

Summer Sports and JROTC Camps



Strength and Conditioning — June 11-July 19 Sophomores—Seniors: 6:30am-8:30am and Freshman: 1pm-3pm. Times may vary!
The Central Catholic Strength and Conditioning Camp is dedicated to helping young athletes maximize their potential. Sessions will cover the basics of flexibility, strength, power and speed. This camp is open to all CCHS students regardless of the sport they participate in.

Session 1: Baseball — June 11-14, 8:30am — Noon. For boys entering 5th through 9th grade, instructional/development camp includes breakdown of fundamentals, mechanics, fielding, baserunning and hitting drills. Camp will take place at our home field, Shovlin-Vehle Field at Kahlig Park.



Session 2: Basketball (Shooting Camp)— June 18-12(1pm — 4pm) for 8th thru 9th & (9:00 am-Noon) for 6th thru 7th) Boys Only. Our shooting camp will give athletes the techniques, drills, and one-on-one instruction that will immediately improve his accuracy, range, and quickness in shooting. Intense and repetitive drills along with proper footwork will be used that will produce better shooting results.

Session 3: Lacrosse—June 18-21, 6:00pm-8:30pm. The Central Catholic lacrosse Camp is geared towards players of all skill levels for those entering grades 5th through 9th grades. The camps combine rigorous Lacrosse training from an elite staff with a fun filled competitive experience. The focus will be on teaching skills and concepts of live game situations in order to strengthen players' confidence to make quality decisions on the field.



Session 4: Football — June 25-28, 8:30am — Noon. This camp is geared for boys exclusively to instructions and skill development of high-potential players in the 5th-9th grades. Activities will involve numerous game situations and drills that enhance individual and team performance. Athletes should be in playing condition upon entering the camp. Incoming freshman are strongly encouraged to attend this camp.

Session 5: Soccer — June 26 - June 29, 6pm — 8:30pm. For boys entering 5th through 9th grade. Camp will focus on training speed & agility, high level ability, and fundamental tactical principles. The curriculum will cover topics including foot quickness, passing, first touch, combination play, and finishing. Each session will progress from dynamic drills to competitive matches, with campers first perfecting their skills and the applying to game situations



JROTC Camp for Incoming Freshmen- July 9 thru July 12: The camp will provide an introduction to the JROTC teams, leadership scenarios, team building, and marksmanship. Participants will receive a certificate, a promotion to private, and earn a camp ribbon.



Summer 2018 at Central Catholic High School



Enrichment, JROTC and Athletic Camps



For Elementary (Boys and Girls), Middle School (Various Camps/Boys and Girls) & Incoming Freshmen (Boys Only)



Central Catholic High School
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We appreciate your interest in participating in our Summer Enrichment and Sports Camp activities. Our Academic Enrichment Classes will offer an enjoyable academic experience for elementary and middle school boys and girls to engage in learning in a hands-on approach that suits their educational development. In addition, our Sports Camps will offer an excellent opportunity for boys to build the fundamental skills and be challenged by working directly with some of our outstanding varsity athletes and coaches. All classes and camps in the Summer of 2016 will take place at Central Catholic. However, our Baseball Camp will take place at our home field, Shovlin-Vehle Field and Kahlig Park. Baseball campers will meet at Central Catholic and be transported by bus to and from Kahlig Park.

Academic Enrichment Classes: Middle School (Entering 6th-7th-8th) Program For Boys and Girls



Adventures in Biology: If you are interested in Life Sciences, you will be participate in a class this is very hands on in which activities involves exploring Wilderness Parks; hiking at the Medina natural area; and other trips, plus discussing a variety of topics that center around living organisms.

Weird Science: Step inside the lab and see just how weird things can get! This program is sure to have the right formula for summer fun with cool experiments and demonstrations every day of the week. This week of hands-on fun will provide a real life experience working in a laboratory setting.



Robot Rumble: Have you ever wondered what it would be like to build a machine that could move without anyone controlling it? Or maybe you enjoy creating new and inventive designs to see what they can do. Robot Rumble is all about learning how to build more and more complex robots, using the LEGO NXT system, for a specific task and learning how to program them for that task. The tasks will range from moving objects around, following a black line, and even challenging other robots. You are in control. Are you the engineer of the future?



Dissection 101: This course will enable students to learn more about how the human body works. The anatomy and physiology of the human body will be looked at in depth, as well as ways to avoid sickness and live a healthy lifestyle. For those of you interested in medicine or nutrition, this might be the course for you.

Drones: Enjoy a grade-appropriate summer camp and summer program experience, alongside pre-teens, and teens who share your love for exploration and the future of flight. This program builds invaluable STEM skills which explores a wide variety of subjects through the lens of understanding and developing a particularly useful, popular, and fun technology. You will also explore everything drones...basic parts, mechanics, engineering to learning to fly the device.



Reading Bootcamp: The Reading Bootcamp is a course designed to enhance the students' critical reading skills. As they participate in reading texts from various genres and authors, they will learn how to draw conclusions, make inferences, evaluate arguments, and provide textual evidence to support their opinions.



Marksmanship: The purpose of the clinics is to teach proper technique on how to shoot plus the sport of air rifle competition and safety. Participants will be instructed by the members of the nationally ranked Bordelon Rifles team led by Sergeant Bradford. Participants will shoot in our state of the art shooting range located in the basement of Central Catholic.



Algebra Prep: Entering Algebra or Pre-Algebra? Be prepared and get a head start by exploring the world of integers & exponents, factoring, polynomials and how to break down algebraic word problems.

Academic Enrichment Classes: Elementary (Entering 3rd-4th-5th) School Program

Math Mania: Join the fun and learn about the magical world of numbers. Children will increase their math abilities through game playing, pattern play, number exploration, and building conceptual frameworks. Addition, subtraction, graphing, fractions, estimation, multiplication, story problems and more

Basketball Camp (New): The focus of this camp will be the development of strong fundamentals and preparation to play middle school basketball. Each day will illustrate a different skill and facet of the game in preparation for Friday's competitive games. Many half court and full court drills will be emphasized.

Lego Robotics: Students will learn introductory concepts in robotics, and engineering. Students will think creatively using activities that require individual and team participation, creative design, and problem-solving skills. This will teach students to lead as well as to work together to overcome challenging obstacles.



The Adventures of Reading & Writing: This course will introduce a culture of reading and writing for boys. We will explore several genres of literature targeting high interest subjects for boys and girls. Questions will be given to generate more interest in exploring or investigating a topic more in depth. Writing instruction will include summarizing material with a focus on generating paragraphs.



Little Mad Scientist: Every child has a little mad scientist hiding inside of them, and nothing is more fun than spending a little time dreaming up mixtures that bubble, steam, things that fly, change color. Come and explore the world of a scientist through different amazing experiments.