St. Anthony's High School

Summer Camps 2016



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St. Anthony's High School

275 Wolf Hill Road South Huntington, NY 11747 (631) 271-2020

register at www.friarsummercamp.org

Academic Programs

Preparation for Geometry (Freshmen)

Struggle a little bit with algebra? This four-week program is perfect for those students seeking to hone or solidify their foundation in algebra before they take on the challenges of geometry. Its design is for those students who are accelerating into Freshman Geometry and want to ensure they have a strong algebra foundation.

Dates: Monday, June 27th thru Thursday, July 21st

Time: 7:30 am – 9:30 am

Age Group: Rising 8th and 9th graders only

Registration Deadline: June 20th

\$300.00

ELA/Enrichment Workshop

This program seeks to provide incoming students with invaluable skills. Students will work to improve their knowledge of grammar and writing. They will increase reading comprehension skills, while focus will be given to one of the mandatory summer reading texts. The culmination of this course will result in the students working collaboratively with the instructor on one of the assigned writing exercises required by the English Department.

Dates: Monday, June 27th thru Thursday, July 21st

Time: 7:30 am - 9:30 am

Age Group: Rising 9th graders only **Registration Deadline:** June 20th

\$300.00

Experimental Design and Analysis: The Research Program

This two-week course will offer ninth, tenth or eleventh grade students the opportunity to conduct a short-term experiment and learn the techniques necessary to write and deliver a research paper. Data will be organized and analyzed through the use of Microsoft Excel and presentations will be created and delivered through the use of Microsoft PowerPoint. This course will prepare the serious science student for our independent science research program, Friarquest.

Dates: Monday, June 27th thru Thursday, July 7th

Time: 10:00 am - 12:30 pm

Age Group: Rising 9th thru 11th graders only

Registration Deadline: June 20th

\$200.00

The Freshman Prep

In a four-week seminar taught by St. Anthony's High School teachers, students will spend time reviewing and learning the necessary skills needed for high school. Lessons and activities will emphasize such topics as time management techniques, developing listening skills, effective note taking, the latest test taking strategies, and memorization tactics. Part of this program is designed to acclimate the incoming freshman into the St. Anthony's community and environment. This program comes most highly recommended.

Dates: Monday, June 27th thru Thursday, July 21st

Time: Session I: 7:30 am – 9:30 am Session II: 10:00 am – 12:00 pm **Age Group:** Rising 9th graders only

Registration Deadline: June 20th

\$300.00

Integrated Algebra Prep

This four-week program is recommended for students beginning high school in the Algebra 1 course. Students will develop and practice algebraic and number skills that are part of the Transitional Algebra course and are considered prerequisites to succeeding in Algebra 1. Those skills include, but are not limited to properties of real numbers, operations on polynomials, factoring, algebraic fractions and graphing. This program does not guarantee success in the integrated algebra course but will help to insure the student has the background knowledge for the course.

Dates: Monday, June 27th thru Thursday, July 21st

Time: 7:30 am – 9:30 am

Age Group: All students taking Algebra 1

Registration Deadline: June 20th

\$300.00

AP Prep Courses

AP Biology Prep

The purpose of the AP Biology Prep class is to introduce students who have been placed in AP Biology to the main concepts of biology, chemistry and mathematics that are needed to successfully master the curriculum. In addition to this, students will learn how to gather and analyze the scientific information necessary for the mandatory laboratory experiments. Enrollment is limited. Register early. For more information, email tgrimaldi@stanthonyshs.org.

Dates: Monday, June 27th thru Thursday, July 7th

Time: 8:00 am – 10:30 am

Age Group: AP Biology students only **Registration Deadline:** June 20th

\$225.00

AP Chemistry Prep

The AP Chemistry course at St. Anthony's High School is a second-year college level program. In an effort to prepare for the academic rigor that comes with such a course, it is highly recommended that you attend the AP Chemistry Summer Workshop offered for two weeks during the summer. The curriculum covered will include a review of the previous topics

you have already learned, in addition to the new and challenging topics you will study in the upcoming school year. The AP Chemistry summer assignment will be reviewed in great detail to ensure comprehension and understanding. Five hands-on laboratory experiments will be performed and college lab report writing will be practiced and reviewed. Highly recommended for students new to advanced placement. For any questions, email Mr. Raguzin at sraguzin@stanthonyshs.org. Enrollment is limited. Register early.

Dates: Monday, June 27th thru Thursday, July 7th

Time: 9:30 am – 12:00 pm

Age Group: AP Chemistry students only **Registration Deadline:** June 20th

\$225.00

AP Environmental Science Prep

The AP Environmental Science (APES) course at St. Anthony's is a college-level course; the summer prep program is designed to introduce students to the main concepts of this vey multi-disciplinary course.

APES students will be introduced (but not limited to) such topics as the history of the environmental movement, biology, geology, ecology, GMOs, climate change, species endangerment, environmental laws and politics, economics, and epidemiology and human health. Students will also learn how to gather and analyze data in a laboratory setting, as well as improve their reading and writing skills in order to prepare for the AP exam.

Reminder: All APES students will be expected to complete a summer assignment prior to returning to school in September. Time will be offered to assist students with any questions/issues with this assignment.

Enrollment is limited, so register early. For more information about the summer course, email amckenny@stanthonyshs.org.

Dates: Tuesday, July 5th thru Thursday, July 14th

Time: 8:00 am – 10:00 am

Age Group: All AP Environmental Science students

Registration Deadline: June 30th

\$225.00

AP Physics I Prep

The purpose of the AP Physics I Prep class is to introduce students who have been placed into AP Physics I to the fundamental concepts of high school physics. Emphasis will be placed on:

- A Kinematics
- B. Forces in equilibrium and dynamic forces
- C. Circular and projectile motion
- D. Conservation of work and energy
- E. Impulse and conservation of momentum
- F. Electrical forces and simple circuits
- G. Mechanical waves

Dates: Monday, June 27th thru Thursday, July 7th

Time: 8:00 am - 10:30 am **Age Group:** All Physics I students **Registration Deadline:** June 20th

\$225.00

Fine Arts & Music

Bagpiping 101 (For beginners)

Ever thought you might be interested in playing the bagpipes? This introduction to the bagpipe program will have you working with a practice chanter on the basic fundamentals and playing a few melodies when it's all said and done. It is an excellent prelude to our *Introduction to Bagpipes Course #8861*. Practice Chanters will be supplied (on loan) for the course duration.

Dates: Monday, July 11th thru Thursday, July 21st

Time: 7:30 am – 9:30 am

Age Group: Rising 7th – 9th graders only

Registration Deadline: July 7th

\$200.00

Highland Drumming 101 (For beginners)

Ever thought you might be interested in playing the Drums in a Pipe Band? This introduction to the Highland Drumming program will have you working with drumsticks and a practice pad on the basic fundamentals and playing along with a melody when it's all said and done. This is an excellent prelude to our *Highland Pipe Band Drumming Course #8911*. Drumsticks and a Practice Pad will be supplied (on loan) for the course duration.

Dates: Monday, July 11th thru Thursday, July 21st

Time: 7:30 am - 9:30 am

Age Group: Rising 7th – 9th graders only

Registration Deadline: July 7th

\$200.00

Theatre Camp

The St. Anthony's Theatre Camp is an intensive twoweek program that will develop students' skills in all areas of theatrical performance. Students will study acting techniques, scene development, vocal training, musical interpretation and dance for musical theatre. This program will culminate with an evening performance on Thursday, July 21st.

Dates: Monday, July 11th thru Thursday, July 21st

Time: 8:00 am - 12:00 pm

Age Group: All students interested in theatre

Registration Deadline: July 7th

\$500.00

Coaching Staff & Athletic Programs

VAST — Speed, Strength, and Conditioning Program

Ed Modica – Head Athletic Trainer, East Northport Physical Therapy at St. Anthony's. This is a five-week athletic training program meant to prepare athletes for the beginning of the fall sports season. The three phases of the program will include speed training; agility and conditioning; and strength training. The program will take place in the Student Center, utilizing the indoor track, field and fitness room. Coaches will adjust the program to apply to the individual fitness level and goals of each camper. Equipment needed: Sneakers, shorts, t-shirt, towel, water bottle, notebook.

Dates: June 27 – July 28 (Session A)

Time: 8:00 am - 9:30 am

Age Group: 4th – 12th grade (as of September 2016)

Registration Deadline: June 22nd

\$295.00

Girls Volleyball

Donna Newman – Boys and Girls Varsity Volleyball Coach – The staff will focus on team physical conditioning and on fundamental skills of setting, forearm passing, overhand passing, spiking and serving. Individuals will be first broken into groups/teams by grade level and then by skill level. Individual and team competition will be used to sharpen players' skill. Equipment needed: Sneakers and knee pads.

Dates: June 27 – June 30 (Session B)

Time: 9:00 am - 2:30 pm

Age Group: 7th – 12th grade (as of September 2016)

Registration Deadline: June 22nd

\$295.00

Boys Soccer

Gene Buonaiuto – Boys Varsity Soccer Coach; **Don Corrao** – Boys Varsity Soccer Assistant Coach – Specific and individual instruction will be employed to provide each camper with fundamental soccer skills. All aspects of soccer play will be addressed. Full field and small-sided games will allow players to put their skills into practice. Equipment needed: Shorts, t-shirt, cleats, shin guards and sneakers.

Dates: July 5 – 8 (Session C) **Time:** 9:00 am – 2:30 pm

Age Group: 5th -12th grade (as of September 2016)

Registration Deadline: June 29th

\$295.00

Girls Softball

Mike Massa – *Girls Varsity Softball Coach* – The staff of high school coaches and college players will instruct campers on all facets of the game including: hitting, fielding, pitching, and team play. Campers will

be provided with personal instruction and individual drills, as well as opportunities in team competition and game situations. *Equipment needed: Shorts, t-shirt, bats, cleats, gloves and sneakers*.

Dates: July 5 – 8 (Session D) **Time:** 9:00 am – 2:30 pm

Age Group: 4th – 12th grade (as of September 2016)

Registration Deadline: June 29th

\$295.00

Boys Volleyball

Steven Roveto – Assistant Boys and Girls Volleyball Coach – The staff will focus on team physical conditioning and on fundamental skills of setting, forearm passing, overhand passing, spiking and serving. Individuals will be first broken into groups/teams by grade level and then by skill level. Individual and team competition will be used to sharpen players' skill. Equipment needed: Sneakers and knee pads.

Dates: July 5 – July 8 (Session E)

Time: 9:00 am - 2:30 pm

Age Group: 7th – 12th grade (as of September 2016)

Registration Deadline: June 29th

\$295.00

Girls Soccer

Sue Weber-Alber – *Girls Varsity Soccer Coach* – The staff will concentrate on fundamental soccer tactics of dribbling, shooting, passing, ball control, heading and goalie play. Small-sided games and full field scrimmages will be held to reinforce players' skills. *Equipment needed: Shorts, t-shirt, shin guards, cleats, sneakers and soccer ball.*

Dates: July 11 – 14 (Session F) **Time:** 9:00 am – 2:30 pm

Age Group: 6th – 12th grade (as of September 2016)

Registration Deadline: July 6th

\$295.00

Boys Basketball I

Sal Lagano – Boys Varsity Basketball Coach – St. Anthony's Varsity staff will emphasize ball-handling, passing, shooting and rebounding drills to improve upon campers' individual skills, condition, and team play. Offensive and defensive skills will be reinforced through teaching stations and league competition on teams divided by age and ability level. Prizes and awards will be given for outstanding effort and improvement at the end of camp. Equipment needed: Shorts, t-shirt, and sneakers.

Dates: July 11 – 14 (Session G)

Time: 9:00 am - 2:30 pm

Age Group: 4th – 8th grade (as of September 2016)

Registration Deadline: July 6th

\$295.00

Boys Lacrosse I

Keith Wieczorek / Doug Schreiber – *Varsity Lacrosse Coaches* – This is a developmental camp for rising 4th through 8th graders of all skill levels. The staff of St. Anthony's coaches and alumni college players will focus on individual skills and conditioning and build those fundamentals in small group drills, as well as half-field and full-field scrimmages. *Equipment needed: Stick, gloves, helmet, shoulder pads, mouthpiece, cleats and sneakers*.

Dates: July 18 – July 21 (Session H)

Time: 9:00 am – 2:30 pm

Age Group: 4th – 8th grade (as of September 2016)

Registration Deadline: July 13th

\$295.00

Girls Lacrosse I

Summer Ferarro – Girls Varsity Lacrosse Coach – This is a developmental camp for rising 4th through 8th graders of all skill levels. The staff of St. Anthony's coaches and alumni college players will focus on individual skills and conditioning and build those fundamentals in small group drills, as well as halffield and full-field scrimmages. Equipment needed: Stick, goggles, mouthpiece, cleats and sneakers.

Dates: July 18 – 21 (Session I) **Time:** 9:00 am – 2:30 pm

Age Group: 4th – 8th grade (as of September 2016)

Registration Deadline: July 13th

\$295.00

Boys Baseball I

John Phelan – *Varsity Baseball Coach* – Baseball trainers will lead campers in individual and small group instruction that emphasizes proper technique in all facets of the game. Athletes will receive instruction in hitting, fielding, pitching, and situational strategies. *Equipment needed: Baseball pants, t-shirt, glove, cleats and sneakers.*

Dates: July 18 – 21 (Session J) **Time:** 9:00 am – 2:30 pm

Age Group: 6th – 9th grade (as of September 2016)

Registration Deadline: July 13th

\$295.00

Boys and Girls Rowing

Shayne Lewis – Head Crew Coach – The St. Anthony's "learn to row" program provides new rowers the opportunity to learn the fundamentals of rowing. Each session consists of lessons in which rowers learn the technique and execution of the rowing stroke, as well as rowing commands, boat handling, and the intricacies of crew dynamics. This camp will take place at St. Anthony's, as well as the campus of

Dowling College. St. Anthony's coaches will provide all necessary transportation to and from Dowling. *Equipment needed: Shorts, t-shirt, sneakers, sunscreen, towel and a Bag Lunch.*

Dates: July 18 – 21 (Session K) **Time:** 9:00 am – 2:30 pm

Age Group: 8th – 9th grade (as of September 2016)

Registration Deadline: July 13th

\$295.00

Boys Football (Non-Contact)

Rich Reichert – *Varsity Football Coach* – This developmental camp will direct special attention to emphasize the fundamentals of football. Current coaches, as well as current and alumni players in the St. Anthony's football program, will lead campers through drills, plays, film study, and 7 on 7 passing scrimmages. This camp is **non-contact**. *Equipment needed: Shorts, t-shirt, cleats and sneakers*.

Dates: July 25 – 28 (Session L) **Time:** 9:00 am – 2:30 pm

Age Group: 4th – 7th grade (as of September 2016)

Registration Deadline: July 20th

\$295.00

Girls Cheerleading I

Magdalla Ganthier – Varsity Cheerleading Coach – This developmental camp will be conducted through small group instruction led by present and former St. Anthony's cheerleaders. Campers will learn through instructional classes in sidelines, cheers, jumps, dances, and stunting. Equipment needed: Shorts, t-shirt and sneakers.

Dates: July 25 – 28 (Session M) **Time:** 9:00 am – 2:30 pm

Age Group: 4th – 7th grade (as of September 2016)

Registration Deadline: July 20th

\$295.00

Boys Basketball II

Sal Lagano – Head Basketball Coach – The Boys Basketball Clinic is designed for the more advanced player whose skills have been developed through years of competitive play. The clinic will include individualized instruction, game-related drills, and half and full court games. This camp will allow players to work on new skills in game situations. Equipment needed: Shorts, t-shirt, and sneakers.

Dates: July 25 – 28 (Session N) **Time:** 9:00 am – 2:30 pm

Age Group: 8th – 10th grade (as of September 2016)

Registration Deadline: July 20th

\$295.00

Boys Wrestling

Tony Walters – *Varsity Wrestling Coach* – This camp will incorporate a highly-accomplished staff of former All-American and Olympian wrestlers and coaches to teach campers the proper techniques, training, and work ethic to exceed at wrestling. This camp is open to all from beginner to advanced. *Equipment needed: Shorts, t-shirt, and sneakers.*

Dates: July 25 – 28 (Session O) **Time:** 9:00 am – 2:30 pm

Age Group: 2nd – 12th grade (as of September 2016)

Registration Deadline: July 20th

\$295.00

Boys Lacrosse II

Keith Wieczorek / Doug Schreiber – Varsity Lacrosse Coaches – This camp is meant for the experienced lacrosse player who plays at the Freshman or JV High School level, as well as the competitive club level. The St. Anthony's Varsity Coaching Staff will introduce rising 8th–10th grade players to a Varsity-paced practice while focusing on the nuances of offense and defense, rides and clears, and unsettled situations. Equipment needed: Stick, gloves, helmet, shoulder pads, mouthpiece, cleats and sneakers.

Dates: July 25 – 28 (Session P) **Time:** 3:30 pm – 8:00 pm

Age Group: 8th – 10th grade (as of September 2016)

Registration Deadline: July 20th

\$295.00

Girls Lacrosse II

Summer Ferraro – Varsity Girls Lacrosse Coach – This camp is meant for the experienced lacrosse player who plays at the Freshman or JV High School level, as well as the competitive club level. The St. Anthony's Varsity Coaching Staff will introduce rising 8th–12th grade players to a Varsity-paced practice while focusing on the nuances of offense and defense, as well as unsettled situations. Equipment needed: Stick, mouthpiece, goggles, cleats and sneakers.

Dates: July 25 – 28 (Session Q) **Time:** 3:30 pm – 8:00 pm

Age Group: 8th – 12th grade (as of September 2016)

Registration Deadline: July 20th

\$295.00

Boys Baseball II

John Phelan – Varsity Baseball Coach – The St. Anthony's Varsity baseball staff. This camp is set up to complement the first baseball camp. It is geared toward the more advanced and experienced player. The camp will include individual instruction and game-related drills used by the varsity staff in practice. It will allow players to work on new skills in game situations. Equipment needed: Baseball pants, t-shirt, gloves, cleats and sneakers.

Dates: August 1 - 4 (Session R) **Time:** 9:00 am - 2:30 pm

Age Group: 8th – 12th grade (as of September 2016)

Registration Deadline: July 27th

\$295.00

Girls Basketball

Ken Parham – *Girls Varsity Basketball Coach* – This camp will focus on the fundamentals of ball handling, passing, shooting and rebounding, as well as offensive and defensive principles. Players' skills will be reinforced through teaching stations and team play in leagues based on age. Prizes will be awarded for individual and team excellence throughout the session. *Equipment needed: Shorts, t-shirt, and sneakers.*

Dates: August 1 – 4 (Session S) **Time:** 9:00 am – 2:30 pm

Age Group: 6th – 12th grade (as of September 2016)

Registration Deadline: July 27th

\$295.00

Boys Football (Contact)

Rich Reichert – Varsity Football Coach; Joe Minucci – Athletic Director/Assistant Coach – St. Anthony's Varsity staff will conduct this camp based on their pre-season installation model. Practices will introduce the structure, drills and schemes that these players will experience on all three levels of the St. Anthony's football program. Each camper will play an offensive and defensive position. Camp will culminate with a Friday night game under the lights on the varsity football field. All equipment will be provided on the first day of camp. Equipment needed: Shorts, t-shirt, cleats.

Dates: August 2 - 5 (Session T)

Time: 3:30 – 8:00 pm

Age Group: 8th – 9th grade (as of September 2016)

Registration Deadline: July 27th

\$295.00

Girls Cheerleading II

Magdalla Ganthier – Varsity Cheerleading Coach – The St. Anthony's Cheerleading staff, as well as varsity and alumni cheerleaders, will take campers through a varsity style practice format. Emphasis will be placed on warm-up and stretching, cardiovascular training, muscle endurance, stamoina, voice control, cheer execution, timing and precision. This camp is for cheerleaders of all experience levels. Equipment needed: Shorts, t-shirt and sneakers.

Dates: August 2 - 5 (Session U)

Time: 3:30 - 8:00 pm

Age Group: 8th – 10th grade (as of September 2016)

Registration Deadline: July 28th

\$295.00

Schedule

VAST — Speed, Strength, and Conditioning (Gr. 4–12)	June 27–July 28 (8:00 a.m.–9:30 a.m.)	A
Girls Volleyball (Gr. 7–12)	June 27–June 30 (9:00 a.m.–2:30 p.m.)	В
Boys Soccer (Gr. 5–12)	July 5-July 8 (9:00 a.m2:30 p.m.)	С
Girls Softball (Gr. 4–12)	July 5-July 8 (9:00 a.m2:30 p.m.)	D
Boys Volleyball (Gr. 7–12)	July 5-July 8 (9:00 a.m2:30 p.m.)	Е
Girls Soccer (Gr. 6–12)	July 11–July 14 (9:00 a.m.–2:30 p.m.)	F
Boys Basketball I (Gr. 4–8)	July 11–July 14 (9:00 a.m.–2:30 p.m.)	G
Boys Lacrosse I (Gr. 4–8)	July 18–July 21 (9:00 a.m.–2:30 p.m.)	Н
Girls Lacrosse I (Gr. 4–8)	July 18–July 21 (9:00 a.m.–2:30 p.m.)	I
Boys Baseball I (Gr. 6–9)	July 18–July 21 (9:00 a.m.–2:30 p.m.)	J
Boys and Girls Rowing (Gr. 8–9)	July 18–July 21 (9:00 a.m.–2:30 p.m.)	K
Boys Football (Non-Contact) (Gr. 4-7)	July 25-July 28 (9:00 a.m2:30 p.m.)	L
Girls Cheerleading I (Gr. 4–7)	July 25-July 28 (9:00 a.m2:30 p.m.)	M
Boys Basketball II (Gr. 8–10)	July 25-July 28 (9:00 a.m2:30 p.m.)	N
Boys Wrestling (Gr. 2–12)	July 25-July 28 (9:00 a.m2:30 p.m.)	0
Boys Lacrosse II (Gr. 8–10)	July 25-July 28 (3:30 p.m8:00 p.m.)	P
Girls Lacrosse II (Gr. 8–12)	July 25-July 28 (3:30 p.m8:00 p.m.)	Q
Boys Baseball II (Gr. 8–12)	August 1-August 4 (9:00 a.m2:30 p.m.)	R
Girls Basketball (Gr. 6–12)	August 1-August 4 (9:00 a.m2:30 p.m.)	S
Boys Football (Full Contact) (Gr. 8–9)	August 2–August 5 (3:30 p.m.–8:00 p.m.)	Т
Girls Cheerleading II (Gr. 8–10)	August 2–August 5 (3:30 p.m.–8:00 p.m.)	U

Camp Bundles See website for more details.

Scholar–Athlete Camp Package Register for one 4-week academic program and one sports camp	. \$550.00
Scholar-Two-Sport Athlete Camp Package Register for one 4-week academic program and two sports camps	. \$750.00
Two Sports Camp Package Register for two sports camps	. \$550.00
Three Sports Camp Package Register for three sports camps	. \$750.00
Sports Training Package Register for any sports camp and VAST Camp	. \$500.00
Two-Sport and Training Package Register for two sports camps and VAST Camp	. \$700.00

Register at www.friarsummercamp.org

Information

- APPLICATIONS must be received at least one week before a camp session begins to insure your child's placement.
- ATHLETIC FACILITIES include two indoor basketball courts; indoor and outdoor soccer, football, lacrosse and baseball fields, 2 Mondo tracks, air conditioned Student Center.
- SUPPLEMENTAL INSURANCE is included in the fee.
- MEAL PLAN is \$30.00 per week, checks payable to W&S Food Services. You may also pay cash daily for lunch, snacks and drinks.
- COACHING STAFF is subject to change without notice.
- **MEDICAL STAFF** includes a full-time Registered Nurse and Certified Trainers from East Northport Physical Therapy.
- COACH-PLAYER RATIO is approximately 1 to 8.
- TRANSPORTATION must be provided by parents.
- GROUP RATE information is available upon request.

St. Anthony's High School is a not-for-profit organization which does not discriminate in any manner contrary to law on the basis of race, color, religion, sex or national origin in its educational programs or activities.

To Register: Go to **www.friarsummercamp.org**, and follow the instructions. Online registration requires that you pay in full with a credit card.

Important Note: Any campers with medical conditions requiring the nurse's attention (e.g. asthma, diabetes, etc.) must submit their medical paperwork at least one week prior to camp. All other campers must submit their paperwork by the first day of camp. NO BOY OR GIRL WILL BE ALLOWED TO PARTICIPATE IN CAMP WITHOUT SUBMITTING A CAMP APPLICATION SIGNED BY HIS OR HER PARENT AND PHYSICIAN.