

ATHLETIC



MIDDLE SCHOOL FOOTBALL:

June 1 - June 4, Tuesday-Friday, 8:30-11AM
Grades 6-8, Boys Only
\$125, \$115 if registered by May 1st
Players will be taught football skills and techniques by Chaminade HS coaching staff. Each player will receive a camp t-shirt. All should report to the turf field with water bottles, shorts, and cleats. (Unpadded practice). This camp is available for ALL BOYS entering grades 6 to 8. Click [here](#) to register.



HIGH SCHOOL FOOTBALL:

A six week camp: June 7-10, June 14-17, June 21-24, June 28-July 1, July 12-15, July 19-22
Monday - Thursday
8:30-11AM
CCP 9-12 Graders Only
\$325
The camp is available to ALL CCP STUDENTS entering grades 9 to 12. Chaminade High School Football Camp will consist of speed and strength conditioning, football drills, and skills and technique. A calendar will be distributed on the first day of practice. Click [here](#) to register.



STRENGTH & SPEED:

A five week camp: June 7-11, June 14-18, June 21-25, June 28-July 2, July 5-9
Monday, Tuesday, Thursday & Friday
9-11AM
Grades 6-12, Boys Only
\$225
This camp will provide each athlete with a baseline in the bench press, squat, power clean and 40 yard dash and, over a five week period, help them improve in all of these areas in addition to learning about proper diet, sleep and hydration. Click [here](#) to register.



GRADE SCHOOL TENNIS:

June 14-17, Monday-Thursday, 8:30-10:30AM

Grades 5-8, Co-Ed

\$135, \$99 if registered by May 1st

Experience:

We bring a diversity of tennis experience of the game to share our knowledge of tennis with each camper. We strive to teach to your child's learning style.

Foundations:

We structure the tennis-learning environment around FUN, exciting drills that reinforce the important aspects of tennis technique and strategy. We provide the opportunity to play against other talent levels that will improve one's tennis game. We focus on the other aspects of strategy, fitness, and mental focus techniques that will help to continue to build one's tennis foundation.

FUN:

We make sure to incorporate FUN as the key component to learning. We have positive instruction and energetic staff members to promote the FUN atmosphere of this camp.

Click [here](#) to register.



HIGH SCHOOL TENNIS:

June 21-24, Monday-Thursday, 8:30-10:30AM

Grades 9-12, Co-Ed

\$135, \$99 if registered by May 1st

Experience:

We bring a diversity of tennis experience of the game to share our knowledge of tennis with each camper. We strive to teach to your child's learning style.

Foundations:

We structure the tennis-learning environment around FUN, exciting drills that reinforce the important aspects of tennis technique and strategy. We provide the opportunity to play against other talent levels that will improve one's tennis game. We focus on the other aspects of strategy, fitness, and mental focus techniques that will help to continue to build one's tennis foundation.

FUN:

We make sure to incorporate FUN as the key component to learning. We have positive instruction and energetic staff members to promote the FUN atmosphere of this camp.

Click [here](#) to register.



**FRESHMEN
BASEBALL:**

June 1-3, Tuesday-Thursday, 9-11AM
CCP Incoming Freshmen Only
\$50

Incoming baseball camp is a way to learn what CCP baseball is all about. Players will learn about the Chaminade baseball program and what is expected of Chaminade student athletes. The camp is run by the CCP coaching staff and we teach at camp what we would teach to our players. It offers incoming Freshmen a chance to know what our expectations are while meeting future classmates. Click [here](#) to register.



**PITCHING &
CATCHING:**

June 14-17, Monday-Thursday, 9AM-Noon
Grades 3-8
\$125

This camp is focused on teaching the fundamentals of pitching, catching, and hitting. The drills and techniques that are taught are things the athletes can take home and practice to make themselves better. Click [here](#) to register.



**INFIELD &
OUTFIELD:**

June 21-24, Monday-Thursday, 9AM-Noon
Grades 3-8
\$125

This camp is focused on teaching the fundamentals of infield, outfield, and hitting. The drills and techniques that are taught are things the athletes can take home and practice to make themselves better. Click [here](#) to register.



**GRADE SCHOOL
SOCCER:**

June 21-24, Monday-Thursday, 6-8PM
Grades 3-8
Boys Only
\$125

This soccer camp is offered for rising 3rd-8th grade boys. The campers will have access to some of the same drills instructed at the high school level. High school players and alums will be present at the camp instructing and demonstrating the proper techniques throughout the camp. A mixture of technical training, small sided games, and most important having fun with the ball at your feet! Click [here](#) to register.



**MIDDLE SCHOOL
TRAINING:**

7/13, 7/15, 7/20, 7/22, 7/27 & 7/29
Tuesday & Thursday, 6-8PM
Grades 5-8
Boys Only
\$130

This camp is intended for more of a serious soccer player in grades 5th through 8th who would like to experience a challenging and intense training session. During the camp, players will focus on soccer areas of fitness, tactical awareness, fast footwork, passing, finishing, and individual defending. Click [here](#) to register.



**HIGH SCHOOL
SOCCER:**

July 25-28, Sunday at 5:30PM,
Monday-Wednesday 8:30-11AM
Grades 9-12, CCP Students Only
\$150

This camp is available to all Chaminade students entering grades 9 to 12. This camp is designed for students interested in playing high school soccer at Chaminade. Click [here](#) to register.



**CROSS COUNTRY
KICKOFF:**

July 26-30, Monday-Friday, 8-10AM

Grades 6-12, CCP Students Only

\$115, \$95 if registered before May 1

The 2021 Cross Country Kick-Off Camp will launch Chaminade runners at all levels into the 2021 season. We will begin building base mileage so that we can hit the ground running when the season starts two weeks later! In addition to mileage, runners will add strength, flexibility, and learn valuable information for the season. This is an important week for all those planning on joining the Cross Country program in 2021, but all students and athletes are welcome.

Runners should bring a water bottle and a watch.

Water, an electrolyte drink, snacks, and a camp t-shirt will be provided. Click [here](#) to register.



LACROSSE:

June 7-11, Monday-Thursday, 9AM-Noon

Grades 6-8, Boys Only

\$125, \$100 for current CCP players

Chaminade Lacrosse Day Camp is geared towards increasing enthusiasm for the game. We hope to inspire players to love the game and stick with it. Campers will wear full equipment and participate in full speed lacrosse. Campers will go through various skill development drills that we use at CCP. They will play competitive games but also engage in small sided play, some fun activities and contests. Players will be grouped by both age and skill, so this is a great camp for younger siblings, players just beginning or a player with years of experience.

Returning players click [here](#) to register.

New players click [here](#) to register.



**INCOMING
FRESHMEN:**

June 14 – June 17
Monday through Thursday
3:30-4:30PM
Incoming CCP Freshmen Only
\$50

This camp will help participants to improve their basketball abilities in a fun yet challenging environment. Click [here](#) to register.



**YOUTH
BASKETBALL:**

One week camp. Available weeks:
Week 1: June 1 – June 4
Week 2: June 7 – June 10
Week 3: June 14 – June 17
Week 4: June 21 – June 24
Week 5: June 28 – July 1
Monday through Thursday
9AM-3PM

Grades 3-8, Boys Only

\$160 (\$150 if registered by May 1st)

This camp will help participants to improve their basketball abilities in a fun yet challenging environment.

Click [here](#) to register for June 1 - June 4 camp.

Click [here](#) to register for June 7 - 10 camp.

Click [here](#) to register for June 14 - 17 camp.

Click [here](#) to register for June 21 - 24 camp.

Click [here](#) to register for June 28 - July 1 camp.



SWIMMING LESSONS:

May 17-20 OR May 24-27

Monday through Thursday

3:45-4:25pm

\$75 per child

Below are the nine levels of lessons being offered.

6 months to 3 years:

Level 1: Tadpole - Water Discovery

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

Level 2: Sea Turtle - Water Exploration

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

3-5 years:

Level 3: Jelly Fish - Water Acclimation

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

Level 4: Star Fish - Water Movement

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

Level 5: Seahorse - Water Stamina

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

5-12 years:

Level 6: Marlin - Stroke Introduction

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

Level 7: Dolphin - Stroke Development

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

Level 8: Shark - Stroke Mechanics

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.

Level 9: Junior Lifeguard

Click [here](#) to register for May 17-20 or [here](#) for May 24-27.



HIGH SCHOOL SWIMMING:

June 21 – 25 & July 12 - 16

Monday-Thursday 6:30-8PM & Friday 8:30-10AM

CCP Students Only

\$75

This camp is for Chaminade swimmers entering 9-12 grade. The camp is designed to work on endurance, stroke, starts and turns to get ready for the fall swim season. Click [here](#) to register.



GOLF: June 14-17
Monday through Thursday
8:30AM -Noon
6th-9th Graders, CCP Students Only
\$250

Join Chaminade's coaching staff and classmates at our first Red Devil Golf Camp. Campers will receive small group instruction on the following skills: Putting, Chipping, Short Game, Full Swing, Rules & Etiquette, Course Management, and much more. Golfers will also compete in fun games and skill competitions to improve their game. On our final day, we will hold an 18-hole tournament on the Colt (executive) course.

We are committed to helping each camper become a better player, and we hope all our participants leave camp having established new friendships and more passion for the game.

Camp is for current/incoming 6th, 7th, 8th, and 9th grade Chaminade students.

No experience is necessary; however, golfers must have their own golf clubs.

Click [here](#) to register.



WRESTLING: June 1- June 4, Tuesday through Friday, Noon - 2PM
6-8 Grades, Boys Only
\$75

Wrestling Camp will include:

- Takedowns and takedown defense
- Greco Roman and freestyle techniques
- Strength and conditioning for wrestling workouts
- Pinning combinations
- Basic Jiu Jitsu to benefit your wrestling!
- 30 minutes of live wrestling every day

This camp will be the equivalent of getting 25 full matches of live wrestling! Get a head start on your season next year! Click [here](#) to register.