

HOLY FAMILY CATHOLIC HIGH SCHOOL

FIRE SUMMER CAMPS

2024



LOOK AT WHAT WE HAVE TO OFFER...



SPRING MIDDLE SCHOOL TRACK AND FIELD

Middle School Track & Field is available to all students in grades 6-8 who attend our partner Catholic middle schools interested in learning more about the sport of track & field. Athletes have the opportunity to learn track & field basic techniques along with competing against Wright County East Conference and other local parochial middle schools!

Dates: April 8 to May 10 (M, W, TH)
Time: 5:30 PM to 7:00 PM
Grades 6 to 8 during the 2023-24 school year
Location: Holy Family Stadium
Cost: \$155 (includes all meets, and a t shirt)



All camps held
at the Holy Family
Catholic High School
Campus.



HOLY FAMILY
CATHOLIC HIGH SCHOOL

8101 Kochia Lane, Victoria, MN 55386

See you at camp!

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SUMMER FUN AT HOLY FAMILY!

Holy Family Catholic High School is excited to offer a wide variety of camps for kids in grades K-8, including many new camps.

Break up long summer days with fun exploring language, cooking, sports, and music. All of our camps are led by our in-house coaches and instructors.

Let's make Summer 2024 the best yet!

Lauren Kahle
Assistant Activities Director/Summer Camp Coordinator
kahlel@hfchs.org

P.S. Parents are welcome to use our free wi-fi and set-up a remote office while your children attend camp.

ESPORTS

ESPORTS FOR MIDDLE SCHOOL KIDS

Spend a week being introduced to Esports in Holy Family's newly outfitted esports arena. As you enjoy learning, studying, and practicing a variety of games appropriate for a middle school audience such as Mario Kart and Rocket League, you will begin to approach them not just as games but team based challenges requiring skills and strategic thinking. We will also spend some time looking at some of the non-game playing aspects such as streaming and the many careers both visible and behind the scenes.

Camp Dates: July 8-11

Times: 9:00 a.m.-11:00 a.m.

Grades 6-8

Location: Esports Lab (B121)

Instructor: Gary Kannel, HF Esports Team Advisor

Cost: \$130

CULTURE & CULINARY ARTS

SQUISITO ITALIAN COOKING AND LANGUAGE

Cook the most scrumptious recipes while learning the essentials of the Italian language. The students will hear the history and phrases that go with each recipe and come home to share both the language and the food of Italy. Menu will include pizza, pasta, bread and gelato. Class is held in the Holy Family kitchen and cafeteria areas.

Camp Dates: July 15-18

Times: 9:00 a.m. - 11:00 a.m.

Grades 2-5

Instructor: Jacob Dueck, HF Italian Teacher

Cost: \$180

Camp Dates: July 15-18

Times: 12:00 p.m. - 2:00 p.m.

Grades 6-8

Instructor: Jacob Dueck, HF Italian Teacher

Cost: \$180

YOUTH LEADERSHIP

FIRE UP FOR EMPOWERMENT AND LEADERSHIP

Our team of experienced educators and leaders will guide your child through engaging, fast-paced activities designed to build confidence, develop leadership skills, and promote cooperation. A local hometown hero will be our special guest each day. And don't worry about lunch—it's on us! Join us for fun, learning, and personal growth!

BOYS SESSION

Camp Date: June 17-20

Times: 9:00 a.m. - 12:00 p.m.

Grades: 3-7

Instructors: Mr. John Dols, Ms. Lauren Kahle, Mr. Jeff Ferguson, & daily special guests

Cost: \$200

GIRLS SESSION

Camp Date: June 24-27

Times: 9:00 a.m. - 12:00 p.m.

Grades: 3-7

Instructors: Mr. John Dols, Ms. Lauren Kahle, Mr. Jeff Ferguson, & daily special guests

Cost: \$200



YOUTH ATHLETICS

BASKETBALL FOR BOYS

Fire Youth Basketball Camp is focused on fun, game play, skill development and enjoyment of the game of basketball. Each day will have skill development, contests and competitive games (3 on 3, 5 on 5). Each camper will receive a Fire Basketball Camp T-shirt.

This camp is a unique instructional camp for basketball players who are entering grades K-9. A low coach-to-player ratio provides advanced and beginner players a place to practice the step-by-step and repetitive techniques that will build individual basketball skills.

Camp Dates:

Session 1: June 10-13

Session 2: July 15-18

Grades K-3

Times: 9:00 a.m. - 10:30 a.m.

Grades 4-6

Times: 10:30 a.m. - 12:00 p.m.

Grades 7-8

Times: 12:00 p.m. - 1:30 p.m.

Location: Holy Family Gymnasium

Instructor: Joe Burger, HF Head Boys Basketball Coach

Cost: \$130 for 1 session / \$210 for both sessions

BASKETBALL FOR GIRLS

Improve basketball fundamentals (shooting, passing and ball-handling) and team skills (defensive/offensive and rebounding drills).

This camp is a unique instructional camp for basketball players who are entering grades K-9. A low coach-to-player ratio provides advanced and beginner players a place to practice the step-by-step and repetitive techniques that will build individual basketball skills.

Camp Dates: June 17-20

Grades 1-6

Times: 9:30 a.m. - 11:00 a.m.

Location: Holy Family Gymnasium

Instructor: Joe Burger, HF Head Boys Basketball Coach

Cost: \$130



Find all camp
registrations
here!



FOOTBALL

Join Holy Family football staff for a fun filled camp! The camp will focus on football fundamentals, position discovery, agility, and skill development.

Camp Dates: June 24-26

Times: 9:30 a.m. - 11:30 a.m.

Grades 2-5

Camp Dates: July 31-Aug 2

Times: 9:30 a.m. - 11:30 a.m.

Grades 6-8

Instructor: Dan O'Brien, HF Head Football Coach

Cost: \$110

SOCCER

Fire Youth Soccer camp is focused on the beautiful game! Join the HF soccer coaching staff and team captains for skill development, fundamentals, and fun. All you need to bring is your cleats, we will provide the rest of the equipment. Receive your own HF Soccer training shirt.

BOYS Camp Dates: June 18-20

Grades 2-6 from 9:00 AM- 11:00 AM

Location: Holy Family Soccer Fields

Instructor: Robb Richter, Boys Soccer Head Coach

Cost: \$110

GIRLS Camp Dates: June 18-20

Grades 2-6 from 9:00 AM- 11:00 AM

Location: Holy Family Soccer Fields

Instructor: Sammi Oetjens, Girls Soccer Head Coach

Cost: \$110

SOFTBALL

Join the Holy Family coaching staff and players and improve your throwing, fielding, and hitting skills. Please pack a lunch, tennis shoes/cleats, a glove, and water bottle.

Camp Dates: August 12-13

Times: 10:00 a.m. - 2:00 p.m.

Grades 5-8

Location: Lions Park Field 3, 1505 82nd St., Victoria

Instructor: Chris Johnson, HF Head Softball Coach

Cost: \$65

YOUTH ATHLETICS

TRACK & FIELD

Come train with the best of the best! FIRE Youth Track & Field Camp is a 4-day camp for kids interested in the sport of track & field. Each day kids will learn about the different disciplines of track & field, work on skill building, and end in a daily competition. Every participant will receive coaching from local track & field athletes and coaches, a t-shirt, and snacks. This will take place at the NEWLY renovated Holy Family Stadium.

Camp Dates: July 15-18

Grades 1-4 from 9:00 a.m. - 11:00 a.m.

Grades 5-8 from 12:00 p.m. - 2:00 p.m.

Location: Holy Family Stadium

Instructor: Kyle Economy, HF Head Track & Field Coach

Cost: \$60

VOLLEYBALL

Join the Holy Family volleyball team for an opportunity for girls to improve their volleyball mechanics, increase their volleyball IQ, and HAVE FUN!

Camp Dates: July 29 - Aug 1

Grades 1-3 (coed) from 9:00 a.m. - 10:00 a.m.

Grades 4-6 (coed) from 10:00 a.m. - 11:30 a.m.

Grades 7-8 (girls only) from 12:00 p.m. - 1:30 p.m.

Location: Holy Family Gymnasium

Instructor: Emily Tschida, HF Head Volleyball Coach

Cost: \$130

OPPORTUNITIES TO JOIN SUMMER WORKOUTS

Many of our varsity programs welcome students in grades 7 and 8 to participate in their summer workouts, drills, and practices. Information can be found on the camp website under Grades 7-12 Athletic Programs.

STRENGTH & FITNESS

INTRODUCTION TO SPORTS TRAINING

Join the Fire performance staff this summer for an 8-week camp designed to teach boys and girls in grades 4-6 how to move their bodies more safely and efficiently, while helping to improve performance and agility. Athletes will learn developmentally appropriate movement patterns which include how to properly and safely squat, run, jump, hinge, and improve overall flexibility! We look forward to providing guidance to young athletes at this stage of their athletic journey and helping them pursue their athletic goals in safe and healthy ways!

Camp Dates: June 10- August 9 (No Camp July 1-5)

Grades 4-6

Monday and Wednesday from 1:00 p.m. - 2:00 p.m.

Friday from 9:00 a.m. - 10:00 a.m.

Location: Holy Family Weight Room and Gymnasium

Lead by Sports Performance Coach Ethan Krehbiel Valoaga



MUSIC AND VOCAL

VOCAL WORKSHOP

Each student will attend one 30-minute voice lesson a week along with one masterclass a week. During lesson time, students will receive high quality one-on-one instruction working on the student's vocal technique. Students can work on whatever styles and genres they feel most passionate about. During the masterclass students will watch a professional or top-level college students sing. After the performance the students will get the chance to get to know the singer, how they improved their own voice, and what their process is for preparing a song. The summer workshop will end with all students attending a performance at Chanhassen Dinner Theater. Students will also have a chance to sing in a recital at the end of the session.

Camp Dates: June 3, 4, 10, 11, 17, 18, 24, 25

Grades 7-12

Times: Each student will pick a 30-minute time slot for their lesson anywhere between 10:00 a.m. - 6:00 p.m. on Monday. If all Monday slots fills, Mr. Larson will open up Tuesdays for lesson times as well. The master classes will take place on Tuesdays from 5:00 p.m. - 6:00 p.m.

Location: Choir Room

Instructor: Tanner Larson, HF Director of Vocal Music

Cost: \$275