



2020

Kougar Kamps

Rosati-Kain High School



Kougar Kamp Basics

Kougar Kamps offer your kamper the ultimate summer experience! R-K is offering four weeks of full or half-day summer camps from Monday through Thursday. Our camps are designed to be fun and inspiring, but also engage your daughter in a new interest or sport. Our camps are geared toward fourth through eighth-grade girls and R-K's incoming freshmen to 12th grade. Please check each camp for specific grade restrictions.

Early Bird Registration

Registration between March 1, 2020 through May 15, 2020 will receive an early bird pricing of \$85 for each camp listed. After May 15, all camps are offered at listed prices. Registration must be completed online at Rosati-Kain.org. Please click on the Kougar Kamp link on the home page. A camp packet will be sent with additional information, as well as the Emergency Contact and Release Forms. These forms must be returned **PRIOR** to the first day of camp. These forms will also be online. All incoming freshmen registering for an athletic camp must have a physical on file. Space is limited so register early!

Drop-Off / Pick-Up

All kampers, except those enrolled in soccer, field hockey, and softball, will be dropped off and picked up at Rosati-Kain. Drop-off and pick-up will be at the Newstead Commons entrance. Those kampers enrolled in field hockey, softball, and soccer camps will be dropped off and picked up at designated practice sites.

Lunch and Lunch Bunch

All kampers participating in Lunch Bunch should bring a sack lunch. Refrigeration and bottled water are provided. On each Thursday of camp, kampers may purchase pizza. Kampers who sign up for a morning and afternoon session will participate in Lunch Bunch from 11:30 am to 12:30 pm for no additional fee. Those kampers only enrolling in one session, may register for Lunch Bunch for an additional fee of \$25 for the week. Kampers may bring books, electronic devices, games, or other activities during this supervised unstructured time.

Need more information?

For other camp questions, please email:
RKsummercamps@rosati-kain.org or
call 314-533-8513 x 2215.

Our Mission

Through a vibrant Catholic education, we cultivate the individuality, faith, talent, and aspirations of young women who will lead and serve the world.



ATHLETICS



BASKETBALL

June 8—11, \$125

10 am - Noon

6th - 8th grade and incoming

R-K Freshmen

This camp is designed to introduce girls to the technical aspects of basketball. The program includes training on defensive and offensive techniques and an introduction to the tactics of the game. Emphasis will be placed on the fundamentals needed to play high school basketball.

SOCCER & FIELD HOCKEY

June 15—18, \$125
9:30 - 11 am

4th - 8th grade and Incoming R-K
Freshmen - 12th grade

This is an opportunity to get two camps in one! Coach Murphy and Coach Gillman are teaming up to give kampers a chance to improve their stick, ball, and foot skills, field positioning, and teamwork in order to become better athletes. All athletes will participate in activities related to both sports along with some games that relate to both sports. Camp is located at the SLU campus at Lafayette Field.



VOLLEYBALL

June 15—18, \$125
12:30 - 3 pm

6th - 8th grade and incoming
Incoming R-K Freshmen

R-K's Volleyball Kamp will teach fundamental skills (passing, setting, hitting, and serving) as well as help kampers make new friends and learn to play as a team. The camps will improve each kamper's volleyball skills, regardless of skill level and past experience, and encourage social interaction. Current R-K volleyball players will interact directly with the kampers to create a friendly and positive experience. Kampers of all skill levels are welcome.



Kamps at a Glance

Register before May 15, 2020 and receive a **\$40 credit** for each camp listed!

KAMPS AT A GLANCE	June 1-4	June 8-11	June 15-18	June 22-25
Lunch Break	11:30 am -12:30 pm	11:30 am -12:30 pm	11:30 am -12:30 pm	11:30 am -12:30 pm
ATHLETICS	Athletic Camps are \$125			
6th - 9th Grade Basketball - RK Gym		10 am - Noon		
4th - 8th and Incoming R-K Freshmen - Field Hockey and Soccer Sampler - Lafayette Field at St Louis University			9:30 - 11am	
6th - 9th Grade Volleyball			12:30 - 3 pm	
6th - 9th Grade Softball - Wehner Park #4 in Shrewsbury	8 - 10 am			
FINE ARTS (6th - 9th GRADE)	Fine Arts Camps are \$125			
Art		12:30 - 3 pm		
Chorus	9 - 11:30 am			
Introduction to Theatre	12:30 - 3 pm			
ENRICHMENT (6th - 9th GRADE)	Enrichment Camps are \$125			
Explore Central West End				12:30 - 3 pm
Photography	9 - 11:30 am			
Culinary: Main Dishes to Desserts				9 - 11:30 am

Watch for Kamp updates on Facebook, Twitter, and Instagram
www.rosati-kain.org



SOFTBALL

June 1—4, \$125

8 - 10 am

6th - 8th grade and incoming
R-K Freshmen

This camp will provide intense personalized instruction by R-K softball coaches along with motivating each player to improve her skills and knowledge of the game. The camp targets players of all skill levels. Skill areas include hitting, fielding, bunting, position play and game strategy. This camp will be held at Wehner Park #4 in Shrewsbury.



FINE ARTS



ART

June 8—11, \$125

12:30 - 3 pm

6th - 8th grade and incoming R-K Freshmen

This camp is designed for students who just love art, whether it's a favorite kind or trying something new. Instructed by R-K alumna and Art teacher, Jill Hetherington '13, this camp provides quality art instruction that mixes technique and skill-building with opportunities for creative freedom and self-expression in a fun and relaxed atmosphere. All art supplies are provided. This camp will have an emphasis on pottery and ceramics.

INTRODUCTION TO THEATRE

June 1—4, \$125
12:30 - 3 pm

6th - 8th grade and incoming R-K Freshmen

R-K's Theatre Camp is designed to challenge young actors to focus their energy and imagination into theatrical warm ups, monologue work, character development, scene work, improvisations and theatrical games. This camp is run by R-K alumnae.



INTRODUCTION TO CHORUS

June 1—4, \$125
9 - 11:30 am

6th - 8th grade and incoming R-K Freshmen

This music-filled camp is conducted by R-K alumna, Sarah Hardy '07. Kampers will learn the basics of singing, singing in harmony as part of a group, and tips for auditioning for musicals.

ENRICHMENT



EXPLORE THE CENTRAL WEST END

June 22—25, \$125
12:30 - 3 pm

6th - 8th grade and incoming R-K Freshmen

One of our most popular camps with field trips galore! Kampers in the CWE Kamp will "get to know" the sites and sounds of the CWE. Kampers will learn about R-K's unique surrounding neighborhood by visiting different landmarks, businesses, and organizations. Register early, this camp fills quickly!
(Max 20)



PHOTOGRAPHY

*June 1—4 (morning session), \$125
9 - 11:30 am*

6th - 8th grade and incoming R-K Freshmen

This camp will give you the experience behind the camera. Kampers will take lots of photos and learn about proper lighting, lens work, and other photography elements. Cameras and equipment are provided. (Max 12)



CULINARY: MAIN DISHES TO DESSERTS

*June 22—25, \$125
9 - 11:30 am*

*6th - 8th grade and incoming
R-K Freshmen - 12th grade*

In this “hands-on” class, kampers will make fantastic entrees and delicious desserts from scratch while using the healthiest choices of ingredients. Prepare for an exciting week of cooking and baking with R-K’s Chef Norma.





2020 Kougar Kamps Cancellation/Refund Policy

Rosati-Kain reserves the right to cancel a camp if the minimum number of kampers has not been reached. You will be fully reimbursed and notified immediately. We will accommodate kampers by placing them in other camps being offered that week.

If you need to cancel your registration, a full refund will be given if written cancellation notice is received prior to April 30, 2020.

If your cancellation notice is received between April 30, 2020 and May 15, 2020 Rosati-Kain will reimburse you half of the camp fee.

After May 15, 2020, no refund will be offered.
