

REGISTER AT:
www.chaminade-hs.org



"Tradition of Excellence"

INSTRUCTIONAL SPORTS CAMPS

SUMMER 2019

- Basketball ■ Crew
- Lacrosse ■ Track & Field
- Baseball ■ Wrestling
- Soccer ■ Football
- Speed & Agility
- Swimming ■ Volleyball

- All Camps For Boys Only -

CHAMINADE HIGH SCHOOL
www.chaminade-hs.org

Mr. Don Scarola, Director of Camps
dscarola@chaminade-hs.org
340 Jackson Avenue
Mineola, New York 11501
Phone: (516) 742-5555
Ext. 460 or Ext. 526
Athletic Office Fax: (516) 742-5733
School Fax: (516) 742-1989

GENERAL INFORMATION

ALL CAMPS ARE HELD RAIN OR SHINE

Registration

You may ONLY sign up by filling out the registration form ONLINE at:

www.chaminade-hs.org

All camp registrations online will close on Wednesday 6/12 before our camp sessions begin. Please be sure to print out your copy of all registration confirmations / info., etc. as needed before 6/12

Refreshments

Daily refreshments (Powerade & Snacks) will be provided to each camper.

Lunch and Transportation

There will be no lunch or transportation for campers.

Refund Policy

Any and all requests of a refund will be refunded the balance less our required \$85 registration processing fee (per camp per person). No exceptions. All requests for cancellations must be emailed, regardless of reason to Mr. Don Scarola, Director of Camps (this includes illness, injury, vacations, tournaments, etc...) Camp fees will not be prorated for any reason. No refunds or credit will be considered in any amount once the individual camp season begins that you are registered for, this includes illnesses, injury, etc... Anyone who happens to receive equipment and is eligible for a refund will receive the adjusted refund less the additional cost of any items issued. If you are not able to attend certain days of the camp you registered for, you may not switch or attend other camp sessions. For more information please contact Mr. Don Scarola.

Camp Switching Fee

A \$10 processing fee for all requests of switching camp session(s) per person will apply once you have paid and completed your online registration.

Recreational Swimming

Optional swim based on our master pool schedules availability. Actual pool time will vary accordingly and may possibly result in no availability for any of our camp sessions. Bathing suit is required.

LACROSSE

Grades 5th-9th Only
Two One-Week Sessions Offered,
Select Either One or Both
8:30 A.M. to 1:30 P.M.
Week 2 - July 22 – July 25
Week 3 - July 15 – July 18
Maximum Enrollment - 110 Per Session

Grades 8th-9th Only
Two One-Week Sessions Offered,
Select Either One or Both
2:30 P.M. to 7:30 P.M.
Week 1 - June 25 – June 28
Week 4 - July 15 – July 18
Maximum Enrollment - 80 Per Session

Areas of Concentration

Stick Fundamentals, Shooting Skills,
Game Concepts, Offensive & Defensive Skills,
Chaminade Goalie Academy.

As part of our Lacrosse Camp, we offer specialized training for the goalie position. Positioning & agility skills, attacking the ball, clearing skills, communication skills

Equipment Needed

Helmet, Gloves, Shoulder Pads, Lacrosse Stick,
Arm Pads, Towel,
Sneakers, Molded Cleats (optional)

Fee Includes

Certified Athletic Trainer, Draw String Bag
(subject to change), Reversible Tank Top
Camp pick-up & drop-off locations are at school along Saville Rd.
near rear driveway (look for signs).

Camp Fee Per Week

\$335.00 - Per One Week Session

Camp Coordinators

Mr. Jack Moran (weeks 2 & 3)
jmoran@chaminade-hs.org
Mr. Kevin Dolan (weeks 2 & 3)
kdolan@chaminade-hs.org
Mr. Robert Pomponio (weeks 1 & 4) Ext. #530
rpomponio@chaminade-hs.org
Chaminade High School Coaches

WRESTLING

Located in Activity-Athletic Center (AAC) Wrestling Room
Grades 4th-12th Only
One Week Session
8:00 A.M. to 3:00 P.M.
July 1 – July 3
Maximum Enrollment - 50

Areas of Concentration

Fundamental Wrestling Techniques, including:
Takedowns, Rides, Escapes, Tilts, Pinning
Combinations and Neutral/Top/Bottom
Positional Training. In addition, we offer Sports
Nutrition, Weight Management, Strength,
Conditioning, and Core Training.

Equipment Needed

Wrestling Shoes, Head Gear, Sneakers,
Shorts, T-Shirt, Towel, Lunch

Fee Includes

Special Guest Wrestling Clinicians,
Certified Athletic Trainer, T-Shirt
Camp pick-up & drop-off location is at the AAC Wrestling Room.

Camp Fee

\$300.00 - One Week Session

Camp Coordinators

Mr. Scott Cole Ext. #248
scole@chaminade-hs.org
Mr. Justin Accordinio Ext. #250
jaccordinio@chaminade-hs.org
Chaminade High School Coaches



BASKETBALL

Located in Activity-Athletic Center (AAC)

Grades 7th-9th Only
Two One-Week Sessions Offered,
Select Either One or Both
4:00 P.M. to 9:00 P.M.
Week 1 - June 24 – June 27
Week 2 - July 1 – July 3
Maximum Enrollment - 54 per session

Grades 5th-9th Only
Two One-Week Sessions Offered,
Select Either One or Both
9:00 A.M. to 1:30 P.M.
Week 3 - July 22 – July 26
Week 4 - July 29 – August 2
Maximum Enrollment - 120 per session

Priority will be given to those on our wait list who are registered as an incoming Freshman at Chaminade High School

Areas of Concentration

Offensive & Defensive Skills, Ball Handling,
Dribbling, Passing, Shooting, Rebounding

Fee Includes

Certified Athletic Trainer, Games & Playoffs,
Contests, Reversible Shirt, Draw String Bag
Camp pick-up & drop-off location is at the (AAC).
Activity-Athletic-Center on Jericho Tpke.

Camp Fee Per One Week Session

\$260.00 - Week 2
\$335.00 - Week 1, 3, 4

Camp Coordinator

Mr. Robert Paul (all sessions) Ext. #516
rpaul@chaminade-hs.org
Chaminade High School Coach



ALL SPORT SPEED & AGILITY

Grades 5th-9th Only
One Week Session
2:30 P.M. to 6:30 P.M.
July 8 – July 11
Maximum Enrollment - 50

Areas of Concentration

Speed Development & Agility,
Injury Prevention Techniques,
Plyometrics, Warm-Up,
Stretching & Flexibility, Sports Nutrition

Equipment Needed

Running Sneakers,
Cross Training Type Sneakers (Bring Both),
Shorts, T-Shirt,
Please bring extra T-Shirt and Shorts

Fee Includes

Certified Athletic Trainer, T-Shirt
Camp pick-up & drop-off locations are at school along Saville Rd.
near rear driveway (look for signs).

Camp Fee

\$295.00 - One Week Session

Camp Coordinator

Mr. Robert Pomponio Ext. #530
rpomponio@chaminade-hs.org
Chaminade High School Coach



BASEBALL

Grades 5th-9th Only
One Week Session
8:30 A.M. to 1:30 P.M.
July 1 – July 3

Maximum Enrollment - 90

Areas of Concentration

Hitting, Fielding,
Throwing, Pitching,
Base Running,
Games

Equipment Needed

Glove, Bat, Cleats (optional),
Sneakers

Fee Includes

Certified Athletic Trainer,
Hat & T-Shirt

Camp pick-up & drop-off locations are at school along
Saville Rd. near rear driveway.

Camp Fee

\$260.00 - One Week Session

Camp Coordinator

Mr. Christopher Lynch Ext. #243
clynch@chaminade-hs.org
Chaminade High School Coach



SWIMMING

For Competitive Swimmers

Grades 7th-12th Only
Two Three-Week Sessions Offered,
Select Either One or Both
Tues., Wed., Thurs., July 9 – July 25
Session 1 - 6:00 P.M. to 7:30 P.M.
Session 2 - 7:30 P.M. to 9:00 P.M.

Maximum Enrollment - 40 Per Session

Areas of Concentration

All Strokes (Backstroke,
Butterfly, Breaststroke, Freestyle),
Competitive Racing Starts,
Turns in all Strokes,
All Competitive Work-Outs

Equipment Needed

Swim Suit, Towel, Goggles

Fee Includes

T-Shirt

Camp pick-up & drop-off locations are at school along
Saville Rd. near rear driveway.

Camp Fee

\$260.00 - Per Three Week Session

Camp Coordinator

Mr. Angelo Pellicone
apellicone@chaminade-hs.org
Chaminade High School Coach



FOOTBALL

NON-CONTACT SKILLS CAMP

Grades 5th-9th Only
One Week Session
8:30 A.M. to 1:30 P.M.
July 8 – July 11

Maximum Enrollment - 150

Areas of Concentration

Passing, Receiving, Ball Handling,
Stances & Starts, Offense & Defense,
Fundamentals, Special Teams

Equipment Needed

Sneakers, Towel,
Molded Cleats (optional)

Fee Includes

Certified Athletic Trainer,
Touch Football Games,
Reversible Tank Top

Camp pick-up & drop-off locations are at school along Saville Rd.
near rear driveway (look for signs).

Camp Fee

\$335.00 - One Week Session

Camp Coordinator

Mr. Kevin Parente Ext. #404
kparente@chaminade-hs.org
Chaminade High School Coach



SOCCER

Grades 5th-9th Only
One Week Session
1:00 P.M. to 6:00 P.M.
July 8 – July 11

Maximum Enrollment - 80

Areas of Concentration

Shooting, Passing, Ball Control,
Goalkeeping Fundamentals,
Technical & Tactical Abilities

Equipment Needed

Soccer Cleats, Sneakers, Towel,
Shinguards

Fee Includes

Certified Athletic Trainer, Soccer Ball,
T-Shirt

Camp pick-up & drop-off locations are at school along
Saville Rd. near rear driveway (look for signs).

Camp Fee

\$350.00 - One Week Session

Camp Coordinator

Mr. Brian Anselmo Ext. #447
banselmo@chaminade-hs.org
Chaminade High School Coach



TRACK & FIELD

Grades 5th-9th Only - One Week Session
9:00 A.M. to 1:00 P.M. - July 29 – August 2

Maximum Enrollment - 40

Areas of Concentration

Intro. Technique & Skills in all Major Events:
Sprints, Mid-Distance, Long Distance,
Jumps, Hurdles, Starts, Weight Events,
Relays, Stretching & Strength Training

Equipment Needed

Running Shoes, Towel

Fee Includes

Certified Athletic Trainer, T-Shirt

Camp pick-up & drop-off locations are at school along Saville Rd.
near rear driveway (look for signs).

Camp Fee

\$335.00 - One Week Session

Camp Coordinator

Mr. Brian Hayes Ext. #246
bhayes@chaminade-hs.org
Chaminade High School Coach

VOLLEYBALL

Grades 6th-10th Only - One Week Session
8:30 A.M. to 1:30 P.M. - July 1 – July 3

Maximum Enrollment - 42

Areas of Concentration

Passing, Serving, Spiking, Defensive &
Offensive Skills, Libero, Setter

Equipment Needed

Sneakers, Towel

Fee Includes

Certified Athletic Trainer, T-Shirt

Camp pick-up & drop-off location is at the (AAC).
Activity-Athletic-Center on Jericho Tpke.

Camp Fee

\$260.00 - One Week Session

Camp Coordinators

Mr. Salvatore Trentacoste
strentacoste@chaminade-hs.org
Mr. Peter Dubon Ext. #440
pdubon@chaminade-hs.org
Chaminade High School Coaches

CREW

Entering 9th Grade Only
Two One-Week Sessions Offered,
Select Either One or Both

8:30 A.M. to 1:30 P.M.

Week 1 - July 22 – July 26

Week 2 - July 29 – August 2

Maximum Enrollment - 40 Per Session

Areas of Concentration

Learning to Row in Olympic Style Racing
Shells, Focus on Rowing Technique,
Training on the Ergometer

Equipment Needed

Shorts, T-Shirt, Towel, Sunscreen, Swimsuit,
Socks, Sneakers, Sandals to wade into water

Fee Includes

T-Shirt, Spandex Rowing Shorts

Camp pick-up & drop-off locations are at school along
Saville Rd. near rear driveway (look for signs).

Camp Fee

\$375.00 - Per One Week Session

Camp Coordinator

Mr. Larry Moebius Ext. #406
lmoebius@chaminade-hs.org
Chaminade High School Coach

