

SAINT PATRICK HIGH SCHOOL



SUMMER CAMPS

SAINT PATRICK HIGH SCHOOL | 5900 W BELMONT

REGISTER ONLINE AT
<https://www.stpatrick.org/athletics/camps-clinics/>

We are happy to announce the opening of registration for 2022 Saint Patrick Summer Sport Camps. We will be guided by IDPH guidelines as we open our campus to summer sport camps.

Receive a \$10 Early Bird Discount on most youth camps if you register before JUNE 1.

REFUNDS

No refunds will be given once a camp has begun. This includes if any camp that must end before its scheduled date or if an individual camper cannot participate in the camp due to COVID related issues.

Contact the Athletic Office with any questions.

Thank You
Matt Reardon - Athletic Director

Email: mreardon@stpatrick.org
Phone: 773-282-8844 ext. 295

BASEBALL

SKILLS CAMP - Boys, GRADES 6-8

If you are an experienced player on a travel team, you may find this camp is a good way to work on improving your overall game. We will work on fielding technique, plus the mechanics of pitching and catching. This camp is useful for experienced players who want more comprehensive instruction. Shamrock Head Baseball Coach Chris Hall and his assistants will conduct camp. Camp will be held at the Read-Dunning facility

July 11 – July 13 MON-WED 10:00-12:00 pm \$90.00

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 Instruction Manual.

RISING STAR - 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 his or her basketball skills.

July 11 - July 22 MON-FRI..... 8:30 am – 10:00 am..... \$125.00

FUNDAMENTALS - Boys, GRADES 5- 9

This camp is designed to help young players build a sound fundamental base for the game by focusing on improving weaknesses and developing abilities. Campers will have the opportunity to get ready for high school basketball by improving their game, developing their shooting style, and fine tuning their defensive and offensive performance.

July 11 - July 22 MON-FRI..... 10:00 am - 12:30 pm \$145.00

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.

July 11 - July 15 MON-FRI..... 1:30 pm – 3:30 pm..... \$110.00**

SHOOTING - 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.

July 18 - July 22 MON-FRI..... 1:30 pm – 3:30 pm..... \$110.00**

***Discount for campers who sign up for both Ball Handling and Shooting camps together.*

FOOTBALL

SHAMROCK YOUTH CAMP – Boys, GRADES 6-8

This camp is open to any incoming 6th-8th grader, and no previous playing experience is required/needed. We will focus on teaching young players the skills necessary to be successful on the gridiron. Additionally, speed & agility training will be incorporated under the direction of our Head Strength & Conditioning Coach, Mr. Chris Hoeller, CSCS. Campers will receive t-shirt

June 27 – June 30..... MON-THUR10:30-11:30 am \$50.00

GOLF

YOUTH ALL SKILLS - Co-Ed, GRADES 4-8

Come out and receive instruction from our golf coaches Matt McIntee and Jeff Latin. Camp will take place at the Des Plaines Golf Center. 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.

Schedule:

Monday - Intro to Golf – GASP (Grip / Alignment / Stance / Posture

Tuesday – Swing Basics – Tempo and Rhythm

Wednesday – Intro to Short game – Pitch / Putt

Thursday – Learning to PLAY – On course

Friday – Learning to COMPETE – Play day on course (Scramble teams)

June 20 – June 24 MON-FRI9:30 am-11:30 am \$250.00

SOCCER

YOUTH SOCCER CAMPS - Co-Ed, GRADES 4-8

All sessions will be organized and run by our award-winning coaching staff with the assistance of select players from our varsity squad. Come find out why we are the number one ranked soccer program in Chicago! Each session will include skill training followed by small-sided games. Emphasis will be on having fun! All sessions will take place at Read-Dunning Field. All campers will receive an official Shamrock Soccer warm-up shirt.

Session 1:

July 11 - July 15 MON-FRI8:00am-10:00am \$100.00

Session 2:

July 18 - July 22 MON-FRI8:00am-10:00am \$100.00

VOLLEYBALL

YOUTH ALL SKILLS - Co-Ed, GRADES 3-8

Head Coach Dean Zummo will conduct all camps. 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, and agility.

July 12 - July 14 TUE-THUR.....6:00 pm - 8:00 pm \$90.00

July 19 - July 21 TUE-THUR.....6:00 pm - 8:00 pm \$90.00

SPORTS CAMP

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. Campers will be grouped with similar age campers. There will be an emphasis on daily instructional swimming, but participation in a wide variety of activities will also be offered during the camp. Activities will be conducted by our Athletic staff Campers will need provided their own towels daily. Participants will receive a camp t-shirt

Session 1:

June 13- June 17 MON-FRI1:00 pm-4:00 pm \$125.00

Session 2:

June 20- June 24 MON-FRI1:00 pm-4:00 pm \$125.00

Session 3:

June 27- July 1 MON-FRI1:00 pm-4:00 pm \$125.00

All Sessions

June 13 - July 1 MON-FRI1:00 pm-4:00 pm \$300.00

DANCE

GIRLS, GRADES 1-8

Come join the Saint Patrick dance team for a fun filled four-day dance camp! Participants will learn and perfect basic dance skills such as leaps, turns and pom. Participants will also learn two routines taught by the Saint Patrick dancers. These routines will be performed the last day of camp for all our family and friends. Cost includes a camp t-shirt and bow. Don't miss out on this fun and energetic opportunity!

June 27 – June 30..... MON-THR5:30 pm - 8:00 pm \$80.00

YOUTH STRENGTH AND CONDITIONING CAMP

YOUTH ALL SKILLS – Boys CURRENTLY IN GRADES 7th & 8th

Do you want to take your game to the next level?

Do you want to be high school weight room ready?

Do you just want to improve your fitness?

If any of these apply to you then sign up now for the after-school youth strength and conditioning program at Saint Patrick High School

Youth Strength and Conditioning After School Program will:

- Improve Strength
- Improve Power
- Improve Core Strength and Stability
- Improve Explosiveness
- Improve Speed
- Improve Agility
- Improve Quickness
- Improve Flexibility
- Improve Mobility
- Decrease Injury Potential

Camp will be led by Coach Chris Hoeller, who is our new Head of Strength and Conditioning. Coach Hoeller holds a B.S. in Exercise Science and is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association

Session 1:

March 1 – April 21 TUE & THUR7:00-8:00 pm \$175.00

Session 2:

April 26 – June 16 TUE & THUR7:00-8:00 pm \$175.00

Both Sessions

March 1 – June 16 TUE & THUR7:00-8:00 pm \$300.00

AQUATICS

LEARN TO SWIM PROGRAM – Co-Ed, GRADES PK4-8

All levels of instruction are taught from beginner to advanced levels. Saint Patrick High School Learn to Swim is based on repetition of basic skills. Students will do multiple repetitions of skills to encourage muscle memory in all swimmers going the width of the pool. Participants are tested on the first day of each session to see what group they will be placed in. Groups are based on ability not age. There are 4 different groups from Beginner to Advanced. We promote up to the next level when students have mastered the skills in their group and the instructor & participant are confident in their ability to move up to the next level.

Levels

Group 1: Beginner Swimming skills

Getting in and out of the pool safely, blowing bubbles, going completely under the water and can handle water going in their eyes/dripping down their face/going in their ears. Participants will work with the kick board to begin building strong legs to kick across the pool and begin working on arm circles.

Group 2: Advanced Beginner Skills

All Group 2 students must be able to kick across the pool without assistance and be comfortable putting their face in the water. In this group students begin to learn Rhythmic Breathing, arm circles, and are introduced to the Backstroke. They begin swimming from instructor to instructor, slowly building endurance.

Group 3: Intermediate Skills

All Group 3 students must be proficient in Rhythmic Breathing, comfortable and able to swim Freestyle and Backstroke unassisted on a repetitive basis. In this group they will work with a pull buoy and begin learning the Breaststroke while continuing to improve their endurance.

Group 4: Advanced

All Group 4 students must be able to swim confidently and for longer periods of time and be confident in the deep end of the pool. In Group 4 participants will begin learning Butterfly, continuing to work on Breaststroke, Backstroke and Freestyle. All other aspects of competitive swimming will be introduced. Flip turn, treading water, proper technique and rules of competitive swimming will be covered. Diving from the side the of the pool and from a diving block will also be covered.

All sessions are \$100

SESSION 1	June 20 – July 1	MON-FRI	9:00 - 9:40 am
SESSION 2	June 20 – July 1	MON-FRI	10:00 - 10:40 am
SESSION 3	June 20 – July 1	MON-FRI	11:00 - 11:40 am
SESSION 4	July 11 – July 22	MON-FRI	9:00 - 9:40 am
SESSION 5	July 11 – July 22	MON-FRI	10:00 - 10:40 am
SESSION 6	July 11 – July 22	MON-FRI	11:00 - 11:40 am

Camps for current SHAMROCKS

BASKETBALL

BASKETBALL SOPHOMORE & VARSITY CAMP

This camp offers players the opportunity to improve their game, develop their shooting style, and fine tune their defensive and offensive performance.

For current Sophomore and Varsity Players

June 7 - June 25 MON-THUR9:30-12:00 pm \$95.00

FOOTBALL

FOOTBALL INCOMING FRESHMAN CAMP

This camp is for any incoming freshman who is interested in trying football. No previous playing experience is needed/required. Football is a no-cut sport. There will be a freshman team, and if numbers allow, we will also have a "B" team this fall, so this camp offers a great opportunity for incoming 9th graders to meet new classmates and coaches/teachers, while getting a feel for high school sports. Fee includes workout shorts and shirt. **For incoming Freshman only**

June 20 – July 1 M-F8:30-10:30 am \$110.00

FOOTBALL SOPHOMORE & VARSITY CAMP

This camp is open to any 10th-12th grader. We will continue to build our athletic performance through our Strength & Conditioning program, under the direction of Coach Hoeller, CSCS. In addition to enhancing athletic performance, fundamentals of position play, installation of offense, defense, and special teams, playbooks, and team building activities will be the emphasis of camp. Campers will receive t-shirt & shorts

Camp fees also include S&C training in June (dates will be provided by Coach Mertens)

No camp week of July 4th

For current Sophomore and Varsity Players

June 27 – July 28 M, Tu, & Th8:00-11:00 am \$110.00