



2018

Kougar Kamps

ROSATI-KAIN HIGH SCHOOL



Kougar Kamp Basics

Kougar Kamps offer your camper 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 third through eighth-grade girls and R-K's incoming freshmen. Please check each camp for specific grade restrictions.

Early Bird Registration

Registration between March 1, 2018 through May 15, 2018 will receive a \$15 credit 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. Space is limited so register early!

Drop-off/Pick-up:

All kampers, except those enrolled in soccer, field hockey, tennis, softball and lacrosse, will be dropped off and picked up at Rosati-Kain. Drop-off and pick-up will be at the Newstead Commons entrance. Those kampers enrolling in soccer, field hockey, tennis, softball and lacrosse 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 is provided. On each Thursday of camp, kampers may purchase pizza and a drink. Kampers who sign up for a morning and afternoon session will participate in Lunch Bunch from 11:35 am to 12:40 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 18 - 21, 10 am - Noon, \$100
6th - 8th grade and incoming R-K Freshmen

This Basketball Kamp 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

June 4 - 7, \$100

R-K 9th - 12th grade: 9:30 am - 11 am

3rd - 5th grade: 11 - 12:30 pm

6th - 8th grade: 11 - 12:30 pm

R-K's head soccer Coach, Bill Taylor, will conduct a camp filled with fundamentals while also teaching new strategies and tactics. All skill levels are invited. Kampers enrolled in soccer should be dropped off and picked up at designated practice site.

(If your kamper is attending an R-K camp in the afternoon, R-K will provide transportation to our campus.)

Volleyball

June 25 - 28, \$100

6th - 8th grade and incoming R-K Freshmen: 12:45 - 3 pm

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.

Lacrosse

June 11 - 14, \$100

incoming R-K Freshmen - 12th grade: 9 - 11:30 am

This camp is designed for R-K students *only* to develop skills, strategies and techniques that will help kampers take their game to the next level. The core of the program is based on teamwork, stick handling, ball control and position specific skills. Kampers will learn fun stick tricks, shooting skills, dodges and fakes with Coach Renee Ham. Camp is located at the Lindell Field in Forest Park.

Field Hockey

June 4 - 7, \$100

6th - 8th grade: 8 am - 9:30 am

R-K 9th - 12th grade: 8 am - 9:30 am

This camp is designed to enhance and improve field hockey skills. Camp will consist of conditioning, agility and skill development. We will keep the fitness and skill building fun, challenging and engaging with Coach Julie Murphy. Camp is held at SLU's outdoor field at Laclede and Vandeventer. Camp is held at SLU's outdoor field at Laclede and Vandeventer.



Camps at a Glance

Register between March 1, 2018 and May 15, 2018
and receive a \$15 credit for each camp listed!

Camps at a Glance	June 4-7	June 11-14	June 18-21	June 25-28
Lunch Break	11:30 am - 12:40 p.m	11:30 am - 12:40 pm	11:30 am - 12:40 pm	11:30 am - 12:40 pm
ATHLETICS	Athletic Camps are \$100			
6th - 9th Grade Basketball			10 am - Noon	
3rd - 5th Grade Soccer	11-12:30 pm			
6th - 8th Grade Soccer	11-12:30 pm			
9th - 12th Grade Soccer	9 - 11:30 am			
6th - 9th Grade Volleyball				12:45 - 3 pm
9th - 12th Grade Lacrosse		9 - 11:30 am		
6th - 12th Grade Field Hockey	8 - 9:30 am			
6th - 9th Grade Softball		8 - 10 am		
FINE ARTS 6th - 9th GRADE	Fine Arts Camps are \$100			
Art	9 - 11:30 am			
Advanced Instrumental		9 - 11:30 am		
Introduction to Theatre		9 - 11:30 am		
ENRICHMENT 6th - 9th GRADE	Enrichment Camps are \$100			
Explore Central West End	12:45 - 3 pm			
Photography				9 - 11:30 am
Culinary: Main Dishes to Desserts			9 - 11:30 am	
Tech Camp		12:45 - 3 pm		



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



Softball

June 11 - 14, \$100

6th - 8th grade: 8 - 10 am

R-K incoming Freshmen: 8 - 10 am

This Softball Kamp 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, throwing, base running, bunting, position play and game strategy.

Fine Arts

Art

June 4 - 7, \$100

6th - 8th grade and incoming R-K

Freshmen: 9 am - 11:30 pm

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 Webster University Fine Arts major, Moira Smith, 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.

Advanced Instrumental

June 11 - 14, \$100

6th - 8th grade and incoming R-K

Freshmen: 9 - 11:30 am

R-K's Advanced Instrumental Kamp introduces young musicians to the basics of playing in an ensemble. Kampers will have the opportunity play alongside current R-K students. Because of the skill level required, an audition will be held in May at R-K. Please contact Elaine Fassi at efassi@rosati-kain.org.

Introduction to Theatre

June 11 - 14, \$100

6th - 8th grade and incoming R-K

Freshmen: 9 am - 11:30 am

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 Theater Director Sarah Morris.





Enrichment

Explore the Central West End

June 4 - 7, \$100
6th - 8th grade and incoming R-K
Freshmen: 12:45 pm - 3 pm

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).

Tech Camp

June 11 - 14, \$100
6th - 8th grade and incoming R-K
Freshmen: 9 - 11:30 am

This camp is designed to promote computer, math, science and engineering skills as well as provide hands-on experiences. Instructed by lead members of our Robotics Team, Sistamatik.

Photography

June 25 - 28, \$100
6th - 8th grade and incoming R-K
Freshmen: 9 am - 11:30 am

The Photography Kamp is conducted by R-K’s own Julie Anderson. 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 18 - 21, \$100
6th - 8th grade and incoming R-K
Freshmen: 9 am - 11:30 am

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.







**4389 Lindell Blvd.
St, Louis, MO. 63108
www.rosati-kain.org**

2018 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 campers 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 notification is received prior to April 30, 2018. If your cancellation notice is received between

April 30, 2018 and May 15, 2018 Rosati-Kain will reimburse you half of the camp fee. After May 15, 2018, no refund will be offered.

