

WRESTLING

Located in Activity-Athletic Center (AAC)

Grades 4th-12th Only
One Week Session
9:00 A.M. to 1:00 P.M.
June 28 – July 1

Maximum Enrollment - 100

Areas of Concentration

Fundamental Wrestling Technique, including Takedowns, Rides, Escapes, Tilts, Pinning Combinations and Neutral/Top/Bottom Positional Training. Sports Nutrition and Weight Management as well as Strength, Conditioning, and Core Training.

Equipment Needed

Wrestling Shoes, Head Gear, Sneakers, Shorts, T-Shirt, Towel

Fee Includes

Special Guest Wrestling Clinicians, Certified Athletic Trainer, Recreational Swim, Special Camper Awards, T-Shirt & Prizes

Camp Fee

\$250.00 - One Week Session

Camp Coordinators

Mr. Scott Cole Ext. #248

scole@chaminade-hs.org

Mr. Justin Accordino

jaccordino@chaminade-hs.org

Chaminade High School Coaches



LACROSSE

Grades 5th-9th Only
Two One-Week Sessions
8:30 A.M. to 1:30 P.M.
Week 2 - July 11 – July 14
Week 3 - July 18 – July 21

Minimum Enrollment - 110 Per Session

Grades 8th-9th Only
Two One-Week Sessions
4:00 P.M. to 8:00 P.M.
Week 1 - June 27 – June 30
Week 4 - July 18 – July 21

Maximum Enrollment - 80 Per Session

Areas of Concentration

Stick Fundamentals, Shooting Skills, Game Concepts, Offensive & Defensive Skills, Chaminade Goalie Academy.

As part of our Lacrosse Camp, we offer specialized training for the goalie position. Positioning & agility skills, attacking the ball, clearing skills, communication skills

Equipment Needed

Helmet, Gloves, Shoulder Pads, Lacrosse Stick, Arm Pads, Towel, Sneakers, Molded Cleats (optional)

Fee Includes

Certified Athletic Trainer, Draw String Bag (subject to change), Reversible Tank Top, Recreational Swim (not weeks 1 & 4), Special Camper Awards & Prizes

Camp Fee Per Week

\$310.00 - Week 1 & 4

\$335.00 - Week 2 & 3

Camp Coordinator

Mr. Jack Moran Ext. #527

jmoran@chaminade-hs.org

Chaminade High School Coach

REGISTER AT:

www.chaminade-hs.org



"Tradition of Excellence"

INSTRUCTIONAL SPORTS CAMPS

SUMMER 2016

- Basketball ■ Crew
- Lacrosse ■ Track & Field
- Baseball ■ Wrestling
- Soccer ■ Football
- Speed & Agility
- Swimming ■ Volleyball

- All Camps For Boys Only -

CHAMINADE HIGH SCHOOL

Don Scarola, Director of Camps

340 Jackson Avenue
Mineola, New York 11501

www.chaminade-hs.org

Phone: (516) 742-5555

Ext. 460 or Ext. 526

Fax: (516) 742-5733

Fax: (516) 742-1989

GENERAL INFORMATION

ALL CAMPS ARE HELD RAIN OR SHINE

Registration

You may ONLY sign up by filling out the registration form ONLINE at:

www.chaminade-hs.org

All camp registration online will close on Wednesday 6/15 before our camp sessions begin. Please be sure to print out your copy of all registration confirmations / info. etc. as needed before 6/15

Refreshments

Daily refreshments (Powerade & Snacks) will be provided to each camper.

Lunch and Transportation

There will be no lunch or transportation for campers.

Refund Policy

Any and all requests of a refund will be refunded the balance less our required \$85 processing fee (per camp/per person). No exceptions.

Please see further details online if needed.

Camp Switching Fee

A \$10 processing fee for all requests of switching camp session(s) will apply once you have paid and completed your online registration.

Recreational Swimming

(optional)

Campers might have an opportunity for recreational swimming in our spacious indoor pool. Campers will be supervised by qualified members of our coaching staff. This is based on our master pool schedules availability. Actual pool time will vary accordingly and may possibly result in no availability for any of our camp sessions. Bathing suit is required.

BASKETBALL

Located in Activity-Athletic Center (AAC)

Grades 5th-9th Only
Two One-Week Sessions
9:00 A.M. to 1:30 P.M.
Week 3 - July 18 – July 22
Week 4 - July 25 – July 29

Maximum Enrollment - 120 per session

Grades 7th-9th Only
Two One-Week Sessions
4:00 P.M. to 9:00 P.M.
Week 1 - June 27 – June 30
Week 2 - July 5 – July 8

Maximum Enrollment - 54

Priority will be given to those on our wait list who are registered as an incoming Freshman at Chaminade High School

Areas of Concentration

Offensive & Defensive Skills, Ball Handling, Dribbling, Passing, Shooting, Rebounding

Equipment Needed

Sneakers, Towel

Fee Includes

Certified Athletic Trainer, Draw String Bag, Games & Playoffs, Recreational Swim, Reversible Shirt, Contests & Prizes

Camp Fee Per Week

\$320.00 - Week 1 & 2

\$335.00 - Week 3 & 4

Camp Coordinators

Mr. Robert Hazelton (Wk. 3 & 4) Ext. #442

rhazelton@chaminade-hs.org

Mr. Robert Paul (Wk. 1 & 2) Ext. #599

rpaul@chaminade-hs.org

Chaminade High School Coaches



ALL SPORT SPEED & AGILITY

Grades 6th-9th Only
One Week Session
3:00 P.M. to 6:00 P.M.
July 5 – July 8

Maximum Enrollment - 50

Areas of Concentration

Speed Development & Agility, Injury Prevention Techniques, Plyometrics, Warm-Up, Stretching & Flexibility, Sports Nutrition

Equipment Needed

Running Sneakers, Cross Training Type Sneakers (Bring Both), Shorts, T-Shirt, Please bring extra T-Shirt and Shorts

Fee Includes

Certified Athletic Trainer, T-Shirt, Special Camper Awards

Camp Fee

\$295.00 - One Week Session

Camp Coordinator

Mr. Don Scarola Ext. #526

dscarola@chaminade-hs.org

Chaminade High School Athletic Director



FOOTBALL

NON-CONTACT SKILLS CAMP

Grades 5th-9th Only
One Week Session
8:30 A.M. to 1:30 P.M.
July 5 – July 8

Maximum Enrollment - 150

Areas of Concentration

Passing, Receiving, Ball Handling,
Stances & Starts, Offense & Defense,
Fundamentals, Special Teams

Equipment Needed

Sneakers, Towel,
Molded Cleats (optional)

Fee Includes

Certified Athletic Trainer,
Touch Football Games,
Reversible Tank Top,
Recreational Swim,
Special Camper Awards & Prizes

Camp Fee

\$335.00 - One Week Session

Camp Coordinator

Mr. Kevin Parente Ext. #404
kparente@chaminade-hs.org
Chaminade High School Coach



SWIMMING

For Competitive Swimmers

Grades 7th-12th Only
Two Three-Week Sessions
Tues., Wed., Thurs., July 5 – July 21
Session 1 - 6:00 P.M. to 7:30 P.M.
Session 2 - 7:30 P.M. to 9:00 P.M.

Maximum Enrollment - 40 Per Session

Areas of Concentration

All Strokes (Backstroke,
Butterfly, Breaststroke, Freestyle),
Competitive Racing Starts,
Turns in all Strokes,
All Competitive Work-Outs

Equipment Needed

Swim Suit, Towel, Goggles

Fee Includes

T-Shirt, Special Camper Awards

Camp Fee

\$260.00 - Per Three Week Session

Camp Coordinator

Mr. Angelo Pellicone
apellicone@chaminade-hs.org
Chaminade High School Coach



BASEBALL

Grades 5th-9th Only
One Week Session
9:00 A.M. to 1:00 P.M.
June 27 – July 1

Maximum Enrollment - 90

Areas of Concentration

Hitting, Fielding,
Throwing, Pitching,
Base Running,
Games

Equipment Needed

Glove, Bat, Cleats (optional),
Sneakers, Towel

Fee Includes

Certified Athletic Trainer,
Hat & T-Shirt, Special Camper Awards,
Prizes, Recreational Swim

Camp Fee

\$335.00 - One Week Session

Camp Coordinator

Mr. Christopher Lynch Ext. #243
clynch@chaminade-hs.org
Chaminade High School Coach



CREW

Grades 8th & 9th Only
Two One-Week Sessions
8:30 A.M. to 1:30 P.M.
Week 1 - July 11 – July 15
Week 2 - July 18 – July 22

Maximum Enrollment - 45 Per Session

Areas of Concentration

Learning to Row in Olympic Style Racing
Shells, Focus on Rowing Technique,
Training on the Ergometer

Equipment Needed

Shorts, T-Shirt, Towel, Sunscreen, Swimsuit,
Sneakers, Sandals to wade into water

Fee Includes

Special Camper Awards, Prizes,
T-Shirt, Spandex Rowing Shorts

Camp Fee

\$335.00 - Per One Week Session

Camp Coordinator

Mr. Terence Fitzgibbon Ext. #212
tfitzgibbon@chaminade-hs.org
Chaminade High School Coach



TRACK & FIELD

Grades 5th-9th Only - One Week Session
9:00 A.M. to 1:00 P.M. - July 25 – July 29

Maximum Enrollment - 40

Areas of Concentration

Intro. Technique & Skills in all Major Events:
Sprints, Mid-Distance, Long Distance,
Jumps, Hurdles, Starts, Weight Events,
Relays, Stretching & Strength Training

Equipment Needed

Running Shoes, Towel

Fee Includes

Certified Athletic Trainer, Special Camper
Awards & Prizes, T-Shirt, Recreational Swim

Camp Fee

\$335.00 - One Week Session

Camp Coordinator

Mr. Brian Hayes Ext. #246
bhayes@chaminade-hs.org
Chaminade High School Coach

VOLLEYBALL

Grades 7th-10th Only - One Week Session
2:00 P.M. to 6:00 P.M. - July 11 – July 15

Maximum Enrollment - 42

Areas of Concentration

Passing, Serving, Spiking, Defensive &
Offensive Skills, Libero, Setter

Equipment Needed

Sneakers, Towel

Fee Includes

Certified Athletic Trainer, Special Camper
Awards & Prizes, T-Shirt, Recreational Swim

Camp Fee

\$335.00 - One Week Session

Camp Coordinator

Mr. Sal Trentacoste Ext. #516
strentacoste@chaminade-hs.org
Chaminade High School Coach

SOCCER

Grades 5th-9th Only
One Week Session
1:00 P.M. to 6:00 P.M.
July 11 – July 15

Maximum Enrollment - 80

Areas of Concentration

Shooting, Passing, Ball Control,
Goalkeeping Fundamentals,
Technical & Tactical Abilities

Equipment Needed

Soccer Cleats, Sneakers, Towel,
Shinguards

Fee Includes

Certified Athletic Trainer, Soccer Ball,
Games, Special Camper Awards & Prizes,
Recreational Swim

Camp Fee

\$335.00 - One Week Session

Camp Coordinator

Mr. Brian Anselmo Ext. #223
banselmo@chaminade-hs.org
Chaminade High School Coach

