

# Peninsula Catholic High School Summer Program Guide 2019



Peninsula Catholic summer camps are a great way to fill your summer with quality programs, whether in the classroom, the stage, or on the field.

[www.peninsulacatholic.org](http://www.peninsulacatholic.org) | 757-596-7247  
600 Harpersville Rd. Newport News, VA 23601

# High Potential Volleyball Camp

July 22-26, 2019

9:00 AM-4:00 PM

PC-Knights' Athletic Center

757-596-7247 Ext. 102

Girls and Boys ages 12-18

\$200 per person

This camp is limited to the first **80** paid registrations.

**What to Bring:** Shoes (indoor), knee pads, and bag lunch (concessions will be open for drinks)

### Staff:

- Tommy Thomas-Varsity Coach-Peninsula Catholic High School-2017, 2018 VISAA State Champions-2018 VISAA Coach of the Year
- College coaches from VA Tech, W &M, VCU, NSU, Hampton U, Bryant & Stratton, Virginia Wesleyan, and Grafton High School

This camp will focus on the skills necessary for elite players at the high school level and beyond. Topics covered will include offensive and defensive skills, timing, visual skills, and advanced tactics.



*Please select the camp you would like to attend*

- High Potential Volleyball Camp \$200**
- Boys' Volleyball Camp \$200**
- Soccer Camp \$100**    **ages 5-12**    **ages 13-18**
- Basketball Camp \$175**
- Baseball Camp \$100**
- Theatre Camp \$125**

Please send completed form and payment to:

Peninsula Catholic High School, 600 Harpersville Road, Newport News, VA 23601. Cash, check, or credit card (online only) payments accepted.

Or register online at  
**peninsulacatholic.org**

Name\_\_\_\_\_

Address\_\_\_\_\_

Age\_\_\_\_\_ Grade Entering (Fall 2019)\_\_\_\_\_

Current School\_\_\_\_\_

Primary Position (only for sports camps)\_\_\_\_\_

Parent/Guardian\_\_\_\_\_

Phone Number\_\_\_\_\_

Emergency Phone Number\_\_\_\_\_

Email\_\_\_\_\_

Insurance Provider\_\_\_\_\_

Policy Number\_\_\_\_\_

Physician contact\_\_\_\_\_

## *Theatre Camp*

July 22-26, 2019

10:00 AM-3:00 PM

Peninsula Catholic High School

757-596-7247 Ext. 101

Boys and Girls ages 9-14

\$125 per person. Reduced rate for multiple-student families

**What to Bring:** Bag lunch

### **Staff:**

- Beth Wigley-Theatre Director-Peninsula Catholic High School
- Local children's theatre instructor

This camp includes a wide variety of Theatre Games that teach students acting techniques such as pantomime skills and developing the vocal and physical character. Students will be participating in theatre crafts like mask making, creating hats, costumes, and overall fun! This camp will culminate in a mini-production for family and friends on Friday July 26, 2019.



## *Boys' Volleyball Camp*

July 22-26, 2019

6:00 PM-9:00 PM

PC-Knights' Athletic Center

757-596-7247 Ext. 102

Boys ages 12-18

\$200 per person

This camp is limited to the first **80** paid registrations.

**What to Bring:** Shoes (indoor) and knee pads

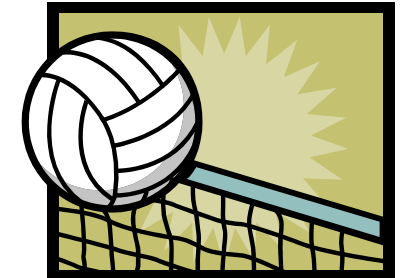
### **Staff:**

- Linda Gomez-Coastal Hampton Roads 16 National Boys' Coach
- Andy Pai-Coastal Hampton Roads 16 National Boys' Assistant Coach
- Head Camp Coach Joe Norton - Division I Men's Volleyball Coach at George Mason University

Captain George Mason Men's Volleyball Team 2011 - 2012

Mason Top Ten All Time in Aces and Kills

This camp will focus on teaching the necessary skills for elite players at the high school level and beyond. Specific topics covered will include offensive and defensive skills, timing, visual skills, and advanced tactics.



## *Soccer Camp*

July 15-19, 2019

PC-Knights' Athletic Center

757-596-7247 Ext. 102

**Session One:** Boys and Girls ages 5-12

8:00 AM-11:30 AM

**Session Two:** Boys and Girls ages 13-18

5:30 PM-8:30 PM

\$100 per person

This camp is limited to the first **60** paid registrations.

**What to Bring:** Shin Guards (required), outdoor and indoor shoes (cleats, tennis shoes), t-shirts (light and dark), water bottle, and sunscreen

### **Staff:**

- Kristen Glauner-Peninsula Catholic Girls' and Boys' Varsity Soccer Coach
- Area high school coaches and college players

**Session one:** 5-12 years old

This camp develops/strengthens fundamental skills and knowledge of the sport of soccer. Beginners welcome. Activities include a discussion on safe play, conditioning, and all skills from passing to shooting.

**Session Two:** 13-18 years old

This camp focuses on player safety, injury prevention, conditioning, strength work, and all skills from passing to shooting.



## *Basketball Camp*

July 8-12, 2019

PC-Knights' Athletic Center

757-596-7247 Ext. 102

Boys and Girls ages 12-18

\$175 per person

This camp is limited to first **60** paid registrations.

**What to Bring:** Gym shorts, t-shirts (light & dark), basketball shoes (non-marking athletic shoes), bagged lunch (concession will be open for drinks), and a good attitude!

### **Staff:**

- Candiss Cox-Peninsula Catholic Girls' Varsity Coach
- Trevor Dorsey-Peninsula Catholic Boys' Varsity Coach

This camp focuses on offensive and defensive fundamentals.

Campers will receive individual instruction, learn fundamental skills, and have the opportunity to participate in team drills and scrimmages.



## *Baseball Camp*

July 25-31, 2019

9:00 AM-12:00 PM

PC-Knights' Athletic Center

757-596-7247 Ext. 102

Boys ages 12-18

\$100 per person

This camp is limited to the first **80** paid registrations.

**What to Bring:** Glove and water bottle

**Staff:** Robbie Hiser-PC Varsity Coach, Gold Glove Winner

This camp focuses on the fundamentals, recovery, and conditioning.

