

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 12 thru Fri, June 16

**Session One: Students entering grades 3 – 5
Time: 9:00 a.m. – 10:30 a.m.**

**Session Two: Students entering grades 6 – 8
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 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. Campers will meet at the St. Bede Football Field. Open to students entering 3rd–9th grades. Includes T-Shirt and participation gift.

Date: Mon., July 10 – Friday, July 14

**Time: 10:15 AM – 11:15 AM
\$35.00 Registration Fee**



SAINT BEDE ACADEMY

It's where YOU belong!

Golf Camp

Learn the fundamentals of golf with St. Bede golf coach Rich Cummings. You will learn the golf swing, grip, stance and alignment. Special guest instructors will make appearances throughout the camp. Campers need golf clubs and we provide the golf balls. Meet west of the gym. Appropriate for school-age children.

**Date: Tues, May 30 through Fri, June 2
Time: 9:00 – 10:30 AM
\$70.00 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 5 through Thursday, June 8

**Session One: Students entering 2nd – 5th grades
Time: 8:00 a.m. – 9:30 a.m.**

**Session Two: Students entering 6th – 8th grades
Time: 9:30 a.m. – 11:00 a.m.**

\$50.00 Registration Fee

Girl's Basketball Camp

St. Bede Head Coach Stephanie Mickle, coaching staff and players will offer instruction and demonstration on shooting, passing, dribbling, and defense. Campers will receive game-tested instruction and a fun and encouraging environment to learn. Fee includes t-shirt and participation gift.

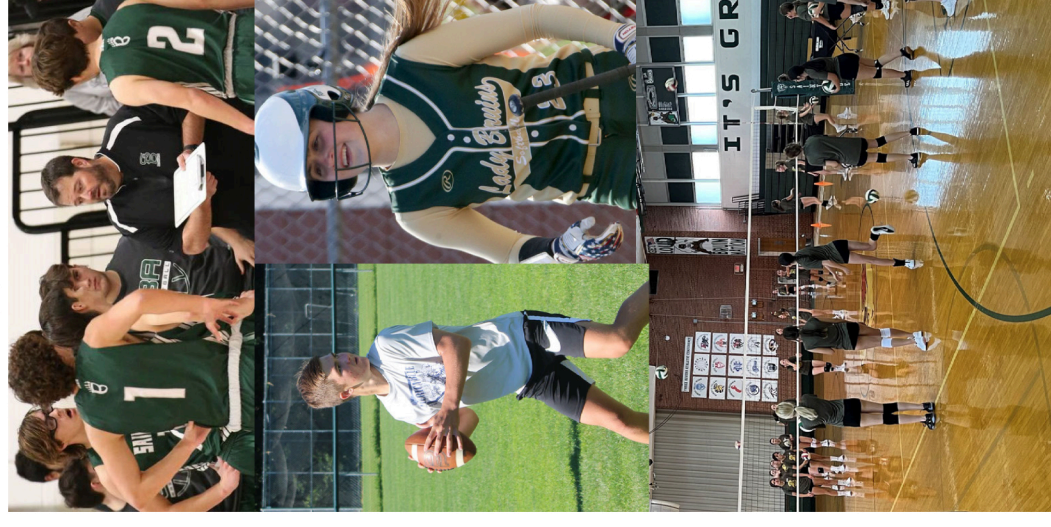
**Date: Mon, June 26 thru Thurs, June 29
Session One: Students entering 4th – 6th grades
Time: 8:30 a.m. – 10:00 a.m.**

**Session Two: Students entering 7th – 9th grades
Time: 10:30 a.m. – 12:00 p.m.**

\$50.00 Registration Fee

ST. BEDE BRUINS

Summer Sports Camps 2023



STUDENT NAME _____

ADDRESS _____

PHONE NUMBER _____

PARENT EMAIL _____

This fall I will enter grade _____

At the following school: _____

Camp Choices & Sessions: _____

Total Registration Fees: _____

Circle T-Shirt Size: _____

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Wrestling Camp

St. Bede Academy head wrestling coach Sam Allen brings 25+ years of college wrestling experience to teach campers proper technique, sparring tips, and ways to improve conditioning and results at the mat. Wrestlers of any experience or abilities are encouraged to attend!

Special guest instructor includes JUSTIN HALE, Iowa State University wrestling alum and former NJCAA 2-time All-American. Coach Hale, along with Coach Allen and members of the St. Bede wrestling team, are prepared to help you grow and learn from the best!

Date: Mon, June 26 through Friday, June 30
9:00 - 11:30 a.m.
For students entering 4th - 12th grade

-\$50.00 Registration Fee

Mail registration form and payment to:
Saint Bede Academy - Summer Camp
24 W US Hwy 6
Peru, IL 61354

Or register online at
www.st-bede.com, or by scanning the
QR code below.



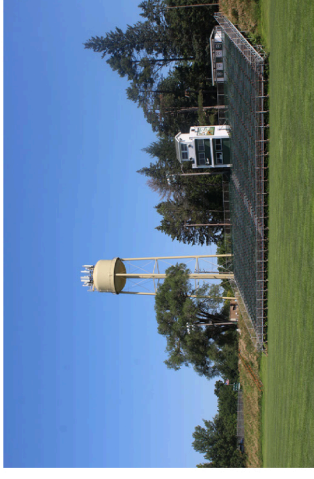
Softball Camp

Lady Bruins head coach Shawn Sons, along 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 on the west side of campus. Includes t-shirt and participation gift.

Date: Mon, June 12 and Tues, June 13
Session One: For ages 8-10
Time: 10:00 a.m. - 12:00 p.m.

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Session Two: For ages 11-14
Time: 12:30 p.m. - 2:30 p.m.

-\$40.00 Registration Fee



Football Camp

St. 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 good skills. 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. Includes T-shirt and participation gift.

Date: Mon., July 10 - Fri, July 14
Time: 8:45 AM - 10:00 AM
\$50.00 Registration Fee