



2019

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, 2019 through May 15, 2019 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 on file. Space is limited so register early!

Drop-Off / Pick-Up

All kampers, except those enrolled in soccer, field hockey, 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 enrolled in soccer, field hockey, 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 and bottled water are 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 10—13, \$100

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 17—20, \$100

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 Taylor are teaming up to give campers 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 3—6, \$100

12:45 - 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.



LACROSSE

June 10—13, \$100

9 - 11:30 am

6th, 7th, 8th, Incoming R-K Freshmen - 12th grade

This camp is designed 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 Madison O'Brien. Camp is located at the Lindell Field in Forest Park.

Camps at a Glance

Camps at a Glance
Lunch Break
ATHLETICS
6th - 9th Grade Basketball
4th - 8th and Incoming R-K Freshmen - 12th Grade Soccer & Field Hockey
6th - 9th Grade Volleyball
6th - 8th Grade and Incoming R-K Freshmen - 12th Grade Lacrosse
6th - 9th Grade Softball
6th - 9th Grade and Incoming R-K Freshmen Track & Cross Country
FINE ARTS 6th - 9th GRADE
Art
Advanced Instrumental
Introduction to Theatre
ENRICHMENT 6th - 9th GRADE
Explore Central West End
Photography
Culinary: Main Dishes to Desserts

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



Register between March 1, 2019 and May 15, 2019
and receive a \$15 credit for each camp listed!

June 3-6	June 10-13	June 17-20	June 24-27
11:30 am -12:40 pm	11:30 am -12:40 pm	11:30 am -12:40 pm	11:30 am -12:40 pm
Athletic Camps are \$100			
	10 am - Noon		
		9:30 - 11am	
12:45 - 3 pm			
	9 - 11:30 am		
8 - 10 am			
9 - 11 am			
Fine Arts Camps are \$100			
		9 - 11:30 am	
	9 - 11:30 am		
		12:45 - 3 pm	
Enrichment Camps are \$100			
			12:45 - 3 pm
9 - 11:30 am			
			9 - 11:30 am



SOFTBALL

June 3—6, \$100

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.



TRACK & FIELD

June 3 - 6, \$100

9 - 11:00 am

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

Track and Field Camp will teach fundamental skills (running, jumping, hurdling, and throwing). The camp will consist of conditioning, agility, and skill development. R-K Track and Field athletes will interact directly with the kampers to create a friendly and positive experience. Kampers of all skill levels are welcome. Camp is located at the St. Mary's High School Track.



FINE ARTS

ART

*June 17–20, \$100
9 - 11:30 am*

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.

ADVANCED **INSTRUMENTAL**

June 10—13, \$100

9 - 11:30 am

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

R-K's Advanced Instrumental camp 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 17—20, \$100

12:45 - 3:00 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.





ENRICHMENT

EXPLORE THE CENTRAL WEST END

June 24—27, \$100

12:45 - 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 3—6 (morning session), \$100
9 - 11:30 am*

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

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 24—27, \$100
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.





2019 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, 2019.



If your cancellation notice is received between April 30, 2019 and May 15, 2019
Rosati-Kain will reimburse you half of the camp fee.



After May 15, 2019, no refund will be offered.

4389 Lindell Boulevard • (314) 533-8513 ext 2215
www.rosati-kain.org