



STH EAGLES



Summer Sports Camps



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For over 100 years, **St. Thomas High School** has trained and developed many young Christian athletes. STH summer sports camps continue this tradition by providing the physical and spiritual fundamentals necessary to compete in a sportsmanlike manner.

Become a part of the tradition! Spend the summer developing your skills in a positive and challenging environment.

BASEBALL

Eagle Pride Baseball Camp will be led by St. Thomas Head Baseball Coach, Craig Biggio and the entire baseball staff. Camps will focus on improving the offensive and defensive fundamentals of all players who attend. Individual and group drills covering the most important phases of the game will be a part of the daily routine. Campers will also have an opportunity to play an intrasquad game on the final day of camp. Each camper will receive an official T-shirt at the end of camp. Camp pictures will also be taken. Camp meets daily at Father Wilson Baseball Field on the campus of St. Thomas High School.

SESSION 1: JUNE 7-10 (rising 2nd – 5th grade boys)
SESSION 2: JUNE 14-17 (rising 6th – 9th grade boys)
TIME: 8AM-11AM
COST: \$150 for one session or \$250 for both sessions
CONTACT: Coach Mike Netzel, michael.netzel@sths.org

WHAT TO BRING:

Each camper should have a baseball glove, baseball cap, shorts or baseball pants, T-shirt, athletic socks, athletic shoes, and cleats. All gear should have the campers name on it. All campers should also bring a light snack and water bottle.



BASKETBALL



“Strive For Excellence” on the court these two (2) weeks at Eagles Basketball Boys and Girls Camp led by St. Thomas Head Basketball Coach Danny Evans and the entire basketball coaching staff. Our basketball camp sessions are focused on FUNDAMENTALS and enjoying the game of basketball. Everything from ball handling, passing, shooting, and individual defense will be worked on. Team concepts, such as spacing and creating scoring opportunities will be introduced. Campers meet at Reckling Gymnasium on the St. Thomas campus. Improve your skills, have fun, and make a few new friends!

SESSION 1: JUNE 7-11 TIME: 12PM-3PM
SESSION 2: JUNE 14-18 TIME: 9AM-12PM
AGES: Rising 5th-9th grade boys
COST: \$125 for one session or \$200 for both sessions
CONTACT: Coach Danny Evans, danny.evans@sths.org

WHAT TO BRING:

Basketball with name on it. Practice clothes should consist of the following: shorts, T-shirt, athletic socks, some form of rubber-soled athletic shoes (preferably basketball shoes).

FOOTBALL

GDK FOOTBALL CAMP (“Goodness, Discipline, Knowledge”) - Camp is designed to increase the skill level of all athletes. Sessions will include individual fundamentals and group drills. Athletes will receive instruction in all aspects of the game: rushing, passing, receiving, blocking, tackling, line play and run/pass defense. “Chalk Talk” sessions will focus on the X’s and O’s of football. The final session of the week will emphasize competition in groups and teams. Quickness drills and techniques are also taught at each position to aid in development. The main goal is to offer a values-oriented learning experience for all athletes. Meets at Hotze Field.



DATE: JULY 5-8 3rd - 5th grade boys (Registration 8AM-9AM on July 5th)
JULY 9 (Rain-Out date if needed)
JULY 12-15, 6th – 8th grade boys (Registration 8AM – 9AM on July 12th)
JULY 16 (Rain-out date if needed)

TIME: 9AM-12PM

AGES: All athletes entering 3rd thru entering 8th grade

COST: \$150 Includes Four (4) Day Camp, T-shirt, Prizes/Awards, and Camp Picture.

CONTACT: Coach Donald Hollas, donald.hollas@sths.org

WHAT TO BRING:

This is a non-contact camp (football pads are not required). Practice clothes should consist of the following: field turf cleats or some form of athletic shoes, T-shirt, gym shorts, athletic socks, athletic supporter and mouthpiece (optional).

FRESHMAN CAMP - HIGHLY RECOMMENDED for all freshmen interested in playing freshman football. Get a head start on football played at the freshman level whether having played before or just starting out. Build a solid foundation for success with Eagle football! Meets at Hotze Field.

SESSION 1: JULY 12-15 TIME: 9AM-11AM
SESSION 2: JULY 19-22 TIME: 9AM-11AM

AGES: Rising 9th grade boys

COST: \$100 for one session or \$150 for both sessions (T-shirt included)

CONTACT: Coach Donald Hollas, donald.hollas@sths.org

WHAT TO BRING:

This is a non-contact camp (football pads are not required). Practice clothes should consist of the following: field turf cleats or some form of athletic shoes, T-shirt, gym shorts, athletic socks, athletic supporter and mouthpiece (optional).

POLE VAULTING



Camp covers proper form, technique and basic fundamentals, including safety, proper running, planting, basic pole vaulting drills and a solid understanding of how the vault works. Meets at Hotze Field.

SESSION 1: JUNE 7-9
TIME: 9AM-12PM
AGES: Rising 6th-9th grade boys
COST: \$100
CONTACT: Coach Nathan Labus, nathan.labus@sths.org

WHAT TO BRING:

Practice clothes should consist of the following: athletic shorts, T-shirt, athletic socks, and sport appropriate shoes.

IRON EAGLE STRENGTH AND CONDITIONING



The St. Thomas Iron Eagle Summer Program builds confidence in the weight room, develops commitment to a strength and conditioning program and creates understanding of the value of weights, agility and conditioning. All athletes will receive an Iron Eagle T-Shirt. Meets in Reckling Gym-2nd floor Weight Room.

JUNIOR IRON EAGLE:

SESSION 1: JUNE 28-JULY 1, (June 28th session will meet at Hotze Field)

SESSION 2: JULY 5-8

SESSION 3: JULY 12-15

SESSION 4: JULY 19-22

AGES: Rising 9th grade boys

TIME: 7AM-9AM

COST: \$125 for four (4) week program (T-shirt included)

CONTACT: Coach Donald Hollas, donald.hollas@sths.org

WHAT TO BRING:

This is a non-contact program. Practice clothes should consist of the following: field turf cleats and rubber-soled athletic shoes, T-shirt, gym shorts, athletic socks, and athletic supporter.

LACROSSE

The St. Thomas Summer Lacrosse Camp is for beginners, novice and intermediate players. Boys who have played soccer, football, baseball, and basketball can easily transfer those skill sets to lacrosse. Any child who has an interest in field sports involving running, throwing, catching, and hitting will enjoy this sport. Participants will learn basic skills, rules, field knowledge, and game play. Novice and intermediate players can refine their skills and advance in new areas. Players will be reviewed by the coaching staff and placed in skill groups to learn from others of comparable ability. Throwing, catching, cradling, shooting, and defense will all be covered. Meets at Hotze Field.

SESSION: JUNE 21-22

TIME: 9AM-2PM

AGES: Rising 8th-9th grade boys

COST: \$110

CONTACT: Coach Anthony Quinn, anthony.quinn@sths.org



WHAT TO BRING:

Minimum requirements for this camp include a men's lacrosse stick and gloves. Full equipment is encouraged and will allow more instruction for players. Practice clothes should consist of the following: athletic shorts, T-shirt, athletic socks, athletic supporter and mouthpiece, and sport appropriate shoes.

RUGBY



Camp offers the participants a chance to work with our highly skilled coaching staff as well as current and former USA National Team players to improve basic and advanced skill sets. Players will work on non-contact skills and improve their speed, agility and quickness. Meets at Hotze.

SESSION: JUNE 14-17

TIME: 9AM-12PM

AGES: Rising 6th-12th grade boys

COST: \$100

Contacts: Head Coach Jim Wolfinger (jim.wolfinger@sths.org) (jwolfref@aol.com)
Assistant Head Coach Brett Mills (brett.mills@sths.org)

Other Staff: Local High School and Middle School coaches and other current and former STH players (including USA Eagles Conor Mills, Chris Lind, Andres Diaz, and Paul Rogers) will be in attendance and provide individual instruction to campers.

WHAT TO BRING:

Campers must be in generally good physical condition and able to follow instruction. Campers must bring with them: Rugby or soccer boots, running shoes and/or cross trainers, shorts (rugby preferable) that do not have snaps, zippers or belt loops, T-shirt and/or summer weight rugby jersey(s), sunscreen, mouthpiece, ball cap or wide brimmed hat, gym or kit bag for gear. Campers should arrive early and be picked up in a timely manner within 30 minutes of the scheduled end of camp each day.

SOCCER

Camp offers the opportunity to enhance ball handling and controlling skills and to develop shooting, dribbling and passing techniques. Advanced skills such as Zico move, scissors, cross-overs, Cruyff move, pivot turns and space passing are covered. Meets at Hotze Field.

SESSION: JUNE 7-10

TIME: 8AM-10AM

AGES: Rising 7th-9th grade boys

COST: \$100

CONTACT: Coach Todd Newman, soccer@newmanassets.com

WHAT TO BRING:

Practice clothes should consist of the following: athletic shorts, T-shirt, athletic socks, shin guards, soccer ball with name on it, and sport appropriate shoes.



WRESTLING



Camp will focus on reviewing the fundamentals of neutral, down, and top positions. Wrestlers will hone their stance, move well on their feet, and drill basic and advanced set ups for a variety of takedowns. Counter offense from the feet will be stressed as well. From bottom, wrestlers will sharpen their chain wrestling skills to escape or reverse their opponent. From top, wrestlers will master breakdowns, learn to ride effectively, and drill basic pinning combinations such as the half nelson and arm bar series. Wrestlers will also learn more advanced means of scoring near fall points or a fall with the tilt, cradle, and leg series. Wrestlers will also get some six-minute matches to gain much needed mat experience. Meets at the St. Thomas Wrestling Room in Reckling Gymnasium.

SESSION 1: JUNE 7-10
SESSION 2: JUNE 14-17
TIME: 12PM-3PM
AGES: Rising 6th-9th grade boys
COST: \$100 for one session or \$175 for both sessions
CONTACT: Coach Gordon Oehmig, Gordon.oehmig@sths.org
Phone: 832-681-1995

WHAT TO BRING:

Practice clothes should consist of: T-shirt, shorts, athletic socks, wrestling shoes, mouth piece if an athlete has braces, and a knee pad.

Men of St. Thomas, stand for all to see!

Honor and Truth and Understanding, our motto will always be.

These days we spend together, we'll cherish till we die,

And the world must know that we are the Men of St. Thomas High.



ST. THOMAS HIGH SCHOOL
BASILIAN FATHERS · 1900

4500 Memorial Drive
Houston, Texas 77007
713-864-6348
www.sths.org

Summer Sports Camp brochure & registration will be available online in February 2010

Registration Form

(Please Print Legibly)

BASEBALL

___ Session I \$150
___ Session II \$150
___ Both Sessions \$250

JUNIOR IRON EAGLE

___ Session I \$125/for four-weeks
___ Session II
___ Session III
___ Session IV

BASKETBALL

___ Session I \$125
___ Session II \$125
___ Both Sessions (by May 15) \$200

___ LACROSSE \$120
___ POLE VAULTING \$100
___ RUGBY \$100
___ SOCCER \$100

FOOTBALL

___ GDK Camp \$150/for four-days
___ Freshman Camp Session I \$100
___ Freshman Camp Session II \$100
___ Both Freshman Camps \$150

WRESTLING

___ Session I \$100
___ Session II \$100
___ Both Session \$175

NAME: _____ AGE: _____

ADDRESS: _____

CITY/ZIP: _____

PHONE(S): _____ Email: _____

PARENT/GUARDIAN: _____

SCHOOL THIS FALL: _____ GRADE: _____

EMERGENCY CONTACT/PHONE: _____

PHYSICIAN: _____ PHONE: _____

T-SHIRT - Youth Size: ___S ___M ___L or Adult Size: ___S ___M ___L ___XL

Athletic Participation Insurance Waiver

We give permission for our child, _____, to participate in the St. Thomas Summer Sports Camps. We, the parent(s)/guardian(s), assume responsibility for our child's medical fitness for the camp. We hereby waive, release and discharge the coach, the administration and the school from any liability resulting from injury or illness suffered by our child while at aforementioned summer sports camp. It is understood that private insurance will cover any charges incurred.

Insurance Co.: _____ **Policy #:** _____

Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Consent to Treatment

I, _____, the undersigned

parent/guardian of _____, SS# _____
(Child's Name) (Child's SS#)

a minor, do hereby authorize the Licensed Athletic Trainer or school representative on my behalf, to consent to any medical treatment deemed necessary by any licensed physician/surgeon in the event of illness or injury to the above named minor.

This consent to treat is intended to cover any illness or injury sustained while participating in aforementioned summer sports camp or practice, on or off campus.

I understand that this authorization is given in advance of any specific diagnosis and resulting treatment or hospital care required. This authorization is given to provide the aforesaid agent(s) the power to give specific consent to all such diagnosis and resulting treatment or hospital care deemed advisable by the aforementioned physician/surgeon in the event the parents/guardians or emergency contacts are not able to be reached. I hereby authorize any hospital, which has provided treatment to the above named student-athlete to surrender custody of that student to the Licensed Athletic Trainer or Summer Camp Representative upon completion of treatment.

These authorizations shall remain effective through the sports camp session(s).

Student/Athlete Signature Date

Parent/Guardian Signature Date

Full Payment must accompany completed Registration form, Athletic Participation Insurance Waiver, and Parent/Guardian Consent to Treatment. Make checks payable to St. Thomas High School. Mail completed forms and payment to:

**St. Thomas High School
Summer Sports Camp
4500 Memorial Drive
Houston, TX 77007**