



JULY CAMPS AT HIES

► July 6-10

Boys Basketball Camp

Grades: 3-9

Time: 9 a.m.-12 p.m.

Days: Monday-Thursday

Price: \$205

Description: The Future Players Camp is a place for your child to learn, have fun and compete this summer. This four-day camp is designed to improve a young player's understanding of the game, dispel myths of what a good basketball player is, and spend time on in-game skills starting with a solid, fundamental foundation.

Each player will participate in daily routines in a structured environment that include proper stretching, learning how to run the court, make lay-ups, play defense and its importance, repetitive shooting to improve form, and compete in drills.

We thank you for your patience during this very strange time. Due to COVID-19, all decisions we make run through the grid of public health and safety. Due to the new guidelines, we have LIMITED camp availability and will accept all registrations on a first come first serve basis. In order, to safely conduct training, we will enforce the following for GA State COVID-19 Compliance:

1. Maximum 18 per gym
2. Hand washing & sanitizing
3. Minimal ball sharing

Softball Camp

Grades: 3-8

Time: 9 a.m.-12 p.m.

Days: Monday-Thursday

Price: \$205

Description: Join the HIES softball coaching staff and players for an exciting and energetic four-day camp filled with fundamentals and fun activities. This camp is appropriate for beginners and for experienced players alike. This instructional camp will focus on new drills that will improve each girl's knowledge of the game, and it will

teach her the fundamentals of hitting, fielding, throwing, base running, pitching, and catching. They will receive individual instruction while learning about the importance of teamwork.

Summer Reading for Rising 6 Grade Class is Full - Waitlist Open!

Grades: 6

Time: 9 a.m.-12:15 p.m.

Days: Monday-Friday

Price: \$310

Description: Taught by Tisha Avouris, this course is offered to help students complete the Sixth-grade summer reading assignments. Students are asked to have finished their optional book before this session, but they will work on the required summer reading with Ms. Avouris during the class.

*This one-week course is offered weeks seven and eight of Bear Camps.

Kindergarten Alphabet Boot Camp Class is Full - Waitlist Open!

Grades: PK5-K

Time: 9 a.m.-12 p.m.

Days: Monday-Friday

Price: \$310

Description: Taught by Teachers from the HIES Primary School, this program has been designed to give rising PK - 5 and Kindergarteners practice in foundational skills that have been demonstrated to be the most important for a successful kindergarten and school experience. Children will enjoy engaging in opportunities for socializing, practicing pre-reading activities, and strengthening large and fine motor skills in a fun 'learning through play' environment.

► July 13-17

Basketball Camp for Girls

Grades: 5-10

Time: 9 a.m.-12 p.m.

Days: Monday-Friday

Price: \$250

Description: Come train with back-to-back State Championship coach, Nichole Dixon and her staff to improve individual ball handling, shooting, footwork, mindset, defense, and agility. This five-day camp will concentrate on the fundamentals of the game, providing each camper with a sound foundation to facilitate and enhance individual improvement. Campers will receive encouragement and reinforcement to make this camp a combination of learning and fun. Skills will be scaffolded so that campers can develop and build on individual skills each day. We will meet each camper when they are and help them develop more advanced skills. Our coaches have won championships at the high school level and have all played college basketball. Campers will work with inspiring and knowledgeable coaches invested in helping campers improve their basketball skills and knowledge of the game. This is what campers can expect:

- Improve your overall fundamentals and skill mastery
- Learn how to become a better shooter
- Develop and perfect your offensive attack moves
- Sharpen your ball handling skills
- Improve your defensive stance and footwork
- Improve your footwork and agility through the use of dynamic movements and ladder drills
- Advance your overall basketball IQ

Baseball Camp

Grades: 1-7

Time: 9 a.m.-12 p.m.

Days: Monday-Friday

Price: \$250

Description: Come learn from State Champions! Join Coach Gaines, the HIES coaching staff, and players for a fun-filled four days of America's favorite pastime! This instructional camp will focus on the fundamentals of baseball: hitting, throwing, fielding, base running, and pitching. Your player will receive extensive individual instruction and enjoy the thrill of being part of a team. This camp is appropriate for both beginning and the experienced players.

Coach Marshall Gaines has coached baseball at all levels for 36 years and is a member of the HIES Championship staff. He is in his 18 year at Holy Innocents'.

Kindergarten Alphabet Boot Camp Class is Full - Waitlist Open!

Grades: PK5-K

Time: 9 a.m.-12 p.m.

Days: Monday-Friday

Price: \$310

Description: Taught by Teachers from the HIES Primary School, this program has been designed to give rising PK - 5 and Kindergarteners practice in foundational skills that have been demonstrated to be the most important for a successful kindergarten and school experience. Children will enjoy engaging in opportunities for socializing, practicing pre-reading activities, and strengthening large and fine motor skills in a fun 'learning through play' environment.

► July 20-24

Lacrosse Camp for Girls

Grades: 3-8

Time: 9 a.m.-12 p.m.

Days: Monday-Thursday

Price: \$205

Description: Brittnee DeVries will be running the Holy Innocents' Girls Lacrosse Camp. During this four-day camp, players will learn the fundamentals and basics of the fastest game on two feet while having a ton of fun! This exciting camp is for beginners and experienced lacrosse players. Rising 3 through 8 graders are welcome to come, and we will challenge each individual to their own ability (safety is always first). Players will be divided appropriately based on age and skill level. While getting exercise and having a blast, players will learn to build from the basics of lacrosse and work up to team games. Players will not only have fun, but they will also learn the value of responsibility, cooperation, and teamwork. Players are able to borrow sticks and goggles from Coach DeVries or bring her own equipment.

Each player must bring her own MOUTHGUARD, water bottle and appropriate shoes for the turf field.

Golden Bears Futsal

Grades: 1-9

Time: 12:30-3:30 p.m.

Days: Monday-Friday

Price: \$250

Description: Looking for a camp where your future soccer star can continue to develop their technical and tactical skills without worrying about how hot it is, or if it's going to rain? Look no further! This year we are offering a four-day Futsal Soccer Camp.

Futsal is the only form of indoor soccer endorsed by FIFA (World Soccer Governing Body). It is a small-sided game played on a hard-surfaced, basketball-sized court with a low bouncing ball. Futsal is played with touchline boundaries and without walls. Futsal is the game that outdoor soccer players around the globe play to refine and maintain their control skills and touch. In Futsal, players are constantly reminded to play the same quality control game that is required for success in the outdoor game.

*Each player will need to bring water, shin guards and INDOOR SHOES (flats, turfs, or cross-training tennis shoes). NO CLEATS or RUNNING SHOES.

Musical Theatre Camp (VIRTUAL)

Grades: 6-12

Time: 10-11:30 a.m.

Days: Monday-Friday

Price: \$180

Description: Want to learn about auditions for the fall musical? The Musical Theatre Audition Workshop is designed for students who plan to try out for the fall Middle School/Upper School musical. During this one-week workshop, students will become familiar with the material required for the audition process. They will learn the scenes, songs and dances that will be used for auditions for the show. Additionally, they will be coached on the mechanics of auditioning and musical theatre performance.

*Please note: While this workshop is highly recommended for students who want to audition for the musical, attendance does not preclude the need to audition for the show, nor does participation guarantee a role. Not attending the workshop will not prevent a student from being cast, either.

*We only accept rising 5 graders with a prior conversation with instructors.

Discover Dance Camp (VIRTUAL)

Grades: 6-12

Time: 12:30-1:30 p.m.

Days: Monday-Friday

Price: \$150

Description: Calling all non-dancers AND dancers alike! Are you interested in learning more about ballet and musical theatre dance? Then come to Discover Dance! In this one-week, multi-level class, students will learn basic ballet technique and musical theatre movement. Each day, the first part of class will focus on ballet barre exercises with explanations of ballet terminology and technique. We then move into ballet and musical theatre dance combinations in the center of the room and across-the-floor. After that, students will work on and fitness the dance combination that will be used for auditions for the fall musical.

*Please note: This class is appropriate for Upper and Middle School students with and without dance experience. Students who aren't planning on auditioning for the musical are also welcome!

***If your student is attending a morning class, he/she may bring a lunch and munch before the class begins.**

Priceless Painting (IN PERSON) Class is Full - Waitlist Open!

Grades: PK5-5

Time: 12:30-3:30 p.m.

Days: Monday-Friday

Price: \$285

Description: We will spend the week painting with acrylics on canvas. The children will finish several masterpieces including an impressionistic painting, as well as an

abstract. Your child does not need to be able to draw well to find success in this class. The focus during the week is to introduce each child to the joy of painting and mixing colors. Be prepared to be amazed by your children's art!

***Since acrylic paint stains wear old clothes and shirts to the class!**

First Grade Academic Camp

Grades: 1

Time: 9 a.m.-12 p.m.

Days: Monday-Friday

Price: \$310

Description: Taught by Holy Innocents' teachers, this program has been designed to give rising First grade students practice in foundational skills that have been demonstrated to be the most important for a successful First grade and school experience. Children will enjoy engaging in opportunities for socializing, Saxon Kindergarten-level sight words, and strengthening large and fine motor skills in a fun 'learning through play' environment.

Summer Academics: Reading Comprehension for Rising Second Grade

Grades: 2

Time: 9-10:30 a.m.

Days: Monday-Friday

Price: \$160

Description: This class will provide an excellent opportunity to review many of the skills taught in first grade that are especially important for success in second grade.

Specific lessons to be covered include:

- Sentence components (capitals and punctuation)
- Nouns and verbs
- Phonics review
- Reading including decoding strategies and comprehension

Summer Academics: Reading Comprehension for Rising Third Grade

Grades: 3

Time: 9-10:30 a.m.

Days: Monday-Friday

Price: \$160

Description: This class is designed to enrich grade appropriate reading, writing, and comprehension skills. This is a small group class with individualized instruction when applicable.

Summer Academics: Reading Comprehension for Rising Fourth Grade

Grades: 4

Time: 9-10:30 a.m.

Days: Monday-Friday

Price: \$160

Description: This class is designed to enrich grade appropriate summer required reading, narrative writing, grammar, and comprehension skills. This is a small group class with individualized instruction when applicable.

Summer Academics: Reading Comprehension for Rising Fifth Grade

Grades: 5

Time: 9-10:30 a.m.

Days: Monday-Friday

Price: \$160

Description: This class is designed to enrich grade appropriate reading, writing, and comprehension skills. This is a small group class with individualized instruction when applicable.

Specific lessons to be covered include:

- Subject/predicate
- Sentence structure
- Basic paragraph
- Story elements
- And more!

Expository Writing for Rising Grades 6-8

Grades: 6

Time: 9 a.m.-12:15 p.m.

Days: Monday-Friday

Price: \$310

Description: This one-week course offered to grades 6, 7, and 8 will focus on teaching students the purpose of ***Expository Writing***. Students will be given the practice and tools to research and investigate an idea, gather supporting evidence, and present a point of view or argument on the topic of choice. We will be using multiple methods including descriptive essays, process essays, comparison essays, cause/effect essays, and problem/solution essays.

Summer Academics: Math for Rising Second Grade

Grades: 2

Time: 10:45 a.m.-12:15 p.m.

Days: Monday-Friday

Price: \$160

Description: This class will provide an excellent opportunity to review many of the skills taught in first grade that are especially important for success in second grade.

Specific lessons to be covered include:

- Strategies of basic addition and subtraction facts
- Identification of coins
- Telling time to hour and half hour
- Comparing numbers up to 100
- Place value up to 100
- Solving word problems

Summer Academics: Math for Rising Third Grade

Grades: 3

Time: 10:45 a.m.-12:15 p.m.

Days: Monday-Friday

Price: \$160

Description: This class is designed to review and enrich grade appropriate math skills from the previous year, as well as enrichment for the upcoming school year. This is a small group class with individualized instruction when applicable.

Summer Academics: Math for Rising Fourth Grade

Grades: 4

Time: 10:45 a.m.-12:15 p.m.

Days: Monday-Friday

Price: \$160

Description: This class is designed to review and enrich grade appropriate math skills from the previous year, as well as enrichment for the upcoming school year. This is a small group class with individualized instruction when applicable.

Summer Academics: Math for Rising Fifth Grade

Grades: 5

Time: 10:45 a.m.-12:15 p.m.

Days: Monday-Friday

Price: \$160

Description: This class is designed to review and enrich grade appropriate math skills from the previous year, as well as enrichment for the upcoming school year. This is a small group class with individualized instruction when applicable.

Specific lessons to be covered include:

- Basic math facts
- Subtracting across zero (regrouping)
- Place value
- Double digit multiplication
- And more!

Summer Academics: Math for Rising Sixth Grade

Grades: 6

Time: 10:45 a.m.-12:15 p.m. OR 12:30-2 p.m.

Days: Monday-Friday

Price: \$160

Description: This one-week class is highly recommended to assist your student in completing the summer math packet. In addition, supplementary materials will be utilized to complement the skills covered in the math packet.

Note: This one-week course is offered from 10:45-12:15 or 12:30-2:00 the week of July 20-24.

Summer Academics: Math for Rising Seventh Grade

Grades: 7

Time: 10:45 a.m.-12:15 p.m. OR 12:30-2 p.m.

Days: Monday-Friday

Price: \$160

Description: This one-week class is highly recommended to assist your student in completing the summer math packet. In addition, supplementary materials will be utilized to complement the skills covered in the math packet.

Note: This one-week course is offered from 10:45-12:15 or 12:30-2:00 the week of July 20th-24.

► July 27-31

First Grade Academic Camp

Grades: 1

Time: 9 a.m.-12 p.m.

Days: Monday-Friday

Price: \$310

Description: Taught by Holy Innocents' teachers, this program has been designed to give rising First grade students practice in foundational skills that have been demonstrated to be the most important for a successful First grade and school experience. Children will enjoy engaging in opportunities for socializing, Saxon Kindergarten-level sight words, and strengthening large and fine motor skills in a fun 'learning through play' environment.

Volleyball Camp

Grades: 6-12

Time: 1-3:30 p.m.

Days: Monday-Thursday

Price: \$180

Description: This four-day camp from Monday through Thursday is for girls and boys. Open to players of all skill levels, this camp will stress basic skill development and instruction as well as extensive work on the following fundamental skills: passing, serving, setting, hitting, and game-like scenarios and drills. No previous experience is needed. Please wear tennis shoes, bring a water bottle and bring knee pads (if you have them). The coaching staff will be made up of HIES coaches, as well as members of A5 coaching staffs.

Football Camp

Grades: 4-8

Time: 9 a.m.-12 p.m.

Days: Monday-Thursday

Price: \$205

Description: The Golden Bear Football Camp is a four-day camp designed to develop campers' football skills and general knowledge of the game. This will range from physical conditioning to basic football fundamentals. This is a NON-CONTACT camp, but athletes will learn safe, basic techniques of blocking and tackling. Campers will also have the opportunity to work on passing, catching, and kicking. Teamwork and sportsmanship are integral parts of the Golden Bear football program, and these will be stressed throughout the week. Camp instruction will be provided by the Holy Innocents' football coaching staff as well as current and former players. Our veteran coaching staff has over 50 years of combined coaching Georgia high school football.

***Each camper should wear football cleats and bring a lunch. Drinks and snacks will be available for purchase during lunch.**

July 31, August 3

College Application Boot Camp

Grades: 12

Time: 9 a.m.-12 p.m. OR 1-4 p.m.

Days: Friday, July 31 and Monday, August 3

Price: \$200

Description: Feeling anxious about writing your main Common Application or Coalition Application essay? Worried about how best to tackle those “Why _____ College?” short answers, or those school specific supplemental essays? We’ve got you covered.

Come spend two half days with college counseling to get a jumpstart on crafting and revising college application essays.