

# 2022

## 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 summer camps from Monday through Thursday. Our camps are designed to be fun and inspiring, but also to engage your daughter in a new interest or sport. Our camps are geared toward students entering 5th through 8th grades and R-K's incoming 9th graders through 12th grade. Please check each camp for specific grade restrictions.

## *Early Bird Registration*

**Registration between March 1, 2022 through May 15, 2022** will receive an early bird pricing of \$100 for each camp listed. After May 15, all camps are offered at \$125. Following the initial camp purchase, you will receive \$10 off for each additional camp you choose to attend. Registration must be completed online at [Rosati-Kain.org/KougarKamps](https://Rosati-Kain.org/KougarKamps). All incoming 9th graders registering for an athletic camp must have a physical on file. A camp packet with additional information will be sent via email. Space is limited, so register early!

## *Drop-Off / Pick-Up*

All campers (except those enrolled in soccer/field hockey, softball, and tennis) will be dropped off and picked up at Rosati-Kain. Campers enrolled in the above sports will be dropped off and picked up at designated practice sites.

## *Lunch and Lunch Bunch*

All campers participating in Lunch Bunch should bring a sack lunch. Refrigeration and bottled water are provided. Each Thursday of camp, R-K will provide each camper with a pizza lunch. Campers who sign up for a morning and afternoon session will participate in Lunch Bunch from 11:35am to 12:40pm for no additional fee. Campers enrolling in one session may register for Lunch Bunch for the week for an additional \$25 fee. Campers 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](mailto:RKsummercamps@rosati-kain.org) or  
call (314) 533-8513 ext 2215.





## **BASKETBALL**

*June 6 – 9, \$125  
9am – 11:30am  
6<sup>th</sup> – 9<sup>th</sup> graders*

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 6 – 9, \$125*

*6pm – 8pm*

*5<sup>th</sup> – 12<sup>th</sup> graders*

This is an opportunity to get two camps in one! Our coaches are teaming up to give campers a chance to improve their stick, ball, and foot skills. This camp will also focus on field positioning and highlight the importance of teamwork in group sports. All athletes will participate in activities and games that relate to soccer and field hockey.



# VOLLEYBALL

*June 27 – 30, \$125*

*1pm – 3:30pm*

*6<sup>th</sup> – 9<sup>th</sup> graders*

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



## SOFTBALL

*June 13 – 16, \$125*

*9am – 11:30am*

*6<sup>th</sup> – 9<sup>th</sup> graders*

This camp will provide personalized instruction by softball coaches and will motivate 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.



## TENNIS

*June 13 – 16, \$125*

*9am – 11:30 a.m*

*5<sup>th</sup> – 9<sup>th</sup> graders*

Grab your tennis racket and learn how to serve and volley like a Kougaur! Players only need to bring a racket and enthusiasm. Campers will learn the fundamental skills of tennis, including grips, forehands, backhands, footwork, volleys, and serves. In addition, campers will learn the rules and etiquette involved in playing the game.



## ART

*June 6 – 9, \$125*

*1pm – 3:30pm*

*6<sup>th</sup> – 9<sup>th</sup> graders*

This camp is for students who love art. 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.



## INTRODUCTION TO THEATRE

*June 20 – 23, \$125*

*1pm – 3:30pm*

*6<sup>th</sup> – 9<sup>th</sup> graders*

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.



## DANCE CAMP

*June 27 – 30, \$125*

*9am – 11:30am*

*5<sup>th</sup> – 9<sup>th</sup> graders*

Ready to learn the latest dance trends? Dance campers will learn dances that include hip-hop, jazz, and cheerleading moves. There will be opportunities to learn specific dances from the counselors, in addition to making up one's own choreography.



## EXPLORE THE CENTRAL WEST END

*June 20 – 23, \$125*

*9 – 11:30am*

*6<sup>th</sup> – 9<sup>th</sup> graders*

This is one of our most popular camps with field trips galore! Campers in the CWE Camp will “get to know” the sights and sounds of the CWE. Campers will learn about R-K’s unique surrounding neighborhood by visiting different landmarks, businesses, and organizations.



## PHOTOGRAPHY

*June 13 – 16, \$125*

*1pm – 3:30pm*

*6<sup>th</sup> – 9<sup>th</sup> graders*

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



## CULINARY

*June 20 – 23, \$125*

*1pm – 3:30pm*

*6<sup>th</sup> – 12<sup>th</sup> graders*

Get ready to experience new flavors and foods and build your comfort level in the kitchen. In this hands-on class, campers will make fantastic entrees and delicious desserts from scratch. Prepare for an exciting week of cooking and baking.



# Kamps at a Glance

CAMP	DATES	TIME	GRADES
Basketball	June 6-9	9-11:30	6th-9th graders
Art	June 6-9	1-3:30	6th-9th graders
Soccer & Field Hockey	June 6-9	6-8:00	5th-12th graders
Tennis	June 13-16	9-11:30	5th-9th graders
Softball	June 13-16	9-11:30	6th-9th graders
Photography	June 13-16	1-3:30	6th-9th graders
Explore the Central West End	June 20-23	9-11:30	6th-9th graders
Introduction to Theatre	June 20-23	1-3:30	6th-9th graders
Culinary	June 20-23	1-3:30	6th-12th graders
Dance Camp	June 27-30	9-11:30	5th-9th graders
Volleyball	June 27-30	1-3:30	6th-9th graders

Watch for updates on Facebook,  
Twitter, and Instagram  
[www.rosati-kain.org/Kougarkamps](http://www.rosati-kain.org/Kougarkamps)







# 2022 Kougar Kamps

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## *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.*

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4389 Lindell Boulevard  
(314) 533-8513 ext 2215  
[www.rosati-kain.org/KougarKamps](http://www.rosati-kain.org/KougarKamps)