



# Finnegan Summer 2020

June 29 - July 31



Welcome to Finnegan Summer 2020 at Vancouver College!

Vancouver College has been a leader in Catholic Education in the Lower Mainland since 1922, and every year we look forward with great excitement to providing our services to our extended community through Finnegan Summer. Our camp facilitators are experienced educators, primarily from Vancouver College, and our programs offer a wide variety of academic enrichment, recreation, and sports camps for boys and girls of all ages.

Johnny Bevacqua, Principal

## Elementary School Camps

● Grades K-6 ● All Camps are co-ed ● Grade indicated is participant's grade in September 2020 ●

COURSE	DESCRIPTION	TEACHERS	AGE	SPECIFICS	COST
<b>Jump Start to K</b>	During this two-week introduction to Kindergarten, children will enjoy a fun-filled day that includes early literacy activities, math skills, art activities, science topics, and physical activity. A great way to experience being at school for the whole day, especially for those attending VC in September! Please send along a healthy snack, lunch, drinks, water bottle, and a sun hat.  <i>A lower camp ratio of 13 students per teacher ensures an easy transition for the children.</i>	<b>Mrs. Cathy Wolfman</b> VC Kindergarten Teacher  <b>Mrs. Tricia Listeck</b> VC Elementary Teacher  <b>Mrs. Lorida Robles</b> VC Elementary Teacher	Kindergarten	June 29 - July 10 <b>*NO CAMP ON CANADA DAY*</b> 9 AM - 2:30 PM #001	\$460
<b>Robotics</b>	Back by popular demand, campers will use LEGO Robotics WeDO 2.0 sets to build a variety of devices that incorporate elements of mechanical engineering and coding. Their creativity and problem-solving skills will be developed as they design these devices to complete a variety of tasks in a fun learning environment.  <i>This camp has a limited number of spaces and robotic sets available.</i>	<b>Mr. John-Paul Planta (VC'97)</b> VC Middle School Teacher	Grade 1-3	June 29 - July 3 <b>*NO CAMP ON CANADA DAY*</b> 9 AM - 11:30 AM #002	\$105
			Grade 4-6	June 29 - July 3 <b>*NO CAMP ON CANADA DAY*</b> 12 PM - 3:00 PM #003	\$105

# Elementary School Camps

● Grades K-6 ● All Camps are co-ed ● Grade indicated is participant's grade in September 2020 ●

COURSE	DESCRIPTION	TEACHERS	AGE	SPECIFICS	COST
Exploring Science In Our Everyday Lives	<b>NEW THIS SUMMER!</b> This camp will allow students to develop and produce experiments while expanding analytical thinking, creativity, and deepening their understanding of scientific concepts, while creating a fun environment to explore their ideas. Throughout this camp, students will learn how we can use normal items to create complex and interesting experiments that they can replicate in the future!	<b>Mrs. Polly Ludlow</b> VC Educational Assistant	Grades 4-6	June 29 - July 3 <b>*NO CAMP ON CANADA DAY*</b> 9 AM - 3:00 PM #004	\$205
Reading, Writing, Art & Activities	Students in this camp will engage in reading and writing activities in the morning, before transitioning into an afternoon filled with art projects and a variety of movement games.  <i>As camp content differs, we recommend signing up for both weeks! This camp has a limited number of spaces available to ensure a low teacher to student ratio.</i>	<b>Mrs. Barbara Seppelt</b> VC Assistant Principal, Elementary School & <b>Mrs. Janet Hilford</b> Coquitlam School Board Teacher	Grade 1-3  Grade 1-3	July 6-10 9 AM - 3:00 PM #005  July 13-17 9 AM - 3:00 PM #006	\$255  \$255
Elementary Explorers	Come explore with us this summer! We will develop our creative and critical thinking skills through participating in STEAM activities that incorporate Science, Art, Social Studies and Language Arts. By participation in a variety of indoor and outdoor activities/games we will also develop our decision making skills, make new friends and have a lot of fun!  <i>As camp content differs, we recommend signing up for both weeks! This camp has a limited number of spaces available to ensure a low teacher to student ratio.</i>	<b>Mrs. Patty Gazzola</b> OLPH Librarian & Makerspace Teacher & <b>Mr. Rob Gazzola</b> OLPH P.E. Teacher	Grades 1-3  Grades 1-3	July 20-24 9 AM - 3:00 PM #007  July 27-31 9 AM - 3:00 PM #008	\$255  \$255
Literacy, Numeracy & Sport	In this two-week camp, campers spend their mornings creating literacy and numeracy projects using digital tools, as well as other stimulating art, writing, and academic pursuits. Afternoons will be spent on O'Hagan Field, in the gym, and on the playground working on physical fitness. Sports covered may include: flag football, basketball, volleyball, tennis, soccer, and a variety of games to build skills at all levels for all sports. Spend the week having fun while developing sports skills and teamwork!	<b>Mr. Ethan Wong (VC'07)</b> Former VC Teacher, Current Teacher at Mary Jane Shannon Elementary  <b>Mrs. Amy Reese</b> VC Middle & Senior School Teacher	Grades 4-6	July 6-17 9 AM - 3:00 PM #009	\$510
Basketball Basics	This camp is a fun introduction to the game of basketball! Campers will learn how to protect the ball, dribble with either hand, throw different passes, shoot properly, make a layup and more!	<b>Mr. Ryan Shams (VC'08)</b> VC Middle School Teacher, Head Coach - Grade 9 Basketball  <b>Mr. Jack Cruz Dumont (VC'18)</b> UBC Men's Basketball	Grades 4-6	July 20-24 9 AM - 11:30 AM #010	\$130
Public Speaking & Debate - Primary	This program aims to empower students with the skills of effective communication through the avenues of debate and public speaking. Students will learn how to prepare cohesive speeches and deliver them with persuasion and confidence. Students will also be introduced to the basics of debating, including point construction and rebuttal. This program is run at a level comfortable for all participants.	<b>Mr. Nicholas Viegas (VC'20)</b> Two-time Member of Team Canada at the World Individual Debating & Public Speaking Championships	Grades 4-6	July 27-31 9 AM - 11:30AM #011	\$130

# Middle School Camps

● Grades 7+ ● All Camps are co-ed with the exception of Head Start ● Grade indicated is participant's grade in September 2020 ●

COURSE	DESCRIPTION	TEACHERS	AGE	SPECIFICS	COST
<b>Head Start: Transitioning to Middle School</b>	<p>This camp is for incoming Grade 7 &amp; 8 <b>Vancouver College students</b> and is designed to help make the transition to Middle School smoother. Mornings will give students a head start academically by exposing them to some of the topics covered in English and Math. Students will be introduced to the binder system used by all Middle School boys at VC. Afternoons are spent doing a variety of recreational activities in and outside school, allowing participants to interact with each other.</p> <p><i>This camp sells out every year, register early so as not to be disappointed!</i></p>	<p><b>Mr. Paul Legge</b> VC Career-Life Coordinator</p> <p><b>Mr. Marc Addison (VC'10)</b> VC Middle School Humanities Teacher</p> <p><b>Mr. Brandon Lieu</b> VC Middle School Math &amp; Science Teacher</p>	Grades 7-8	July 6-10 9 AM - 3:00 PM #012	\$280
<b>Public Speaking &amp; Debate - Intermediate</b>	<p>This program aims to empower students with the skills of effective communication through the avenues of debate and public speaking. Students will learn how to prepare cohesive speeches and deliver them with persuasion and confidence. Students will also be introduced to the basics of debating, including point construction and rebuttal. This program is run at a level comfortable for all participants.</p>	<p><b>Mr. Nicholas Viegas (VC'20)</b> Two-time Member of Team Canada at the World Individual Debating &amp; Public Speaking Championships</p>	Grade 7-9	July 27-31 12 PM - 3 PM #013	\$130

# Irish Athletic Camps

<b>High Performance Training Camp</b>	<p>This camp is aimed at the high school athlete who is looking to develop the functional skills necessary for high-level athletic performance.</p> <p>Athletes will benefit from this four-week* training program where they will perform and receive instruction on proper sprint and agility mechanics, power development, plyometric exercises, and strength training including Olympic lifting techniques.</p> <p>During nutritional break periods, athletes will review video analysis of their performance and will receive instruction on proper nutritional practices, recovery and regeneration techniques, injury prevention and management, flexibility protocols, and postural and core strengthening.</p> <p>At the end of the camp, all athletes will receive a program that they will be able to follow for the remainder of the summer. From this camp, athletes will develop an understanding of the commitment, dedication and desire that translates not only into increased performance, but into life outside athletics as well!</p> <p><i>*Students unable to commit to the full five weeks must obtain prior approval from Coach Vass in order to gain additional information needed to complete the registration process.*</i></p>	<p><b>Mr. Scott Vass</b> VC Athletic Director and Strength &amp; Conditioning Coordinator</p> <p><b>Mr. Scott Lum Tong (VC'11)</b> UBC Department of Athletics &amp; Recreation Coach</p>	Grades 9+	<p>Mon/Weds/Fri June 29 - July 31 14 sessions. <b>*NO CAMP ON CANADA DAY*</b> 9 AM - 12:00 PM #014</p>	\$380
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# Irish Athletic Camps

COURSE	DESCRIPTION	TEACHERS	AGE	SPECIFICS	COST
Yoga	<p><b>NEW THIS YEAR FOR PARENTS &amp; STUDENTS!</b> If you are interested in getting some exercise after dropping off your child at Finnegan Summer, join us for an hour long Yoga Flow.</p> <p>The class will incorporate poses, breathing techniques and positive affirmations that help boost the immune system and improve coordination, strength and flexibility for sports and other activities. Learn together or simply come on your own for some self-care. Drop-ins welcome if space permits and available up until five minutes before class start time.</p> <p>Equipment will be provided for those who do not bring their own mats.</p>	<p><b>Mrs. Nina Greaves</b> VC Special Educational Assistant &amp; Yoga Teacher</p>	<p>Parents &amp; Children Aged 9+</p>	<p>July 6-10 9:15 AM - 10:15 AM #015</p> <p>July 13-17 9:15 AM - 10:15 AM #016</p>	<p>\$75/week \$20/drop-in</p> <p>\$75/week \$20/drop-in</p> <p><i>Participants may register for the week online. Drop in fees must be paid in cash on the day of the class.</i></p>
Irish Football	<p>One of our most popular and longest running camps! Participants will receive individualized instruction in the development of football fundamentals with particular emphasis on throwing, catching, blocking and stance. This is a non-contact camp requiring no equipment and will be an excellent base for those wishing to go on to play high school football. Irish Varsity players will assist at the camp, ensuring a lower camper to instructor ratio. A great introduction to football incoming Grade 8 students wishing to play for VC in September.</p>	<p><b>Mr. Matt Esaw (VC'05)</b> VC Senior School Teacher, Head Coach - VC Grade 8 Football</p> <p><b>Mr. Brandon Lieu</b> VC Middle School Teacher, Football Coach</p>	<p>Grades 7-8</p>	<p>July 13-17 9 AM - 3:00 PM #017</p>	<p>\$255</p>
Irish Basketball	<p>This camp focuses on giving players an opportunity to run through a variety of drills that will help them improve their fundamental basketball skills in dribbling, shooting, passing, footwork, and defensive play. The half-day format will allow for both drills and scrimmaging.</p>	<p><b>Mr. Ryan Shams (VC'08)</b> VC Middle School Teacher, Head Coach - Grade 9 Basketball</p> <p><b>Mr. Jack Cruz Dumont (VC'18)</b> UBC Men's Basketball</p>	<p>Grades 7-9</p>	<p>July 20-24 12 PM - 3 PM #018</p>	<p>\$130</p>
Field Lacrosse	<p>Athletes of all skill levels are encouraged to join this camp for Lacrosse players! Beginners will learn the basics and fundamentals such as passing, catching, and shooting, while more experienced players will have the opportunity to grow their skill set. Participants are encouraged to use their own gear, but equipment will be provided if necessary.</p> <p>Come help us grow Canada's national sport!</p> <p><i>Players will be separated and coached according to their age and ability.</i></p>	<p><b>Mr. Vincent Ricci</b> VC Middle School Teacher &amp; Lacrosse Coach</p>	<p>Grades 6-10</p>	<p>July 27-31 9 AM - 3:00 PM #019</p>	<p>\$255</p>

Register online today at:  
[vc.bc.ca/finnegansummer](http://vc.bc.ca/finnegansummer)