



OLP SUMMER CAMPS 2015

The Academy of Our Lady of Peace is sponsoring the following camps this summer for incoming 9th graders:

Volleyball Camps: OLP Holy Family Event Center

August 3 to August 6 - 1 to 4 PM - Incoming 9th grade

This camp will cover skills, techniques and strategic concepts needed to succeed on the court. Please bring water and knee pads. Volleyball or cross trainer shoes are recommended.

Basketball Camps: OLP Holy Family Event Center

June 22 to June 26 from 1 to 4 PM - Incoming 9th, 10th, 11th, and 12th grades

This camp will cover skills, techniques, court strategy, and team building exercises. Please wear appropriate shoes and bring water and a basketball with your name on it, if possible.

Surf Camp: La Jolla Shores

June 8 to June 12 from 8 AM-11 AM – Incoming 7th-12th grade

Surf camp will teach athletes about ocean safety, specific surfing skills (for beginners to advanced) and surfing etiquette. We will cover skills including paddling, popping up, turning and competition surfing format. The coaches work with each athlete to improve their skills on an individual level for where they are in their surfing ability. Athletes need to have prior swimming experience and there will be a short swim test the first day of camp. Please bring a surfboard, (beginners are recommended to have an 8 foot or longer foam board), bathing suit, water, towel, sunglasses or hat, and sunscreen. A wetsuit of at least 3/2 mm thickness is recommended.

Strength and Conditioning Camps: OLP Holy Family Event Center

July 27 to July 31 from 8:30 AM-11: 30 AM (All Sports)

August 3 to August 7 from 8:30 AM- 11:30 AM (Speed & Agility)

August 3 to August 7 from 1-4 PM (Endurance)

These camps are designed to teach proper conditioning and strength techniques for the female student athlete and are a great way to prepare for upcoming athletic seasons. Focus will be placed on appropriate warm-up, stretching and proper body mechanics. The camps will vary with emphasis placed on the demands of different sports needs.

Softball Camp: Hickman Field

June 15 to June 19 from 8:30 to 11:30 AM – incoming 7th, 8th and 9th grade

Yoga Camp: OLP Dance Studio – incoming 9th-12th grade

June 22 to June 26 from 8:30 AM-11: 30 AM

**Summer at OLP - Exploring Creativity: OLP Classroom 218 in Qualiato
June 22 to June 26 from 8:30 to 11:30 AM**

This weeklong summer course is designed for incoming 7th, 8th and 9th graders interested in the diverse and multi-disciplinary qualities of creative inspiration. With OLP's campus as our pallet, students will learn to explore their own intuition, aesthetic principles, creative process, and form of exhibition. Creative genres include writing, performance, and visual arts. This unique class not only offers new insight into the art of creativity, but into the universe of inspiration all around us.

Possible Supplies:

- Laptop, iPad, or notebook
- Markers, pencils, and sidewalk chalk
- Digital Camera (phones are fine too)

General Information:

Cost is \$200 per camp

Preregistration and payment are required by Friday, June 1, 2015

Please see our website, aolp.org for additional information and the link to register.

You may register and pay at the following website: eventbrite.com/e/olp-summer-camps-tickets16433730731

AOLP coaches/teachers conduct all camps.

Contact Dr. Melinda Blade, AD, for further information at mblade@aolp.org
or Mrs. Allison Weatherford, Assistant AD, at aweatherford@aolp.org.