

St. Luke Summer 2018 Sports Clinics

All morning clinics are held from 8:00 am – until 12:00 pm each day.

Afternoon clinics are held from 1:00 – until 5:00 pm each day.

All athletes will receive a shirt.

Athletes should wear comfortable athletic clothing appropriate for the sport session: T-Shirt, elastic band shorts, socks, and tennis shoes. Hats and appropriate protective equipment should be worn. Athletes should bring sunscreen, sports bottle with water or Gatorade, a snack, and a wash cloth to cool off with.

Soccer requires shin guards;

Volleyball requires knee pads;

Soccer cleats are recommended but not required.

Soccer – Basic fundamentals are demonstrated and progressively developed each day: throw-ins and dribbling, passing and spacing, corner kicks and proper line-ups, along with general rules of the game. This is both a defense and offense clinic. Open to both boys and girls.

Volleyball – They will develop their passing, serving, setting, and hitting skills. Review the rotation used by competitive teams. Scrimmages will be used to evaluate an athlete's progress on a daily basis. Open to girls only.

Basketball - This camp will work on all basic skills: dribbling, passing, shooting, defense, and offense. Athletes will be introduced to offensive and defensive strategies used by higher level teams. This clinic is offered as a half day or full day; the full day will allow games and scrimmages. Open to both boys and girls.

Football - Designed to introduce the game of football to athletes. Drills implemented will improve agility, speed, and coordination. This clinic will challenge those interested in taking football to the next level at St. Luke. Open to both boys and girls.

2018 St. Luke Summer Coach Loza Sports Clinics



Soccer * Volleyball * Basketball * Football

Clinics Hosted by Rudy Loza – St. Luke Athletic Director 638-8853

CLINIC DESCRIPTION

St. Luke Catholic School Summer Sports Clinics offer students an opportunity to develop basic skills necessary to be successful in athletics. All clinics are held on St. Luke facilities and are directed by the Athletic Director, Rudy Loza. Most of the clinics are open to all incoming 5th, 6th, 7th & 8th graders. Though Fifth Graders are not eligible to tryout for the school teams, these clinics give them insight to athletics at the middle school level. Three of our clinics are geared towards the younger students and are open to those in Kinder through 4th grades.

All of the clinics are designed for athletes to prepare for the upcoming sports seasons. Whether it is for School, CYO, or Club teams, these clinics help develop a competitive mindset, condition the body, and improve athletic skills.

Athletes are grouped by age and ability, and they are under the constant supervision of coaches throughout the week. Each clinic emphasizes fundamentals, good sportsmanship, and the rewards of hard work and effort. Athletes are evaluated on their individual skills, development and improvement throughout the camp.

Coach Loza and Coaching Staff

CLINICS OFFERED THIS SUMMER:

Half day morning 8:00—12:00
AFTER NOON CAMP 1:00—5:00
DROP-OFF AS EARLY AS 7:30

Cost per camp is \$100.

REGISTER EARLY!!! \$10 OFF

Registration by June 1st receive a \$10 discount

For additional information, please call Coach Loza at 210-638-8853 or email rudy.loza@stlukecatholic.org

St. Luke Summer Sports Camp Application

Please check the session that you are registering for and make checks payable to St. Luke Catholic School. Please print clearly.

_____	Session I	Soccer (K - 8 th)	June 11 – June 15 8:00 am - 12:00 pm
_____	Session II	Basketball (K - 5 th)	June 11 - June 15 1:00 pm - 5:00 pm
_____	Session III	Volleyball (5-8th)	June 11 – June 15 8:00 am - 12:00 pm
_____	Session IV	Basketball (5th - 8 th)	June 18 – June 22 8:00 am - 12:00 pm
_____	Session V	Basketball (5th - 8 th)	June 18 – June 22 1:00 pm - 5:00 pm
_____	Session VI	Football (5th - 8 th)	June 25 – June 29 5:00 pm - 8:00 pm
_____	Session VII	Volleyball (K - 4th)	June 25 – June 28 8:00 am - 12:00 pm
_____	Session VIII	Baseball / Softball	TBA



All half day camps are \$100.00.
 CAMPS I AND II, OR III AND IV TOGETHER WILL COST \$180.00
 AFTER JUN 1 \$190.00

Athlete Name: _____

Address: _____

Age: _____ Grade: _____ Sex: _____ Birthday: _____

HM: _____ Emergency: _____

Adult T-Shirt size (circle one): S M L XL Youth T-Shirt S M L Check #: _____

My son/daughter is physically capable of participating in the St. Luke Sports Camp. I hereby authorize the camp staff to act for me using their best judgment in any emergency situation. I also hereby release the staff, volunteers, camp, school and church from any and all liability for any injuries or illnesses incurred during the camp. I have medical insurance and accept all financial responsibility.

_____ Date: _____

Parent or guardian's signature