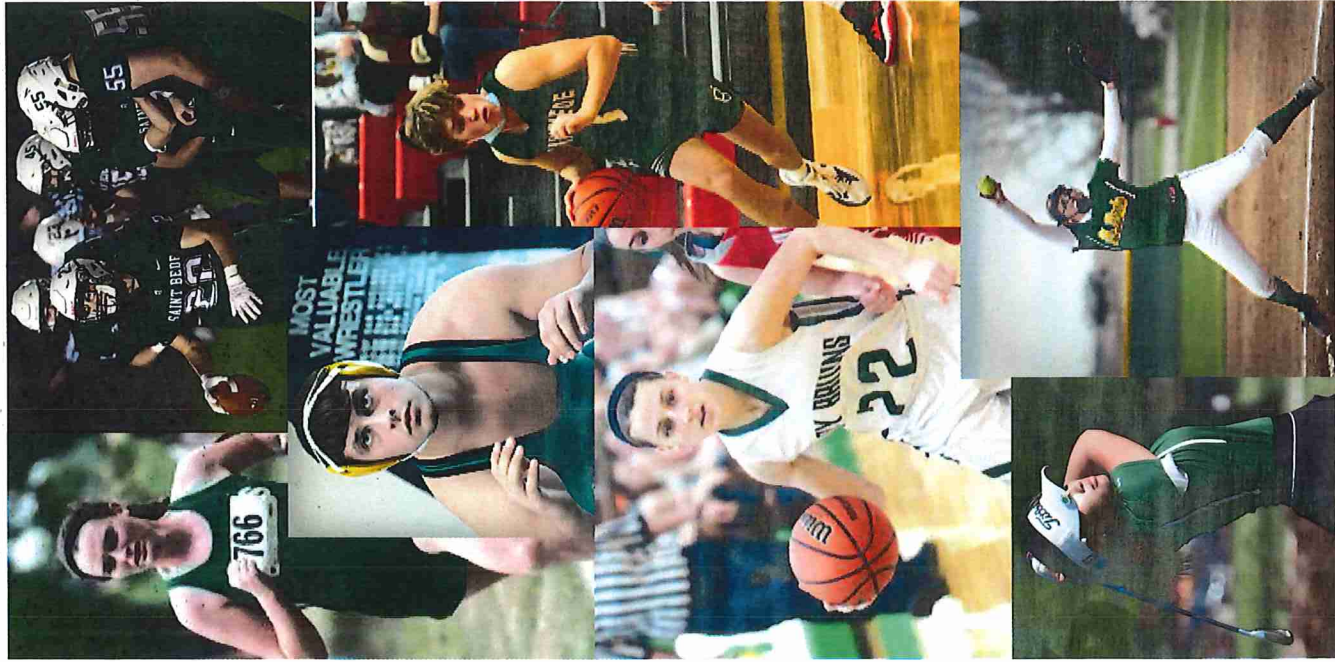




Summer Sports Camps 2022



Golf Camp

Learn the fundamentals of golf with Saint Bede golf coach Rich Cummings. You will learn the golf swing, grip, stance and alignment. Some special guest teachers will make appearances throughout the camp. You need golf clubs and we provide the golf balls. Meet at "bus parking area, west of the gym." Appropriate for school-age children.

Date: Tues, May 31 through Fri, June 3

Time: 9:00 – 10:30 AM

\$50.00 Registration Fee

Volleyball Camp

Coach Abbi Bosnich along with current members of the volleyball team, campers will begin to develop sound game skills and advance their current abilities. Through competitive drills and team play players will improve their game in a positive and supportive camp setting. Campers are encouraged to bring their own knee pads, if they have them. Includes T-shirt and participation gift.

Date: Mon, June 6 through Friday, June 10

Session One: Students entering 4th – 6th grades

Time: 8:30 a.m. – 10:00 a.m.

Session Two: Students entering 7th – 9th grades

Time: 10:30 a.m. – 12:00 p.m.

\$50.00 Registration Fee

Lady Bruin's Basketball Camp

Lady Bruins coaching staff and players will offer instruction and demonstration on shooting, passing, dribbling, and defense.

Date: Mon, June 20 thru Fri, June 24

Session One: Students entering 4th – 6th grades

Time: 8:30 a.m. – 10:00 a.m.

Session Two: Students entering 7th – 9th grades

Time: 10:30 a.m. – 12:00 p.m.

\$50.00 Registration Fee

Boy's Basketball Camp

Learn the basic fundamentals of basketball - dribbling, passing, rebounding, and defense in a fun and exciting environment! Saint Bede basketball coach, Brian Hanson, and his players will lead the week-long camp consisting of station drills, daily skill challenges, and individual instruction. The team game with competitions and scrimmages will also be a part of the instruction. Prizes and awards will be given for different competitions throughout the week. Includes t-shirt and participation gift.

Date: Mon, June 13 thru Fri, June 17

Session One: Students entering grades 4th through 6th

Time: 9:00 a.m. – 10:30 a.m.

Session Two: Students entering grades 7th through 9th

Time: 10:30 a.m. – 12:00 p.m.

\$50.00 Registration Fee

Speed & Agility Camp

Bruins' Strength & Conditioning Coach, Sam Allen, will teach form, technique and skills to produce the best speed times for each individual. Training and skill building will develop around proper use of body mechanics and power development. Coach Allen also teaches Health at Saint Bede and will also offer tips for proper nutrition and hydration for every athlete. The camp will include techniques for quick footwork, explosiveness, and injury prevention through proper training and muscle development.

All attendees will meet in Abbot Vincent Gymnasium for this camp.

Open to students entering 3rd-9th grades

Date: Mon., July 11 - Friday, July 15

Time: 10:15 AM - 11:15 AM

\$35.00 Registration Fee

Includes T-Shirt and participation gift

Softball Camp

Lady Bruins head coach, Sean Sons, with his coaching staff, current and past players are excited to bring back the Softball All Skills Camp. The camp will cover the fundamentals and help advance players in fielding and hitting. Camp will meet at Tower Field. Includes t-shirt and participation gift.

Date: Mon, June 13 and Tues, June 14, 2022

Session One: For ages 8-10

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

Session Two: For ages 11-14

Time: 12:30 p.m. - 2:30 p.m.

\$40.00 Registration Fee

Football Camp

Saint Bede Head Football Coach, Jim Eustice, and his staff (combined over 60 years of experience) and players will offer how to block, tackle, run, and pass the Bruin way! This camp promises a great week for aspiring football players to learn the game and reinforce some good skill habits. Campers will have chances to win prizes through competitions and games. Please wear cleats if you have them. This camp will meet at the gym entrance. Open to students entering 2nd-9th grades

Date: Mon., July 11 - Fri, July 15

Time: 8:45 AM - 10:00 AM

\$50.00 Registration Fee

Includes T-Shirt and participation gift

Wrestling Camp

Experienced grade school and junior high wrestlers can come to either session or both! If you would like to come to both, be sure to pay the registration fee listed for both sessions. Sessions will cover different techniques. Wrestlers attending both sessions are advised to bring a quick snack and beverage for in-between sessions, there will be approximately 15 minutes between sessions each day. Food and beverage will not be provided.

The fees include 5 days of wrestling technique with practice and progression, live wrestling matches and motivational insight. Campers will also get a camp t-shirt and participation gift from St. Bede Academy. Hands-on instruction will be coming from the Bruin Wrestling head coach, Sam Allen, with 25+ years of wrestling experience including NJCAA & NCAA experience!

Campers, please bring wrestling shoes, appropriate workout/wrestling attire, swim suit, towel and extra set of clothes. Camp will meet in the 3rd floor wrestling room. Enter on the south side between the gym and the main building.

Date: Mon, June 13 through Thurs, June 16 and Mon, June 20 through Thurs, June 23

Session One: For ages 8-10

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

Session Two: For ages 11-14

Time: 12:30 p.m. - 2:30 p.m.

\$50.00 Registration Fee for one session, \$65.00 for both

Register by mailing in your payment with the form to the right

or online at www.st-bede.com

St. Bede Academy - Admissions Dept.

24 W US Hwy 6

Peru, IL 61354

STUDENT NAME: _____

ADDRESS: _____

PHONE: _____ Email: _____

At the following school _____

Camp Choices & Sessions: _____

Total Registration Fees: _____

Circle T-Shirt Size: YS YM YL AS AM AL AXL