundamentals, drills and contests, along with player evaluations and awards. **Lunch is provided.**

SUMMER THEATER CAMP (CO-ED) ★ \$350

Date	June 25–29 (Monday–Friday)	Age	Grades in 2018–19: 3–10
Time	9:00 a.m. – 3:00 p.m.	Coach	Joanna Henry and Carly Maalouf
Location	Garwood Whaley Auditorium	Contact	henryj@bishopireton.org maaloufc@bishopireton.org

Description

This camp offers high-quality theater training for youth in grades 3 through 10 and 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 theater professionals and assisted by local theater 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) ★ \$225

Date	June 18–22, June 25–29 (Monday–Friday)	Age	Grades in 2018–19: 8–12
Time	8:00 a.m. – 12:30 p.m.	Coach	Jenna Stedman
Location	Anacostia Community Boathouse 1900 M Street SE, Washington, DC	Contact	Crewcoachjenna@bishopireton.org

Description

Learn the basics of rowing, which include 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. Family and friends are invited to a final presentation on the afternoon of the final workshop session. **Lunch is provided.**

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

Date	June 25–29 (Monday–Friday)	Age	Grades in 2018–19: 7–9
Time	9:00 a.m. – 12:00 p.m.	Teacher	Denise Tobin
Location	Bishop Ireton	Contact	tobind@bishopireton.org

Description

This camp will prepare students 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; calorimetry and pH chemistry; robotics; optics; 3-D creation and design. **Lunch will not be provided.**

I.T. GIRLS: GIRLS' CODING CAMP ★ \$50

Date	August 13–17 (Monday–Friday)	Age	Grades in 2018–19: 8–9
Time	8:30 a.m. – 12:30 p.m. (Monday–Friday)	Teacher	AnneMarie Caballero, with two student assistants
Location	Bishop Ireton computer lab	Contact	iretongirlsit@bishopireton.org kellyt@bishopireton.org

Description

The instructional camp gives an overview of the most important aspects of coding using the programming language Java. The camp will include lessons, activities and a camper-run project of their choosing. **Snacks will be provided, but lunch will not.**