

# BE HERE. BE YOU!

Archbishop McNicholas High School



## SUMMER CAMPS 2016

Future Rockets entering grades 1-9 are invited to discover new talents and interests and to hang out with friends.



= Athletic Champ Camps



= Blast Off For Fun Camps

Register online at [www.mcnhs.org/admissions/camps.html](http://www.mcnhs.org/admissions/camps.html)  
**Pre-registration is required. Please register no later than May 25.**

Questions? Please contact the Office of Admissions and Enrollment  
at [admissions@mcnhs.org](mailto:admissions@mcnhs.org) or 513-231-3500, ext. 5809

# Week of June 6, 2016

## Morning Sessions

### **Boys' and Girls' Soccer I and II** (June 6-9; 9:30 a.m. - noon)

**Head Men's Soccer Coach David Sandmann**

**Students entering grades 2-5 and 6-9**

Campers will focus on the fundamentals of soccer and learn practical strategies they can take straight to the field. All players must bring cleats, shin guards, and a water bottle.

**Where: McNicholas High School's Penn Station Stadium**

**Cost: \$100**

**Minimum of 6 campers.**



### **Videomaking** (June 6-9, 9:30-noon)

**Instructor Barb Gilming**

**Students entering grades 5-8**

Campers will learn how to create their very own video from start to finish. Using newly learned techniques in lighting, sound and camera angles, they will record footage of themselves and other campers, edit the video, and produce a DVD. Throughout the process, campers will have access to technology used in the industry such as HD cameras, a green screen, and Adobe Premier CS6. After completion, campers will take home their video on a DVD complete with their own custom made label and jacket cover.

**Where: McNicholas High School Video Studio**

**Cost: \$125**

**Minimum of 6 campers; Max 15**

### **Dance Camp** (June 6-9, 9:30-noon)

**Dance Coaches Kelly Martin & Kayla Woods and the McNicholas Varsity Dance Team**

**Students entering grades 2-8**

Campers will learn basic dance technique, stretching and at least two routines. Dancers will be exposed to Pom, Jazz and HipHop styles. Advanced and beginner options are available. Everyone should bring dance shoes and gym shoes, knee pads (optional) as well as water. Dances will be performed in front of friends and family at the conclusion of camp. All dancers will receive a CD of the camp music.

**Where: McNicholas High School Aux Gym**

**Cost: \$100**

**Minimum of 10 campers**

### **Track and Field** (June 6-9, 9:30-noon)

**Head Track and Field Coach and 2016 McNicholas Hall of Fame Inductee, Cat Lest**

**Students entering grades 5-8**

Campers will be introduced to many of the Ohio state-sanctioned track and field events, including sprints, distance, high jump, long jump and throws. The camp will also educate participants about proper warm up and cool down techniques, stretching, form running, race strategy, starting blocks, nutrition, and injury prevention. Finally, the camp will conclude with a track meet, where all participants will get a chance to show off what they've learned. At the end of each practice, campers will receive an example of healthy foods needed to refuel the body. Each camper needs to bring a water bottle and running shoes.

**Where: The Finn Track in Penn Station Stadium**

**Cost: \$100**



### **HSPT Full-Length Diagnostic Exam with Score Report** (June 10; 9 a.m. – noon)

**Instructor Emily Mulvey, Crescendo Cincinnati**

**Students entering grades 6-8**

Bring a water bottle, snack and writing utensils.

**Where: McNicholas High School Theatre**

**Maximum 25 students.**

**Cost: \$60**

### **M Rocket Football Camp** (June 10 & 11; 9:30 a.m.-noon)

**Head Football Coach Mike Orlando, assistant coaches and current Rocket football players**

**Boys entering grades 3-8**

Campers will learn football fundamentals while interacting with McNicholas High School Football Team. Coach Orlando and his Rocket crew will provide personalized coaching to help improve the skills of each camper. In addition to football fundamentals, campers will be exposed to some leadership training through our Sports Leader, a virtue-based mentoring and motivation program.

**Where: Klonne-Schmidt Field at Penn Station Stadium**

**Cost: \$75**

## **Afternoon/Evening Sessions**

### **M Girls' Volleyball I** (June 8-9; 5-7 p.m.)

**Head Women's Volleyball Coach, Amanda Roe**

**Girls entering grades 5-6**

Campers will learn fundamentals in defense/passing and setting. Each camper will get a comprehensive overview of her position, including skill execution, reps, and advanced techniques. Coaches will train each player on advanced ideas and thorough processes, specific to her position.

**Where: McNicholas High School Main Gym**

**Cost: \$80**

### **M Girls' Volleyball II** (June 8-9; 7-9 p.m.)

**Head Womens Volleyball Coach, Amanda Roe**

**Girls entering grades 7-9**

Campers will learn fundamentals in defense/passing and setting. Each camper will get a comprehensive overview of her position, including skill execution, reps, and advanced techniques. Coaches will train each player on advanced ideas and thorough processes, specific to her position.

**Where: McNicholas High School Main Gym**

**Cost: \$80**

### **M Incoming Freshman Volleyball Clinic** (June 10; 5-8 p.m.)

**Coach Amanda Roe**

**Girls entering grade 9**

Campers will have the opportunity to develop the skills necessary to compete for a position on their high school team. This advanced camp will focus on training and introduce team ideas and concepts that are needed at the high school level.

**Where: McNicholas Main Gym**

**Cost: \$80 (originally \$90)**

## **Week of June 13, 2016**

## **Morning Sessions**

### **M Rocket Baseball Camp** (June 13-15; 9:30 - noon)

**Head Baseball Coach John Christmann, assistant coaches, and current Rocket baseball players**

**Students entering grades 5-9**

Campers will focus on hitting, fielding, pitching, drills, fundamentals, and FUN! Campers should bring baseball gear, including cleats.

**Where: Penn Station Stadium**

**Cost: \$80**

### **Landscape Painting** (June 13-16; 9:30 - noon)

**Art Teacher, Willy Corbett**

**Students entering grades 5-9**

Campers will experience acrylic painting using the landscapes around McNicholas, and a landscape selected by the camper. We will begin with sketching and composition and capturing the shadows and highlights. Sketches will be used as reference for the landscapes. Campers will learn to sketch and prime canvas, learn to mix colors, and apply paint in a variety of ways.

**Where: McNicholas Art Studio and campus**

**Cost: \$90**

### **M Boys' Basketball** (June 13-16; 9 a.m. -12:30 p.m.)

**Head Men's Basketball Coach Tim Monahan**

**Boys entering grades 2-8 (students will be divided in age appropriate groups)**

Campers will focus on teamwork, defense, passing, shooting, and ball handling. Shooting drills and contests round out the week.

**Where: McNicholas Main and Auxiliary Gyms**

**Cost: \$95**

### **Building the Foundation for Algebra I Success** (June 13-16; 9:30-noon)

**Instructor Barb Gilming**

**Students entering grades 8-9**

This course is designed to help students get a jump-start by introducing them to the concepts of Algebra I in a fun, engaging environment. Mrs. Gillming will customize the camp to advance the students' math abilities based on their current knowledge.

**Where: McNicholas High School Classroom 121**

**Cost: \$100**

**Minimum 3**

### **High School Placement Test Prep** (June 13-16; 9:30 a.m.-noon)

**Instructor Emily Mulvey, Crescendo Cincinnati**

**Students entering grades 6-8**

This workshop prepares students through test familiarization, content review, identifying specific strategies for the various question types on the HSPT, and learning techniques for harnessing test anxiety. Workshops include kinesthetic learning activities, which means students are moving and engaged while they learn and, therefore, are able to better recall strategies and question types. Students will take home a book, study guide, and will have access to our online refresher program to utilize up to the **November 2016** test date in order to practice their HSPT skills. Crescendo Cincinnati has been a leader in HSPT prep since 2007. Campers should bring a water bottle, snack and writing utensils. **Limited to 25 students.**

**Where: McNicholas High School**

**Cost: \$120**

### **HSPT Full-Length Diagnostic Exam with Score Report** (June 17; 9 a.m. – noon)

**Instructor Emily Mulvey, Crescendo Cincinnati**

**Students entering grades 6-8**

Bring a water bottle, snack and writing utensils.

**Where: McNicholas High School Theatre**

**Maximum 25 students.**

**Cost: \$60**

### **Minds on Science Level I** (June 13-16; 9:30-noon)

**McNicholas Science Teachers John Chadwell and Cat Lest**

**Students entering grades 1-4**

Want to spend a week as a mad scientist? Students will conduct experiments each day and learn what it is like to think like a real scientist. We will be following the steps in the scientific method to conduct amazing experiments throughout the week. We will be making things erupt, melt, and even glow. We will play scientific games, learn new terms, and have lots of fun doing it.

**Where: McNicholas High School Science Labs (Rooms 22 and 24)**

**Cost: \$100**

## Afternoon/Evening Sessions

### **M Girls' Basketball I** (June 13-16, 12:30-3 p.m.)

**Head Women's Coach Gregg Flammer**

**Girls entering grades 3-5**

The week will focus on teamwork, defense, passing, shooting, and ball handling, all in the name of fun!

**Where: McNicholas Auxiliary Gym**

**Cost: \$80**

### **M Girls' Basketball II** (June 13-16, 3:30-6 p.m.)

**Head Women's Coach Gregg Flammer**

**Girls entering grades 6-8**

The week will focus on teamwork, defense, passing, shooting, and ball handling, all in the name of fun!

**Where: McNicholas Auxiliary Gym**

**Cost: \$80**

### **Minds on Science Level II** (June 13-16; 1-3:30 p.m.)

**McNicholas Science Teachers John Chadwell and Cat Lest**

**Students entering grades 5-8**

Want to spend a week as a mad scientist? Students will conduct experiments each day and learn what it is like to think like a real scientist. We will be following the steps in the scientific method to conduct amazing experiments throughout the week. We will be making things erupt, melt, and even glow. We will play scientific games, learn new terms, and have lots of fun doing it.

**Where: McNicholas High School Science Labs (Rooms 22 and 24)**

**Cost: \$100**

### **Introduction to Musical Theatre** (June 13-16; 1-3:30 p.m.)

**McNicholas Theatre Director and Broadway veteran, Teresa De Zarn**

**Students entering grades 3-8**

Warm up your vocal chords and put on your dancing shoes for a fun-filled week of musical theatre with Broadway veteran, Teresa De Zarn. Participants will learn acting methods and techniques for musical song and dance, with their work culminating in a week-ending performance.

**Where: McNicholas High School's Jeanne Spurlock Theatre**

**Cost: \$130**

**Minimum of 8 campers, Maximum of 20 campers.**

### **M Boys' Basketball Mini-Camp** (June 13-15; 6-8:30 p.m.)

**Coach Tim Monahan**

**Boys entering grade 9**

This camp is designed to help prepare players for the transition from junior high to high school basketball.

**Where: McNicholas Main Gym**

**Cost: \$80**

## Week of June 20, 2016

### **Experience Art!** (June 20-23; 1-3:30 p.m.)

**McNicholas faculty Willy Corbett and Mary Beth Sandmann**

**Students entering grades 3-9**

Campers will explore color, space, and texture through a variety of methods for designing and creating artwork. Creative thinking skills will be tapped through techniques in fibers, batik, printing, painting, and drawing. Campers will develop art to wear and art for display.

**Where: McNicholas High School Art Studios**

**Cost: \$90**



### **High School Placement Test Prep** (June 20-23; 9:30 a.m.-noon)

**Instructor Emily Mulvey, Crescendo Cincinnati**

**Students entering grades 6-8**

This workshop prepares students through test familiarization, content review, identifying specific strategies for the various question types on the HSPT, and learning techniques for harnessing test anxiety. Workshops include kinesthetic learning activities, which means students are moving and engaged while they learn and, therefore, are able to better recall strategies and question types. Students will take home a book, study guide, and will have access to our online refresher program to utilize up to the **November 2016** test date in order to practice their HSPT skills. Crescendo Cincinnati has been a leader in HSPT prep since 2007. Campers should bring a water bottle, snack and writing utensils. **Limited to 25 students.**

**Where: McNicholas High School**

**Cost: \$120**

### **HSPT Full-Length Diagnostic Exam with Score Report** (June 24; 9 a.m. – noon)

**Instructor Emily Mulvey, Crescendo Cincinnati**

**Students entering grades 6-8**

Bring a water bottle, snack and writing utensils.

**Where: McNicholas High School Theatre**

**Maximum 25 students.**

**Cost: \$60**

## Additional Summer Opportunities

### **Laffalot Camp** (June 20-24; 9 a.m. - 2 p.m.)

**Students ages 6-12**

With fun being our main emphasis, this camp is designed to develop teamwork, encourage friendly competition, good sportsmanship, and a sense of fair play. Activities include pillo pollo, flag tag, floor hockey, scavenger hunts, volleyball, soccer, dodge ball, kickball, and much, much more! Campers should wear gym shoes and bring lunch, water bottle and softball glove each day.

**Where: McNicholas High School Auxiliary Gym and outdoor facilities**

**Cost: \$115; includes a t-shirt, daily drink at lunch, certificate and a picture at the end of the week. (Does not qualify for any McNicholas discounts)**

**Questions: Contact Pat at 513.313.2076 or visit [www.laffalotcamps.com](http://www.laffalotcamps.com).**

**Registration is online at [www.laffalotcamps.com](http://www.laffalotcamps.com)**

### **Xcel Girls' Basketball** (June 27-29; 9 a.m.-noon)

**Head Men's Basketball Coach Tim Monahan**

**Girls entering grades 4-8**

This camp will focus on ball control, footwork, shooting form, moves off the dribble and other important facets of ball handling and shooting - all to help each player Xcel in her basketball skills.

**Where: McNicholas High School's Main and Auxiliary Gyms**

**Cost: \$75 (Does not qualify for any McNicholas High School discounts)**

**Registration is online at [www.xcelbasketballprogram.com](http://www.xcelbasketballprogram.com)**

### **Xcel Boys' Basketball** (July 12-15)

**Head Men's Basketball Coach Tim Monahan**

**Boys entering grades 2-8; 9 a.m. – 1 p.m.**

This camp will focus on ball control, footwork, shooting form, moves off the dribble and other important facets of ball handling and shooting - all to help each player Xcel in his basketball skills.

**Where: McNicholas High School's Main and Auxiliary Gyms**

**Cost: \$105 (Does not qualify for any McNicholas High School discounts)**

**Registration is online at [www.xcelbasketballprogram.com](http://www.xcelbasketballprogram.com)**