

ARCHBISHOP MCNICHOLAS HIGH SCHOOL



2017 YOUTH SUMMER CAMPS



REGISTER ONLINE AT WWW.MCNHS.ORG/ADMISSIONS/SUMMER-CAMPS

CONTACT: CHRISTINA MULLIS, DIRECTOR OF ADMISSIONS AND ENROLLMENT AT CMULLIS@MCNHS.ORG OR 513-231-3500, EXT. 5809.



FUN LAUNCHES AT MCNICK IN THE SUMMER!

- CAMPS ARE FOR STUDENTS ENTERING GRADES 1-9. GRADES VARY BY CAMP.
- REGISTER ONLINE AT WWW.MCNHS.ORG/ADMISSIONS/SUMMER-CAMPS
- EACH CAMPER MUST BE FULLY REGISTERED PRIOR TO ATTENDING CAMP.
- REGISTRATIONS RECEIVED AFTER MAY 26 MAY NOT RECEIVE A T-SHIRT.
- EACH CAMP WILL BE RUN BY A VIRTUS TRAINED ADULT.
- QUESTIONS? PLEASE CONTACT THE OFFICE OF ADMISSIONS AND ENROLLMENT AT ADMISSIONS@MCNHS.ORG OR 513-231-3500, EXT. 5809.



= Athletic Champ Camps



= Blast Off For Fun Camps

Week of June 5, 2017

Morning Sessions

MINDS ON SCIENCE LEVEL I (June 5-8, 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

ROCKET BASEBALL CAMP (June 5-7; 9:30 a.m.-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: \$85

ROCKET FOOTBALL CAMP (June 9 & 10; 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 leadership training through Sports Leader, a virtue-based mentoring and motivation program.

Where: Klonne-Schmidt Field at Penn Station Stadium

Cost: \$75

NEW CAMP! STUDY SKILLS FOR SUCCESS (June 5-8, 9:30-noon)

McNicholas English Chair, Angie Noble

Students entering grades 7, 8, 9

In just one week, students will learn valuable skills to help them navigate the transition to middle school/high school. Active reading and listening skills, notetaking strategies, time management, and test preparation will be the main focus along with skills specific to core subject areas. All skills will be applied and practiced during the week. Maximum 15 campers.

Where: McNicholas High School

Cost: \$100

VIDEOMAKING (June 5-8, 9:30 a.m. – noon)

Instructor Barb Gillming

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. Minimum of 6 campers; Maximum of 15.

Where: McNicholas High School Video Studio

Cost: \$125

Afternoon Sessions

NEW CAMP! BOYS' AND GIRLS' HIGH JUMP (June 5-8; 1-3:30 p.m.)

McNicholas High Jump Coach, Ryan Lest (former OHSAA state-ranked and collegiate high jumper)

Students entering grades 3-8

Athletes will work on proper technique, approach, and form over the high jump bar. Coach Ryan will be assisted by current and former McNicholas high jumpers who will guide athletes to new heights. Camp will conclude with a high jump competition where campers can show off what they have learned. Campers will need to wear proper athletic attire and running shoes, and bring a water bottle.

Where: The Finn Track in Penn Station Stadium, McNicholas High School

Cost: \$125

INTRODUCTION TO MUSICAL THEATRE (June 5-8; 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.

MINDS ON SCIENCE LEVEL II (June 5-8, 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

VIDEOMAKING (June 5-8, 1-3:30 p.m.)

Instructor Barb Gillming

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; Maximum 15

Week of June 12, 2017

Morning Sessions

BOYS' BASKETBALL (June 12-15; 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

HIGH SCHOOL PLACEMENT TEST PREP (June 12-15; 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 2017** 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 16; 9 a.m. – noon)

Instructor Emily Mulvey, Crescendo Cincinnati

Students entering grades 6-8

Bring a water bottle, snack and writing utensils. Limited to 25 students.

Where: McNicholas High School Theatre

Cost: \$60

LANDSCAPE PAINTING (June 12-15; 9:30 - noon)

Art Teacher, Willy Corbett

Students entering grades 3-9

Campers will experience acrylic painting landscape and still life. A variety of approaches and styles from realism to non-objective abstraction will be explored. Painting experiences will include pastel, oil pastel, watercolor and acrylic. 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 TRACK AND FIELD (June 12-15, 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, 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. Each camper needs to bring a water bottle and running shoes.

Where: The Finn Track in Penn Station Stadium, McNicholas High School

Cost: \$125

Afternoon Sessions

M BOYS' BASKETBALL MINI-CAMP (June 12-14; 1:30-4 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

NEW CAMP! STUDY SKILLS FOR SUCCESS (June 12-15, 1-3:30 p.m.)

McNicholas English Chair, Angie Noble

Students entering grades 7, 8, 9

In just one week, students will learn valuable skills to help them navigate the transition to middle school/high school. Active reading and listening skills, notetaking strategies, time management, and test preparation will be the main focus along with skills specific to core subject areas. All skills will be applied and practiced during the week. Maximum of 15 campers.

Where: McNicholas High School

Cost: \$100

M GIRLS BASKETBALL MINI-CAMP I (June 12 & 13; 6-8 p.m.)

Coach Gregg Flammer

Students entering grades 3-5

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

Where: McNicholas Main Gym

Cost: \$45

M GIRLS BASKETBALL MINI-CAMP II (June 14 & 15; 6-8 p.m.)

Coach Gregg Flammer

Students entering grades 6-8

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

Where: McNicholas Main Gym

Cost: \$45

Week of June 19, 2017

Morning Sessions

M GIRLS' VOLLEYBALL (June 20-22, see below for times)

Head Womens Volleyball Coach, Melissa Luckey

"Focus on Fundamentals" volleyball camp is a high energy, high intensity style of training. Through repetition, it teaches and reinforces the fundamentals of volleyball. The camp blends competitive instruction with fun game play, while introducing girls to McNicholas' volleyball program.

Grades 3-5: 9-10:30 a.m.

Grades 6-7: 11 a.m. -1 p.m.

Grades 8-9: 2-4 p.m.

Where: McNicholas High School Main Gym

Cost: \$80

HIGH SCHOOL PLACEMENT TEST PREP (June 19-22; 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 2017** 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 23; 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

Afternoon Sessions

EXPERIENCE ART! (June 19-22; 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

DANCE CAMP (June 19-22, 4:30-7 p.m.)

Dance Coach Ashley Sanchez and the McNicholas Varsity Dance Team

Students entering grades 1-9

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

Additional Summer Opportunities

LAFFALOT CAMP (June 19-23; 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.

Registration is online at www.laffalotcamps.com

XCEL GIRLS' BASKETBALL (June 26-28; 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 Gym

Cost: \$80 (Does not qualify for any McNicholas High School discounts)

Registration is online at www.xcelbasketballprogram.com

XCEL BOYS' BASKETBALL (July 18-21)

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