2017 Episcopal Summer Camps

<u>BOX LACROSSE CAMP</u>
June 5-8th
Times: Girls- 10am-12pm and Boys 12:30-2:30pm
Grades 4th -9th
Cost: $200
Each session is limited to 26 players.

Box Lacrosse is similar in concept to basketball or hockey in that everyone plays offense and defense and handles the ball often. This is a tremendous way to gain the necessary skills to play field Lacrosse. Children with or without experience are encouraged to attend!

Girls participating will need a Lacrosse stick, mouthpiece, sneakers and goggles. Boys participating will need a Lacrosse stick, helmet, gloves, arm pads, shoulder pads, mouthpiece, sneakers and cup. If you have any questions, please call Coach Mike Donnelly at 713-512-3483 or email him at mdonnelly@ehshouston.org

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<u>SOCCER</u>
Date: June 12 -15th
Session I: 9am-12pm (Coed -- Grades 1st-5th)
Session II: 4pm-7pm (Girls and Boys Sessions -- Grades 6th-9th)
Cost: $200

Session 1 – 9am-12pm
Directed by EHS head girls' coach Baron Heinemann, assisted by varsity players, this camp aims to strengthen soccer basics and FUNdamentals in rising 1st-5th grade male and female players. Topics will include: dribbling, passing, trapping, shielding, and 2-player combinations. Players will spend most of the time with a ball at their feet, becoming more comfortable with the demands of the individual game. Through varied activities and friendly competition, players will learn the most critical fundamental skills of the game, as well as the most common mistakes. All sessions will begin and end with small game/scrimmage play. Each camper receives a ball and camp t-shirt.

Session 2 Girls – 4pm-7pm
Directed by EHS head girls' coach Baron Heinemann, this camp aims to build fundamentals in rising 6th-9th grade female players. The goal is to help players realize the most important principles, skills, and tactics necessary for success at the high school level. Each day will focus on a different theme of the game: scoring/shooting,

defending, possession, and attacking. Within these themes, players will work on individual technical skills as well as team-oriented tactics. Each session will begin and end with small game or scrimmage play. Each camper will receive a ball and camp t-shirt.

Session 2 Boys – 4pm-7pm
Directed by EHS JV boys' coach Chris Weinstein and assisted by varsity girls' head coach Baron Heinemann, this camp aims to build fundamentals in rising **6th-9th grade male players**. The goal is to help players realize the most important principles, skills, and tactics necessary for success at the high school level. Each day will focus on a different theme of the game: scoring/shooting, defending, possession, and attacking. Within these themes, players will work on individual technical skills as well as team-oriented tactics. Each session will begin and end with small game or scrimmage play. Each camper will receive a ball and camp t-shirt.

Girls Field Hockey
July 11-14 (Tue-Fri)
8:00-11:00
Grades 7th-9th

Episcopal High School Field Hockey Camp will be open to any girls entering 7th through 9th grade. The campers will be grouped by grade and by their level of skill. Beginners are encouraged to join, as well as advanced players. The camp will cover all the aspects of the game from passing and receiving, to hits, aerials, reverse chips, jabs, block tackles, defensive footwork, offensive movement, and much more. Each day we will focus on a different part of the field progressing from the basics to advanced techniques in order to develop a well-rounded player. Our goal is to teach campers the sport of field hockey, or develop the skills they already have, to help them gain a deeper understanding of, and love for, the sport. Each girl must have shin guards, a mouth guard, and a stick. At the end of the camp the girls will be provided with a camp T-shirt. Contact Shelly Edmonds with any questions at sedmonds@ehshouston.org.

Girls and Boys Volleyball
June 12-15
Session I: 9am-12pm (Grades 5th-8th)
Session II: 1-4pm (Grades 9th-12th)
Cost $200.00

Session I: (9-12)
Open to girls & boys in grades 5th-8th. Players will be grouped according to age and ability. The basic fundamentals of passing, serving, setting, attacking, blocking and floor defense will be taught. Each day will end with controlled scrimmaging to incorporate game situations. It's a must for any athlete interested pursuing the sport of volleyball!

Campers will receive a snack each day and a camp t-shirt.

Session II: (1-4)
This session is open for girls & boys in grades 9th-12th. These athletes will fine-tune their fundamentals while improving their effectiveness on the court. The first half of the session will consist of individual work on basic skills, and the second half will focus on team drills, ending with controlled scrimmages. This preseason workout is great for those athletes who are preparing for JV and Varsity competition.

Girls and Boys Volleyball Skills Clinic
July Camp: July 17th-20th
9am-12pm
Cost: $200
Grades: 5th-12th

This session is open for both boys and girls in grades 5th –12th. Campers will work on the fundamentals and technique for their particular position. The camp will end with competitive games. Campers will be split up by age and skill level.

EHS Elite Basketball Camp
7th – 9th Grade (Incoming Freshman)
Coed
June 26th - 29th
1pm to 4pm
200.00
The **Elite Camp** is for the committed middle school and incoming freshman basketball player who wants to bring his/her game to the next level. Coaches and current Episcopal High School players will teach technical skill development and give position-specific instruction in a competitive setting. The program features station work, camp wide competitions (1 vs 1, Free Throw, 3 vs 3), and full court games. Elite camp allows dedicated athletes to learn what it takes to play at the highest high school level. For more information contact Coach Wayne Jones at 713-512-3469 or email wjones@ehshouston.org

EHS Basketball Camp
2nd – 6th Grade
Coed
June 26th – 29th
9am – Noon
200.00
Episcopal High School Head Boys' Basketball Coach, Wayne Jones and his varsity assistants and current and former players will work with each camper to improve their basketball fundamentals. Campers will work on shooting, ball handling, footwork,

passing, defensive fundamentals and many more. After working on individual skills, the campers will compete in 3 on 3 and 5 on 5 games. The goal is to ensure that every player who attends the EHS camp will have the most enjoyable experience possible. The camp is designed so that each individual will leave as a more complete player. For more information contact Coach Wayne Jones at 713-512-3469 or email wjones@ehshouston.org

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KNIGHT POWER
JUNE 6th- June 29th
Monday-Thursday
8am-9:15am
Cost: $250
Grades-Incoming Freshmen –Boys and Girls
Instructors: Marc Klinkerman – Head Track Coach & Head Athletic Trainer, Steve Leisz – Head Football & Head Wrestling Coach, Dick Phillips – Former Head Track and Head Football Coach (retired)
This program offers weight training, flexibility development, agility training, plyometrics, and speed training with emphasis placed on learning and executing proper technique. The course is designed to improve the athletic performance of student athletes by becoming faster, stronger, and more agile, and less susceptible to injury.

BASEBALL CAMP
JUNE 19th-22nd
Monday-Thursday
9am-12pm
AGES 7-12
COST $200
This camp is designed for ages 7-12 years old. The players will be divided into teams by age and skill level, and will be given the opportunity to compete in drills and controlled games. This clinic will emphasize the finer tools of the game, as well as stress the fundamentals of fielding, throwing, hitting and pitching. Players are encouraged to work on multiple positions.

KNIGHTS WRESTLING CONDITIONING CAMP
June 5th-June 29th
9:45-11:45am
Mondays-Thursdays
Cost: $250

Coach Leisz and his staff will put each camper through training to improve their fitness, flexibility development, cardiovascular fitness, agility, and speed. They will spend time in the weight room as well as on the field. This course is designed to build a mind-set of mental toughness. As well, improve athletic performance of student

athletes by becoming faster, stronger, more agile, and less susceptible to injury. For more information contact Coach Steve Leisz at 713-512-3673 or email sleisz@ehshouston.org

KNIGHTS JV & VARSITY FOOTBALL CONDITIONING CAMP
June 5th-June 29th
9:45-11:45am
Mondays-Thursdays
Cost: $250

Coach Leisz and his staff will put each camper through training to improve their fitness, flexibility development, cardiovascular fitness, agility, and speed. They will spend time in the weight room as well as on the field. This course is designed to build a mind-set of mental toughness. As well, improve athletic performance of student athletes by becoming faster, stronger, more agile, and less susceptible to injury. For more information contact Coach Steve Leisz at 713-512-3673 or email sleisz@ehshouston.org