

DUCHESNE ACADEMY
Sports Camps
2009



- Use your summer wisely
- Improve your skills
- Have a blast
- Learn something new
- Sign up now

Summer 2009 ~ For Girls Currently in Grades 5 – 8

Duchesne Academy
3601 Burt Street
Omaha, Nebraska 68131

Non-Profit Org.
US Postage
PAID
Omaha, NE
Permit No. 161

PRICE

Price per camp is \$80 (\$75 each if you sign up for two or more camps). The fee is non-refundable unless session is cancelled by Duchesne Academy.

TENNIS

Instructional tennis for the beginning, intermediate and advanced player with Varsity Coach Nancy Bradshaw. Please bring racket, water bottle, towel, and wear court shoes. A limited number of rackets are available.

Wednesday, June 3 - Saturday, June 6

Beginners: 10:00 a.m. – 12:00 p.m. Intermediate/Advanced: 12:30 p.m.-2:30 p.m.

SOCCER

Varsity Coach Mike Nolette, along with current Duchesne Varsity and JV players, will run this "Future Cardinals Camp." Participants will work on developing and improving individual soccer skills (passing, shooting, dribbling, trapping, and goalkeeping), fitness level, and tactical soccer skills. This camp will be offered three different weeks, all running Monday-Friday, 6:00-8:00 P.M. The dates are:

Session I: June 8-12; Session II: June 15-19; Session III: June 22-26. Please email Coach Nolette directly for more specific information: mikenolette@gmail.com

BASKETBALL

Members of Duchesne's basketball coaching staff will help participants improve individual skills through demonstration, drills, games and contests. The camp will give you ways to improve yourself as a basketball player. The camp stresses basketball FUNdamentals!

Dates and Times TBA -

Please check www.duchesneacademy.org for specific information.

VOLLEYBALL

Varsity coaches Ashley and Todd Martin will run this intense one-day camp, focusing on skills of passing, setting, hitting, blocking and serving. Participants will focus on the basic skills of volleyball with advancement based on experience. Bring knee pads and a water bottle.

Saturday, June 13 - 7th and 8th grade; Sunday, June 14 - 5th and 6th grade

9 a.m. - 3 p.m. (lunch break 12-1; bring your own lunch)

Agility & Conditioning Camp for Beginners

Duchesne's Asst. Athletic Director and track coach, Eric Minchow, will run this two-week conditioning program, designed for the younger athlete. This camp will focus on general conditioning and strength training.

Dates: M-T-Th: June 8,9,11 & 15,16 & 18 1:00-2:30 P.M.

Please mail the registration form along with your check made payable to Duchesne Academy: **Duchesne Summer Sports Camps, 3601 Burt Street, Omaha, NE 68131**

REGISTRATION

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____ Parents' Daytime Phone _____

School Attending _____

Current Grade (2008/09) _____

Check the Sports Camps you wish to attend:

____ Tennis (specify beginning or intermediate/advanced) _____

____ Soccer ____ Session Number (I, II, or III) ____ Basketball

____ Volleyball ____ Sat. ____ Sun. ____ Conditioning

Specify Adult T-shirt Size (S, M, L, XL) _____

Parent E-mail _____

Parental Release

My daughter, _____, has been examined in the past year and is in good health. She has my permission to participate in any of the 2009 Duchesne Summer Sports Camps. I hereby release the Director, Instructor and all its agents from all claims due to injuries/accidents which may be sustained during the camp session(s).

Parent/Guardian Signature _____

Date _____

Emergency Contact Name _____

Contact's Phone _____

QUESTIONS?

If you have questions, please call Meg Jones, Recruitment Director, at 558-3800 ext. 1070 or e-mail mjones@duchesneacademy.org.