

Summer Camp 2009 Activities Participation and Emergency

Medical Permission Card

Student's Name: _____

Parent/Guardian Name: _____

Address: _____

Home Phone: (____) _____

Work Phone: (____) _____

Hospital Preferred: _____

Family Physician: _____

Physician Phone: (____) _____

Private Insurance Carrier(s): _____

Policy Number(s): _____

Emergency Contact & Phone: _____

I consent to my child's participation in all drama rehearsal and production activities, assume all the risks and hazards incidental to such participation, and here RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Catholic Memorial High School, its agents, employees, and representatives (collectively "CMH") from and against any claim, liability, or expense of any kind, which the undersigned may have or claim to have, known or unknown, directly or indirectly, individually or derivatively, for any losses, damages, or injuries arising out of, during, or in connection with said participation, caused by the NEGLIGENCE of CMH, or as a result of any NEGLIGENT emergency medical care or treatment as needed until I can be reached and acknowledge and accept responsibility for meeting the cost of said medical care.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARENTEY BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE AND WAIVER OF ALL LIABILTIY AGAINST CMH TO THE GREATEST EXTENT ALLOWED BY THE LAWS OF THE SATE OF WISCONSIN.

Date: _____

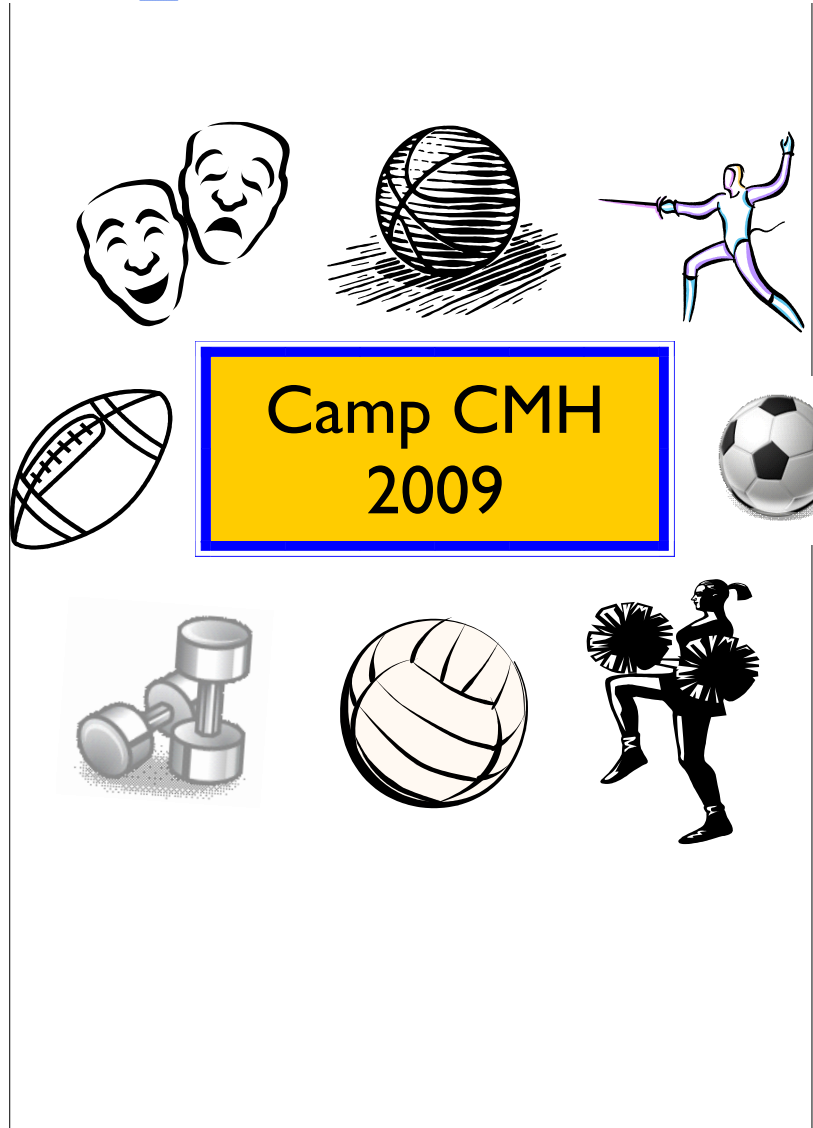
Parent/Guardian Signature: _____

I give/do not give (circle one) permission for my son/daughter to be included in photographs or articles generated by Catholic Memorial High School for official school use.

Date: _____ Parent/Guardian Signature: _____



Catholic Memorial HIGH SCHOOL



Registration Information

Athletics not only offer an opportunity for physical and emotional development for participants but also encourages a sense of community.

For Freshmen and new students, it is a great way to meet friends, gain self-confidence and build school spirit!

In a July, 2008 article, the Milwaukee Journal-Sentinel named Catholic Memorial High School one of the top five high school athletic programs in southeast Wisconsin. The school has been recognized many times as a sportsmanship winner by the Classic 8 Conference and the WIAA.

➔ Please fill out the registration and release form located on the last 2 pages of this booklet.

➔ Class sizes are limited and will be filled on a first come, first served basis.

➔ Please make checks payable to:

Catholic Memorial High School

➔ Mail payment and registration form to:

Catholic Memorial High School

Summer Camp 2009

601 E. College Ave

Waukesha, WI 53186

➔ Sorry, no refunds

➔ \$10.00 late fee if registered less than 7 days before the first day of camp.

➔ Questions? Please call Mrs. Marie Furrer at 262.542.7101



**Catholic
Memorial**
HIGH SCHOOL

Fill out this form (front and back), completely and submit this page along with your payment to the address below.

Student's Name: _____

Grade in 2009 - 2010 _____ Age: _____

Parent's Name: _____

CMH Student in 2009 - 2010? Yes No

Address: _____ City: _____ State: _____

Zip: _____

Parish Affiliation: _____ Parish City: _____

Parent Email Address: _____

Work Phone: (_____) _____

Home Phone: (_____) _____

Emergency Contact Person: _____

Emergency Phone: (_____) _____

___ Boys Basketball Camp See page 6 **Session** _____

___ Girls Basketball Camp/Shooting Camp \$70.00/\$125.00 **Session** _____

___ Girls Volleyball Camp \$60.00/\$70.00/\$140 **Session** _____

___ Girls Track Camp \$75.00

___ Boys Summer Strength Training \$80.00

___ Crusader Girls Quickness & Strength \$90.00

___ Champions Soccer School \$75.00/\$140.00

___ Fencing \$75.00

___ Drama Camps \$75.00 **Session** _____

___ Dance Starz Camp \$85.00

___ Dazzling Starz \$75.00

___ Girls Rugby Camp \$50.00

___ Boys' Rugby Camp \$50.00

Mail Registration and Payment to:

Catholic Memorial High School

CMH Summer Camp 2008

601 E. College Ave.

Waukesha, WI 53186

Questions? Call
Mrs. Marie Furrer
@ 542.7101

Girls' Basketball Skills & Shooting Camps

For girls entering 5th - 9th grade

Join the CMH girls' basketball coaching staff and players for a week of Memorial basketball.

The **Skills Camp** will focus on the fundamentals: ball handling, shooting and team defense. Daily contests and games will provide opportunity to develop skills in a fun, competitive setting.

The **Shooting Camp** will emphasize the fundamentals of becoming a better, natural shooter. Emphasis will be put on correct footwork, body balance, and position of hands on the basketball. Players will learn to shoot off the dribble or pass, and train to understand their shooting range. Each player leaves the camp with an individual shooting routine.

June 22 - 26 Monday - Thursday Cost: \$70

Session I:

Basketball Skills Camp Girls entering 5 - 7 8:00 a.m. - 10:00 a.m.

Session II:

Shooting Camp Girls entering 5 - 7 10:15 a.m. - 11:45 a.m.

Session III:

Basketball Skills Camp Girls entering 8 - 9 12:15 p.m. - 2:15 p.m.

Session IV:

Shooting Camp Girls entering 8 - 9 2:30 p.m. - 4:00 p.m.

Special Pricing: \$125.00 if **both** camps are taken, **\$70.00** if just **one** camp is taken. (Camp t-shirt included in fee)



Drama

Learn the craft of acting from Chris Andacht, "Outstanding Director-State Theatre Festival" 2002 - 2008! The beginning elements of acting will be developed including: dynamic action and rhythmic beat, improvisation, discovering/projecting basic relationships, characterization, vocal/visual gesture, rhythm and melody. Acting games will be used to ensure an enjoyable and educational experience.

Drama 1 (Grades 2 - 6)

June 15 - 19 (Mon-Fri)

10:00 a.m. - 12:00 p.m.

June 23 (Tues) and June 26 (Fri)

8:00 a.m. - 10:00 a.m.

Drama 2 (Grades 7 - 8)

June 22 - July 3 (Mon-Fri)

10:00 a.m. - 12:00 p.m.

Drama 3 (Grades 9 - 10)

July 6 - 17 (Mon-Fri)

10:00 a.m. - 12:00 p.m.

Drama 4 (Grades 11 - 12)

July 20 - July 31 (Mon-Fri)

10:00 a.m. - 12:00 p.m.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ A new and exciting ★
★ element of our ★
★ camps this year is ★
★ that the profes- ★
★ sional theater group ★
★ "Prairie Fire" will be ★
★ producing our sum- ★
★ mer show. All will ★
★ be cast in their pro- ★
★ duction of "Beauty ★
★ and the Beast" ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Cost \$75.00



Crusader Boys Summer Strength

For Registered CMH boys entering
9th - 12th grade

Both experienced and beginner lifters are
welcome

June 8 - August 10

Monday - Thursday 4:30-6:30 pm

Cost \$80

Girls Track Camp

For girls entering 8th - 12th grade

Classroom development of running and training theory and a practical application will allow girls in all sports to benefit through improved balance, speed and coordination. The course will provide Track and Field event education and competition. Three CMH coaches, all Level II certified and led by ten-time Coach of The Year, Chris Andacht, will develop the bio-mechanical and physiological aspects of events that will lead to improvement in individual skills. This schedule can accommodate vacations while still providing full enrichment. Athletes are encouraged to join, especially freshmen.



June 15 – July 16

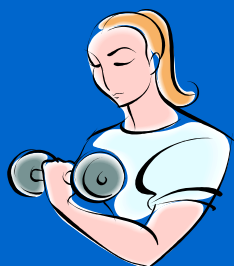
Monday, Wednesday & Thursday

Cost: \$75

8:00 a.m. - 10:00 a.m.

Crusader Girls Quickness & Strength

For girls entering
8th - 12th grade



Session will consist of one hour of quickness & one hour of strength. Girls will be given a weight lifting program based on their pre-test strength evaluation along with age of participant. Quickness portion will consist of a number of quickness activities on CMH Athletic Field

June 8 - July 30

Monday, Wednesday & Thursday

10:00 a.m. - 12:00 p.m.

Cost: \$90

Crusader Rugby Camp

This camp exposes young athletes to the basics of non-contact rugby, including passing, kicking and teamwork in a non-competitive atmosphere. Breakout sessions will be used for specific skills. In addition to playing matches of touch rugby, players will learn the rules and history of the worlds second-most widely played sport.



Girls: grades 6 - 8 August 3 - 6 (Mon - Thurs)

9:00 - 11:00 a.m. **Cost: \$50**

Boys: grades 7 - 8 June 15 - 18 (Mon - Thurs)

9:00 - 11:00 a.m. **Cost: \$50**

Dance Starz/Dazzling Stars Dance Camp

Dance Starz for girls entering 4th - 8th grade

Dazzling Starz for girls entering 1st - 3rd grade

Dance Starz (girls entering 4th - 8th grade) returns to Catholic Memorial! Do you love to dance? Have you ever dreamed of being on a dance team? If so, this camp is for you! Join our expert instructors from COLLEGIATE dance teams throughout the country as they prepare you for your future squad. Classes include Technique, Hip Hop, Jazz and Pom/Dance. Come with or without experience. Classes will be geared to ability level. Parent show and Camp T-shirt are included. Dance Starz dancewear sold separately.

Dazzling Starz (Girls entering 1st - 3rd grade) By popular request we have expanded the Dance Starz program to include the younger generation. Classes will include Hipity Hop, Razz MaJazz, and -Shake Your Pom Pon! Parent show and Camp T-shirt are included. Dance Starz dancewear sold separately.



August 3 - 6 Mon - Thurs

10:00 a.m. - 3:00 p.m.

Cost: \$85 Dance Starz

\$75 Dazzling Stars

Girls Volleyball Camp

For Girls entering 5th - 9th grade

From fundamental skill development and basic team play through advanced technical instruction and complex playing systems, CMH volleyball camps provide an appropriate and challenging environment for everyone in grades 5 through 9 who seeks to improve as a volleyball player. Camps will be staffed with active and caring coaches.

July 27—30 Monday—Thursday

Session 1: 9 am– 11:30 am (Limit 32) Fee - \$60

- Fundamentals Camp: A camp designed for players just learning the game – typically 5th or 6th graders with little or no club experience. As the title suggests this 10 hour camp will focus on the fundamental skills along with basic team play concepts, helping campers get the right start to this game.

Session 2: 1 pm – 4 pm (Limit 32) Fee - \$70

- Performance Camp: A camp designed for players who have a good fundamental base and who are seeking to improve their overall game – typically 6th and 7th graders with minimal club experience. This 12 hour camp will reinforce the fundamental skills and introduce more complex drills and playing systems.

Session 3: 5:30 pm – 8:30 pm (Limit 48) Fee - \$70

- Challenge Camp: An evening camp designed for players who are experienced and highly motivated – typically 7th or 8th graders with club experience. This 12 hour camp will feature more complex drills and playing systems in a challenging and very competitive environment.

Session 4: 9 AM – 4 PM (Limit 48) Fee - \$140

- Freshmen Camp: A full day camp (with 1 hour bring your own lunch break) designed to help prepare incoming freshmen for the rigors of high school volleyball without regard to high school affiliation, featuring 24 hours of on court instruction and play. This camp will expose players to more advanced tactical and technical instruction while also providing challenging competition.

Champions Soccer School

For students entering 1st - 9th grade

Coach Burke (USSF National Licensed Coach and NSCAA National Coach of the Year) and his staff will introduce each player to the tactical and technical systems that have produced six state championships, five top-twenty finishes in the NSCAA national polls, and an NSCAA national championship. More importantly, players will learn about the sportsmanship and dedication that have become the hallmarks of our varsity women's team - a team that has earned nine consecutive Academic All-American Team awards, and the Classic 8 Conference Sportsmanship Award.



June 22 - 26

Monday-Friday

9:00 - 11:30 a.m.

And/or

12:00 - 2:30 p.m.

Cost: \$75 one session

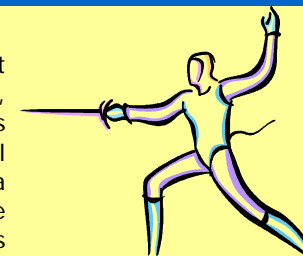
\$140 both sessions

Fencing for ALL

For students entering

5th grade - Adult

The sport of Fencing is taught at three different levels, experienced, new fencers and adults. Class lessons, work and competition will be done at all levels. We will have a tournament on the last session date with awards. No experience is necessary to learn fencing. All equipment provided.



June 8 – 24

Monday & Wednesday

6:30 p.m. - 8:00 p.m.

Cost: \$75

Boy's Basketball

You are invited to join the coaches and players from the Catholic Memorial boys' basketball program for an exciting and fun summer of basketball.

The Catholic Memorial Boys Basketball summer program is open to all boys entering the third through ninth grades in the fall of 2009. The program is designed to assist each young player to improve his individual skills as well as develop the TEAM concept. Players are encouraged to choose the camp(s) they feel will greatly enhance their basketball skills and knowledge of the game.

During each session, campers will participate in numerous drills and contests with and against other campers of the same age and/or ability level. Some of the sessions will also have league competition leading to playoff games and a championship.

In each session, the campers will receive a camp t-shirt and in sessions V and VI, campers will receive an outdoor basketball included in the cost.

June 15 -18 (Mon. to Thurs.)

Sessions I and II

Sessions I Basic Skills & Fundamental Camp

10:00 a.m.— 11:30 a.m.

Session II Individual Development and Fundamental Camp

1:00 p.m.— 3:00 p.m.

July 5 - 9 (Mon. to Thurs.)

Sessions III and IV

Session III Individual Skills Camp

10:00 a.m.—11:30 p.m.

Session IV Ind. Development

1:00 p.m.—3:00 p.m.

July 13 - 16 (Mon. to Thurs.)

Sessions V and VI

Session V Basic Shooting

10:00 a.m.—11:30 a.m.

Session VI Individual Shooting

1:00 p.m.—3:00 p.m.

COST:

Sessions I & III = \$80 per session/\$135 for both - includes t-shirt

Session II & IV = \$90 per session/\$150 for both - includes t-shirt

Session V = \$85 - includes basketball and t-shirt

Session VI = \$95 - includes basketball and t-shirt

June 15 - 18 (Mon. - Thurs.)

Sessions I and II

Session I Basic Skills and Fundamental Camp

10:00 a.m. - 11:30 p.m.

For students entering **third through fifth grades (younger student may attend at parent's discretion)** in the fall of 2009. This session is for the younger players and is designed to teach and/or introduce the game of basketball to the participants. Topics include many rules of the game, body balance, athletic stance, footwork, ball handling, passing, shooting and defense.

Session II Individual Development and Fundamental Camp

1:00 p.m.- 3:00 p.m.

For students entering the **six through ninth grades** in the fall of 2009. This session is designed to teach the fundamentals of the game including footwork, athletic stance, ball handling, passing, offensive team concepts, defensive team concepts, rebounding and fast break basketball.

July 5 - July 9 (Mon. - Thurs.)

Sessions III and IV

Session III Basic Skills and Fundamental Camp

10:00 a.m. - 11:30 p.m.

Session IV Individual Development and Fundamental Camp

1:00 p.m. - 3:00 p.m.

These sessions have the same descriptions as Session I and II and when taken in conjunction with Session I or II, the student will receive two weeks of repetition in skill areas at a reduced price. Topics will be expanded and new topics explored for those campers attending both sessions.

July 13 - 16 (Mon. - Thurs.)

Sessions V and VI

Session V Basic Shooting Fundamentals

10:00 a.m.—11:30 a.m.

For students entering the **third through the fifth grades** in the fall of 2009. This session will teach young players the proper technique of shooting the basketball. The camp will introduce and teach the basics of the shot including: body balance and foot position, catching and setting up into the shot, and the shooting pocket. Each camper will learn our shooting ritual for developing proper mechanics of shooting the basketball. **Each camper will receive an outdoor basketball for practice.**

Session VI Individual Shooting and Offensive Development

1:00 p.m. - 3:00 p.m.

For students entering the sixth through ninth grades in the fall of 2009. In this camp students will learn all the facets of the shot including: the shooting ritual, catching 1-2 into the shot, the shot fake and hard dribble drive, the 4 finishes at the rim and perimeter dribble moves. Scoring in the post will also be discussed. The students will also be introduced to the offensive concepts of screening and movement without the basketball. **Each camper will receive an outdoor basketball for practice.**

The coaching staff and players of Catholic Memorial High School look forward to having you attend our summer basketball program and doing all we can to help you improve your skills and fundamentals. If you have any questions, please contact Coach Dean Bellanti at dbellanti@catholicmemorial.net.