

SUMMER at CHS

MAY 20 - JULY 29, 2019

ACADEMICS

STRENGTH & SPEED

ATHLETICS



REGISTER ONLINE AT
WWW.CATHOLICHIGH.ORG/SUMMERATCHS



COURSE INFORMATION

FIRST DAY

The week prior to each course/camp, an email will be sent to all contacts listed on the registration form with detailed information regarding parking, dropoff, supplies, etc.

LOCATION OF COURSES:

All Academic courses meet in the CHS Union on the first day.

ATHLETIC COURSES MEET:

- Baseball – baseball field (*if raining, meet in gym*)
- Basketball – gym
- Football – CHS Grizzly Field (*if raining, meet in weight room*)
- Golf - LSU Golf Course
- Lacrosse - CHS Grizzly Field (*if raining, meet in wrestling room*)
- Soccer – CHS Grizzly Field (*if raining, meet in gym*)
- Strength/Speed – weight room
- Wrestling – wrestling room

PROPER ATTIRE:

All students attending academic courses may wear shorts, jeans or slacks with a T-shirt or collared shirt. Inappropriate messages on a student's clothing may be grounds for having that student leave for the day. More information will be given on the first day of class about proper attire.

All students attending athletic courses may wear clothes appropriate for the sport or T-shirt, shorts and tennis shoes. More information will be given on the first day of each course about proper attire.

WHAT TO BRING:

Supplies for academic courses are provided. Details regarding equipment for athletic camps will be emailed the week prior to camp.

LUNCH:

Food service will be available for breakfast, snack and lunch purchases from 7:15 a.m. until 2:30 p.m. each day in the Union. Only CASH will be accepted.

COURSE ABSENCES:

All absences should be reported to the summer program office as soon as possible by email at summeratchs@catholichigh.org or phone at (225) 383-0397.

CLICK TO REGISTER!

THANK YOU

for your interest in the 2019 Summer at CHS program.
We hope to see you there!

REGISTRATION PROCEDURES

Catholic High School is offering online registration for academic, art and athletic courses for the summer of 2019. A \$25 administrative fee will be assessed on registrations received within a week of a course start date.

The summer registration fee is due at the time of registration; 20 percent of the summer registration fee is nonrefundable.

Courses fill up quickly, so please complete the online registration as soon as possible.

Please provide all information requested on the online registration form.

SUMMER PROGRAM LEADERSHIP

Summer Program Administrator: Mrs. Lisa Harvey

Summer Program Director: Ms. Tracy Ducote

Instructors: Members of the CHS Faculty

INFORMATION

For questions regarding the Summer at CHS program, contact:

Ms. Tracy Ducote

Phone: (225) 383-0397

Email: summeratchs@catholichigh.org

Website: www.catholichigh.org/summeratchs

A course may be cancelled if there are not enough students signed up. Please check www.catholichigh.org/summeratchs for any course cancellations and other updates.

CELL PHONE POLICY

Students may bring cellphones. They must be turned off and put away during class. Use is not allowed inside CHS buildings.

For more information, please email:
summeratchs@catholichigh.org

ACADEMICS



PREPARATION FOR ALGEBRA I

COURSES 101 AND 102

This course is designed to prepare students to make an easy transition from the elementary mathematics class to an algebra class. Basic skills taught include working with fractions, decimals and percentages with an introduction to solving linear equations. This course is open to CHS students taking Algebra I in the 2019-2020 school year.

FUN SCIENCE*

COURSE 103

This fun, interactive course allows students to explore and apply scientific principles. Students will engage in science activities – labs, demonstrations, etc. - that apply the basics of physics, chemistry, biology, and more.

PREPARATION FOR ENGLISH I

COURSES 201 & 202

This course is designed to prepare students taking English I in the 2019-2020 school year. Activities will focus on grammar, reading comprehension, vocabulary, and writing.

PUBLIC SPEAKING*

COURSE 203

This course is designed to help students understand the characteristics of effective communication, practice communication skills, and increase confidence while speaking to others. Students will explore different types of communication; work collaboratively; and write, revise, and deliver speeches.

CREATIVE WRITING*

COURSE 204

This course is designed to help students in grades 5th through 9th refine skills in expressing themselves with originality, creativity, and clarity in stories, poetry, and personal essays. They will identify the successful elements of creative writing; work in a writing community, learn to give and receive useful feedback; and experience writing as a tool for self-discovery and creative expression. Strategies will include writer's journals, partner and small group writing, reading model literature, developing expressive capabilities, and strengthening one's descriptive vocabulary.

WRITING BOOTCAMP*

COURSE 205

This course will give incoming 8th and 9th graders an understanding of and practice in the writing expectations of CHS courses. Students will participate in engaging and meaningful breakout sessions with CHS faculty members and begin the school year with a writing handbook and guided practice of its implementation. Lunch will be provided.

STUDY SKILLS*

COURSES 301 AND 302

This course is intended for students who wish to improve their study habits, test preparation and test-taking skills, as well as build a higher level of reading proficiency. These courses explore learning styles, organization and motivation.

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ACADEMICS



KEYBOARDING*

COURSE 401

This hands-on course is designed for students who want to learn and practice the standard method of keyboarding using the touch system. Participants should be willing to utilize proper keyboarding techniques and will be able to correctly make all keyboard reaches without looking at the keyboard by the conclusion of the course.

ACT PREP WITH A FOCUS ON SCIENCE AND READING*

COURSES 501 AND 506

Students will develop and practice strategies specific to the Science and Reading Test of the ACT. Increasing speed, reading comprehension and accuracy will be a key part of the course.

ACT PREP WITH A FOCUS ON ENGLISH AND WRITING*

COURSES 502 AND 507

This course will focus on the content and skills needed to excel on the ACT English Test and Writing Option. Students will learn about question styles and practice with sample tests in English and Writing Prompts from the ACT.

ACT PREP WITH A FOCUS ON MATHEMATICS*

COURSES 503 AND 508

The purpose of this course is to enable students to develop learning strategies, critical-thinking skills and problem-solving skills in mathematics. Topics covered include pre-algebra, elementary algebra, intermediate algebra, coordinate geometry, plane geometry and trigonometry. Students should have completed Algebra II before enrolling in this course.

COLLEGE APPLICATION BOOT CAMP*

COURSES 504 AND 505

This course allows students to work in personalized small groups to complete the entire Common Application, participate in a mock admissions exercise, write and receive feedback on a college essay, create a spreadsheet with college application/scholarship deadlines, build and modify a resume, and practice interviewing techniques. This course is open to incoming seniors at CHS & SJA.

3-D ANIMATION*

COURSE 701

This course will use Anim8or and Blender computer software to create animated projects. We will learn about topics such as computer generated imaging, tweening and rendering.

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ACADEMICS



COMPUTER GAME DEVELOPMENT USING SCRATCH*

COURSE 702

This course is an introduction to the essential building blocks behind object-oriented programming by creating fun, interactive stories, games and art. Students will think creatively while learning programming basics using Scratch, a programming language developed by the MIT Media Lab. Students will use their imagination to create a unique computer game. Students will be able to take home a copy of their programs at the end of the course.

ROBOTICS*

COURSE 703

This course is an introduction to building and programming robots to perform common tasks used in many different industries. Students will learn programming skills to control the robot and develop a line-following program. Students will use engineering skills to design the robot to navigate a route to explore a new planet and collect samples along the way. The week will end with a competition to determine the best "explorobot". A materials fee is included in the course cost. Enrollment is limited to 12 students per session.

CHS/SJA PERCUSSION CAMP*

COURSE 801

This course is required for all students enrolled as a percussionist in a CHS band class during the upcoming 2019-2020 school year. Students will begin learning music for the 2019 halftime show. Bring a bag lunch.

NEW MEMBER MARCHING CAMP*

COURSE 802

This course is required for all new woodwind and brass players enrolled in a band class at CHS during the upcoming 2019-2020 school year. Students will be taught how to march, play warm-ups, scales and school songs as they prepare for their first band camp in July. This course will not meet July 2 or 4.

ADVENTURE CAMP (HALF DAY)*

COURSE 901

Campers entering 5th-8th grades will go on a daily adventure each morning exploring South Louisiana culture and entertainment. A final detailed agenda will be emailed the week prior to camp. All entry fees are included. Sample destinations include the Baton Rouge Zoo, Greenwood Canoeing, Louisiana Arts and Sciences Museum and Planetarium, All Star Bowling and mini-golf, Waddill Wildlife and Fisheries Center fishing, LSU facilities tour, Nottaway Plantation, State Capital/Arsenal/ Barracks.

ADVENTURE CAMP (FULL DAY)*

COURSE 902

Campers entering 5th-8th grades will go on a full-day adventure each day exploring South Louisiana culture and entertainment. A final detailed agenda will be emailed the week prior to camp. All entry fees are included. Sample destinations include Tunica hills hiking, New Orleans City Park, Avery Island Tabasco tour and grounds, Global Wildlife Center in Folsom, Alligator farm tour, Stennis Space Center.

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STRENGTH & SPEED



STRENGTH AND SPEED FOR CHS STUDENTS

COURSES 1001 - 1013

These courses are designed to develop strength and power for all CHS athletes. The exercises vary depending on the needs of the individual athletes. Football, basketball, wrestling, and baseball will focus primarily on Olympic lifting techniques which teach athletes overall power and hip explosion. Soccer and swimming workouts focus on high intensity body weight exercises and plyometric exercises to develop burst and intensity. All athletes will be conditioning to improve core strength, overall foot speed and agility. Summer weightlifting is mandatory for JV and varsity athletes and freshmen who want to participate in sports in the 2019-2020 school year. See sport-specific requirements on the following page.

STRENGTH AND SPEED FOR MIDDLE SCHOOL STUDENTS

COURSE 1011

This strength and speed program will focus on learning basic exercises which include bodyweight exercises, plyometric exercises, speed improvement exercises, as well as some Olympic exercises. Each session will be challenging and competitive in an attempt to stimulate the young mind and promote general exercise and wellness from a young age. Safety and technique are the first focus.

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STRENGTH & SPEED



An athlete planning to participate in multiple sports should follow the guidelines for the sport that occurs first during the school year. If you have questions about your individual situation, email the Summer Director (summeratchs@catholichigh.org).

Information TBD will be emailed to registrants as soon as it is available.

- **Baseball** - 8th and 9th graders will participate in Strength and Speed Course 1012. JV and Varsity athletes will work with Traction Sports and should not register for CHS Strength and Speed.
- **Basketball** - 8th and 9th graders will participate in Strength and Speed Course 1012. JV and Varsity athletes will participate in Strength and Speed Course 1002.
- **Bowling** - Bowling athletes will not participate in CHS Strength and Speed.
- **Cheerleading** - Cheerleaders will participate in Strength and Speed Course 1011.
- **Cross Country** - All Cross Country athletes will participate in Strength and Speed Course 1008. Additionally, two runs per week will take place (days and times TBD).
- **Football** - 8th and 9th graders will participate in Strength and Speed Course 1012. JV and Varsity athletes will participate in Strength and Speed Course 1001.
- **Golf** - All Golf athletes will participate in Strength and Speed Course 1009. A documented independent workout may substitute for the Strength and Speed requirement.
- **Lacrosse** - All Lacrosse athletes will participate in Strength and Speed Course 1004.
- **Soccer** - All Soccer athletes will participate in Strength and Speed Course 1005.
- **Swimming** - All Swimming athletes will participate in Strength and Speed Course 1007 two days per week and will swim 5:30-7:30 a.m. (days TBD).
- **Tennis** - All Tennis athletes will participate in Strength and Speed Course 1010.
- **Track and Field** - All Track and Field athletes will participate in Strength and Speed Course 1008.
- **Ultimate** - All Ultimate athletes will participate in Strength and Speed Course 1006.
- **Wrestling** - 8th and 9th graders will participate in Strength and Speed Course 1012. JV and Varsity athletes will participate in Strength and Speed Course 1003, which will meet off-campus.

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ATHLETICS



BASKETBALL

COURSES 2001 AND 2002

These courses emphasize the development of the fundamental skills of shooting, dribbling, passing and ball handling in the context of 3-on-3 and 5-on-5 play. Contests in shooting, dribbling and team play are part of the daily program. (Enrollment will be limited. Registration for more than one basketball course is allowed).

BASKETBALL SUMMER LEAGUE

COURSES 2003

This league is open to students entering 8th and 9th grade. It will open with practice May 20-22 from 3:30-5:30, then meet on Mondays, June 3, 10, 17, 24 and July 8, 15 from 3:30-7:00. Players will be divided into teams of 8-12 after the practice sessions and team schedules will be issued. Each team will have nine practices and at least eight games over the six playing dates. Campers will arrive at 3:30 pm and practice 3:45 - 4:45 p.m.; games will begin at 5:00. We will have three games per night with some teams playing twice each night.

BASEBALL

COURSES 3001 AND 3002

These courses will teach the fundamentals of the swing, hitting, bunting, throwing, fielding, base-running and defensive positions. Participants will be instructed through drills and practices in the batting cage and on the field. (Registration for more than one baseball course is allowed).

FOOTBALL

COURSE 4001

This course is open to students entering grades 4-7 in the 2019-2020 school year. Emphasis will be placed on fundamental skills of passing, receiving, kicking, blocking, tackling and punting. This is a non-contact course; therefore, no helmets or uniforms are required.

FOOTBALL - SKILLS AND 7 ON 7 CAMP

COURSE 4002

This three-day football camp is geared specifically towards offensive and defensive skill players entering grades 7-9. This includes quarterbacks, running backs, wide receivers, tight ends, defensive backs and linebackers. In 3 days of camp, athletes will get 6 practices and 6 meetings complete with instruction using film from the drill work at the camp. Instruction will focus on position specific drills related to the passing game for offense and defense. Camp will conclude with a team 7 on 7 competition. Athletes from the same team will be grouped together whenever possible. Although this is a non-contact camp, athletes will need cleats, helmets, and mouthpieces. Quarterbacks are encouraged to bring their own footballs. A limited number of helmets is available if needed.

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ATHLETICS



FOOTBALL - LINEMAN CAMP

COURSE 4003

This three-day football camp is geared specifically towards offensive and defensive linemen (including tight ends) entering grades 7-9. In 3 days of camp, athletes will get 6 practices and 6 meetings complete with instruction using film from the drill work at the camp. Instruction will focus on run and pass blocking fundamentals for offensive linemen and pass rush and run block defeating fundamentals for defensive linemen. Each day of camp, athletes will also receive 45 minutes of weight room instruction and education from CHS strength coaches. Although this is a non-contact camp, athletes will need cleats, helmets, and mouthpieces. A limited number of helmets is available if needed.

SOCER

COURSE 5001

This course will emphasize ball skills such as passing, trapping, heading and shooting. Some offensive and defensive tactical situations will be developed through drills and small-sided games (3v3 and 4v4).

WRESTLING

COURSE 6001

This course is designed to introduce the sport of high school wrestling. This course will teach and develop the basic skills of wrestling through drills, games and videos.

GOLF (BEGINNER PROGRAM)

COURSE 7001

This program for beginning junior players will teach and improve fundamentals, as well as instill in its participants the core values of golf. Players will develop their skills in putting, chipping, and swing mechanics. Each day will conclude with a skills challenge and the final day of the course will include a round robin tournament of skills challenges and prizes/awards given out afterwards.

LACROSSE

COURSE 8001

These four-day courses will teach the fundamentals of catching, passing, shooting, dodging, offense and defensive positions for boys interested in playing lacrosse. Participants will be instructed through drills, practices and different kinds of lacrosse-related games on the field, all designed to teach the fundamental concepts behind the sport. Campers are expected to bring all their lacrosse gear with them. Lacrosse equipment is available for a select number of participants who may need to borrow some.

ALL DAY COMBO

COURSES 10001, 10002, 10003 AND 10004

These courses are designed to allow campers to enjoy an all-day CHS sporting experience. Campers may bring a bag lunch or purchase items with cash from our cafeteria.

[CLICK TO REGISTER!](#)

COURSE LISTING

* Course offered to boys & girls

COURSE #	COURSE NAME	DATE	TIME	DAYS	COST	AGE/GRADE
101	Algebra I	June 3-14	12:30-2:30	MTWTF	\$150	CHS 8th-9th
102	Algebra I	June 17-28	7:45-9:45	MTWTF	\$150	CHS 8th-9th
103*	Fun Science	June 3-7	8:00-12:00	MTWTF	\$180	5th-8th
201	English I	June 3-14	7:45-9:45	MTWTF	\$150	CHS 8th-9th
202	English I	June 17-28	12:30-2:30	MTWTF	\$150	CHS 8th-9th
203*	Public Speaking	June 3-14	7:45-9:45	MTWTF	\$150	6th-12th
204*	Creative Writing	June 17-28	10:00-12:00	MTWTF	\$150	5th-12th
205	CHS Writing Boot Camp	July 29	8:00-3:00	Tu	\$30	CHS 8th-9th
301*	Study Skills	June 3-14	10:00-12:00	MTWTF	\$150	6th-12th
302*	Study Skills	June 17-28	12:30-2:30	MTWTF	\$150	6th-12th
401*	Keyboarding	June 3-14	12:30-2:30	MTWTF	\$150	6th-12th
501*	ACT Prep with a Focus on Science and Reading	June 3-7	7:45-9:45	MTWTF	\$80	10th-12th
502*	ACT Prep. with a Focus on English and Writing	June 3-7	10:00-12:00	MTWTF	\$80	10th-12th
503*	ACT Prep. with a Focus on Mathematics	June 3-7	12:30-2:30	MTWTF	\$80	10th-12th
504*	College Application Boot Camp	June 10-14	10:00-12:00	MTWTF	\$80	12th
505*	College Application Boot Camp	June 17-21	12:30-2:30	MTWTF	\$80	12th
506*	ACT Prep with a Focus on Science and Reading	July 8-12	12:30-2:30	MTWTF	\$80	10th-12th
507*	ACT Prep. with a Focus on English and Writing	July 8-12	10:00-12:00	MTWTF	\$80	10th-12th
508*	ACT Prep. with a Focus on Mathematics	July 8-12	7:45-9:45	MTWTF	\$80	10th-12th
701*	3-D Animation	June 24-28	7:45-9:45	MTWTF	\$80	5th-9th
702*	Computer Game Development Using Scratch	June 24-28	10:00-12:00	MTWTF	\$80	5th-9th
703*	Robotics	June 24-28	12:30-4:00	MTWTF	\$165	6th-9th
801*	CHS/SJA Percussion Camp	July 15-19	8:00-4:00	MTWTF	\$175	CHS/SJA Percussionists
802*	New Member Marching Camp	June 11-July 18 (off July 2 & 4)	4:00-6:00	TT	\$140	New CHS/SJA Band Members
901*	Adventure Camp (<i>half day</i>)	June 10-14	7:45-12:00	MTWTF	\$225	5th-9th
902*	Adventure Camp (<i>whole day</i>)	June 17-21	7:45-4:00	MTWTF	\$350	5th-9th
1001	Strength/Speed (<i>JV/Varsity Football - CHS Only</i>)	May 30 - July 19	7:00-10:00	MT ThF	\$160	CHS JV/Varsity
1002	Strength/Speed (<i>JV/V Basketball - CHS Only</i>)	June 3 - July 18	3:00-4:00	MT Th	\$70	CHS JV/Varsity
1003	Strength/Speed (<i>JV/V Wrestling - CHS Only</i>)	June 3 - July 19	8:00-10:00	MT ThF	\$160	CHS JV/Varsity

COURSE LISTING

COURSE #	COURSE NAME	DATE	TIME	DAYS	COST	AGE/GRADE
1004	Strength/Speed (<i>Lacrosse - CHS Only</i>)	June 3 - July 19	1:00-3:00	MT ThF	\$160	CHS 8th - 12th
1005	Strength/Speed (<i>Soccer - CHS Only</i>)	June 3 - July 19	12:00-2:00	MT ThF	\$160	CHS 8th - 12th
1006	Strength/Speed (<i>Ultimate- CHS Only</i>)	June 4 - July 18	9:00-10:00	TuTh	\$60	CHS 8th - 12th
1007	Strength/Speed (<i>Swimming - CHS Only</i>)	June 3 - July 19	6:00-7:00	TBD	\$60	CHS 8th - 12th
1008	Strength/Speed (<i>Field/Track/Cross Country - CHS Only</i>)	June 4 - July 18	4:00-5:00	TuTh	\$60	CHS 8th - 12th
1009	Strength/Speed (<i>Golf - CHS Only</i>)	June 4 - July 18	9:00-10:00	TuTh	\$60	CHS 8th - 12th
1010	Strength/Speed (<i>Tennis - CHS Only</i>)	June 3-July 19	9:00-10:00	MF	\$60	CHS 8th - 12th
1011	Strength/Speed (<i>Cheer - CHS Only</i>)	June 3-July 19	9:00-10:00	MF	\$60	CHS JV/Varsity
1012	Strength/Speed (<i>CHS 8th-9th baseball, basketball, football, and wrestling</i>)	June 3 - July 12 (Football til July 17)	10:00-12:00	MT ThF	\$160	CHS 8th-9th
1013	Strength/Speed (<i>Middle School</i>)	June 3 - July 12	1:00-2:00	MT ThF	\$160	6th-9th
<i>*Strength and Speed sessions will not meet on July 4th and 5th*</i>						
2001	Basketball	June 3-6	12:30-3:00	MTWTF	\$140	7-10 yrs.
2002	Basketball	June 24-27	12:30-3:00	MTWTF	\$140	9-13 yrs.
2003	Basketball Summer League	May 20-22 June 3,10,17,24 July 8,15	3:30-5:30 (May) 3:30-7:00 (June/July)	MTW (May) M (June/July)	\$250 \$125 for CHS 8th/9th	8th-9th
3001	Baseball	June 3-6	9:00-12:00	MTWTF	\$140	7-10 yrs.
3002	Baseball	June 10-13	9:00-12:00	MTWTF	\$140	9-13 yrs.
4001	Football	June 10-13	12:30-2:30	MTWTF	\$140	9-13 yrs.
4002	Football - Skills and 7 on 7 Camp	July 12-14	1:00-7:00	FSaSu	\$250 \$125 for CHS 8th/9th	7th-9th gr.
4003	Football - Lineman Camp	July 12-14	1:00-7:00	FSaSu	\$250 \$125 for CHS 8th/9th	7th-9th gr.
5001	Soccer	June 24-27	9:00-12:00	MTWTF	\$140	5-11 yrs.
6001	Wrestling	June 17-20	9:00-12:00	MTWTF	\$140	7 and up
7001	Golf (<i>Beginner</i>)	June 3-6	8:00-10:00	MTWTF	\$140	6th-9th gr.
8001	Lacrosse	June 17-20	12:30-3:00	MTWTF	\$140	7 and up
10001	Combo (<i>Baseball/Basketball</i>)	June 3-6	9:00-3:00	MTWTF	\$260	7-10 yrs.
10002	Combo (<i>Baseball/Football</i>)	June 10-13	9:00-2:30	MTWTF	\$260	9-13 yrs.
10003	Combo (<i>Wrestling/Lacrosse</i>)	June 17-20	9:00-3:00	MTWTF	\$260	7 and up
10004	Combo (<i>Soccer/Basketball</i>)	June 24-27	9:00-3:00	MTWTF	\$260	9-11 yrs.

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