



900 Hillsborough Street, Raleigh, N.C. 27603 | 919-424-4029 | [www.sms.edu](http://www.sms.edu)

**CAMP WEEKS:** [Week 1: June 20-24](#) / [Week 2: June 27-July 1](#) / [Week 3: July 11-15](#) / [Week 4: July 18-22](#) / [Week 5: July 25-29](#)

## DAY CAMPS

*Listed alphabetically*

### **American Doll & Etiquette Camp | Weeks 4 (July 18-22) and 5 (July 25-29): 9 a.m.-3 p.m. | Grades 1-4 | \$325**

Etiquette and good manners is all about kindness, consideration, and truthfulness. This camp will celebrate young girls and all that they can be. We will try to speak to their imagination and teach them the importance of friends and family. We will use role play and other fun activities to entertain, educate and inspire them. The Etiquette section will include written notes, making proper introductions and using proper manners. We will learn to use kindness, ask questions and how to be a good friend. We will set a proper table, learn the correct way to drink hot tea from a teacup and eat hot soup with a spoon. Finally, we will help set up a proper tea table for our end of the week Tea with our dolls. Each day, the girls will have time to play with their dolls and create crafts that are tied to our daily lesson. Swimming and outdoor activities will be a part of the daily activities. Make sure you come with your favorite doll for a week full of fun!

*Items needed for camp:* Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.

### **Art Camp (Art) | Week 2 (June 27-July 1): 9 a.m.-3 p.m. | Grades 1-4 | \$325**

Unleash your child's imagination this summer! Working in our beautiful sunlit painting studio, art camp will provide children an introduction to several forms of visual art. Each day, the focus will be on a different medium like drawing, painting, collage, and mixed media with a focus on our *artist of the day*. Campers will have some time outdoors each day and will swim on Tuesday and Friday. Get ready to have some fun! (WM)

*Items needed for camp:* Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.

### **Art Camp (Art) | Week 4 (July 18-22): 9 a.m.-3 p.m. | Grades 4-9 | \$325**

Art Camp provides 4<sup>th</sup> – 8<sup>th</sup> grade girls the opportunity to explore their creativity through the visual arts. Working in our beautiful sunlit painting studio, your artist will explore different media while learning some basic skills and techniques. This year we will come back with favorite activities such as hand-painted parasols to new activities such as learning about texture and mixed media thru mini-canvas projects. Campers will get to explore in depth certain mediums that they may not have had a chance to do during the school year, such as acrylic and watercolor. Campers will swim each day. (AM or HK)

*Items needed for camp:* Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.

**Basketball (Sports) | Weeks 1 & 2 (June 20-24), (June 27-July 1): 9am-3pm | Grades 3-5**

This five-day camp for girls will concentrate on the fundamentals of the game, providing each camper with a sound foundation to facilitate and enhance future improvement. Campers will receive encouragement and reinforcement to make this camp a mix of learning and FUN. Each day will consist of fundamental stations, contests, 3-on-3 games, and 5-on-5 games.

*Items needed for camp:* Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.

**CSI Saint Mary's (STEM) | Week 1 (June 20-24) and Week 2 (June 27-July 1): 9 a.m.-3 p.m. | Grades 5-8 | \$325**

Have you ever wanted to be a real CSI investigator? Get hands on experience investigating the death of a fictitious person through the collection of evidence. Activities will be including lifting and analyzing fingerprints, blood spatter analysis, crime scene sketching, analysis of stomach contents, and DNA investigations including gel electrophoresis. CSI camp is structured to highlight the importance of learning how to collaborate in teams all while building one's own knowledge foundation and confidence through their own individual efforts while working through a simulated crime scene. The afternoon will consist of Biomedical exploration and your CSI will have a break for lunch and pool time during the week.

*Items needed for camp:* Lunch, snack, water bottle, bathing suit, towel, and flip flops. Please label all belongings.

**Let's DANCE Workshop (Performing Arts) | Week 1 (June 20-24): 9 a.m.-3 p.m. | Grades 3-7 | \$325**

A full day movement creation camp for the non, and beginner dancer. We will have introductions into many genres of dance including Ballet, Jazz, Modern, Hip-Hop, Improvisation etc. campers will have the opportunity to create their own movement phrases through personal writing, storytelling, and group discussions. The day will also include outdoor free play, pool time and a lunch break.

The camp will be led by Saint Mary's Dance faculty, Natalie Morton and will also include guest artists throughout the week.

*Items needed for camp:* Lunch, snack, water bottle, dance wear, bathing suits, towels, and flip flops. Please label all belongings.

**Lil' Fashionistas (Arts) | Week 1 (June 20-24) 9 a.m.-3 p.m. | Grades 4-7 | \$325**

Did you ever wonder how colors, prints, details and accessories become the new style? During this workshop you will learn how fashion experts get inspiration to create the next big trends. We will research our favorite fashion bloggers and visit with local boutique owners to learn about the latest trends and see similarities in each shop. We will watch clips from the different Fashion Weeks around the world and study how different brands promote their merchandise. Throughout the week, we will create our own fashion Instagram page and finish with a fashion show featuring our designs using items we already have... and a few we embellish. After this week, you will be thinking about all the exciting career opportunities that are available in the fashion industry!

*Items needed for camp:* Lunch, snack, water bottle, bathing suit, towel, and flip flops. Please bring one clothing item that can be recycled into something new. Please label all belongings, and please apply sunscreen prior to arrival each day.

**Saints Sports Camp (Sports) | Weeks 3-5 (July 11-15), (July 18-22), (July 25-29): 9 a.m.-3 p.m. | Grades K-5 | \$295**

Saints Sports Camp is one of our most popular camps! This is an all-girls camp where girls are grouped by age, for small group instruction with an 8:1 ratio of children to counselors.

Introduced to the fun and exciting, age appropriate, world of team play and outdoor activities. Participants are taught an appreciation for multiple athletic activities, participation, sportsmanship, and physical fitness. They will gain a deeper understanding of athletics through individual, and team play in an environment that promotes enjoyment and healthy competition. They will have outdoor and indoor activity sessions that will include introductions to different athletic skills, arts and crafts, and time in the swimming pool.

*Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.*

**Tennis Academy for Beginners (Sports) | Weeks 1, 2 & 4 (June 20- 24), (June 27-July 1), (July 18-22): 9 a.m.-3 p.m. | Grades 2-6 | \$325**

This camp is open to rising 2nd-6th graders with little or no previous tennis experience. Players will have the opportunity to learn basic tennis skills that can be used throughout their playing careers. Throughout the week, they will learn the fundamentals of tennis, including ground strokes, volleys, serves, and score keeping. The daily schedule consists of drills, competitive games, and pool time. After this week, campers should feel confident with the fundamentals of tennis and strive to continue with the sport.

*Items needed for camp: Lunch, snack, water bottle, bathing suit, towel, flip flops and tennis racquet. Please label all belongings, and please apply sunscreen prior to arrival each day.*

**Volleyball (Sports) | Weeks 3 & 4 (July 11-15), (July 18-22): 9 a.m.-3 p.m. | Grades 5-8 | \$325**

This camp will prepare girls for middle school volleyball while building upon an elite level mind-set. The camp will feature age-appropriate conditioning and training to prepare individuals both physically and mentally, for the next level of athletic competition. This is a great program for girls that have been playing volleyball for less than a year

In addition to practice on the court, the camp will utilize strength conditioning, accountability and leadership, volleyball IQ, nutrition, and the importance of being a good teammate... and time to cool off in the pool. A tournament will wrap up the week-long camp.

*Items needed for camp: Lunch, snack, water bottle, bathing suits, towel, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.*

**Yoga and Wellness (Fitness) | Weeks 1 & 3 (June 20-24) (July 11-15) | 9am-3pm | Grades 3-8 | \$325**

Throughout this week, girls will experience yoga, mindfulness, goal setting, relaxation, and self-care. Each day will include yoga poses, games, crafts, and spa time. Spa time features manicures and pedicures, face masks, and essential oils; crafts include creating eye pillows, mandalas, glitter jars, and more. Girls will get to keep their crafts to be equipped with tools to continue mindfulness practices on their own. If you are looking for a fun week that promotes overall happiness and health, this is the camp for you!

*Items needed for camp: Lunch, snack, water bottle, bathing suits, towels, and flip flops. Please label all belongings, and please apply sunscreen prior to arrival each day.*

## RESIDENTIAL CAMPS:

### **Miss Nancy's Manners Camp (Enrichment) | Week 2 (June 26-30) Sun - Thurs**

#### **RESIDENTIAL | Grades 4-8 | \$1,095**

Miss Nancy always said, "True etiquette stems from a caring heart for all people. To include all, to welcome all, to love all is more important than how to fold napkins." Honoring the lessons that were taught by Mrs. Nancy Rascoe for more than 25 years, Saint Mary's is hosting Miss Nancy's Manners Camps for young ladies at Saint Mary's School. Each day the girls will participate in tennis, swimming, canoeing and outdoor play, sprinkled with etiquette lessons, note writing skills, public speaking, flower arranging and a few new lessons on managing social media. Daily competition is a must, with sportsmanship as the goal. Miss Nancy said, "manners have to come from the heart, and the inward manners must match the outward manners." The girls will learn Bible verses and quotes that relate to kindness and unselfishness as well as the basics of manners. They learn how to set and clear a table, serve one another, and dine formally. They will complete the week with a Graduation Tea for parents and grandparents, hosted and prepared by the girls. Girls will live in the dorms and have meals prepared for them each day in the Theo Coonrod, Head of School home on the beautiful 23-acre gated campus of Saint Mary's School in downtown Raleigh.

*Items needed for camp will be sent upon registration. All meals and some snacks will be provided throughout the week.*