

# SUMMER SPORTS CAMP



ST. JOHN THE BAPTIST DIOCESAN HIGH SCHOOL



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***A MESSAGE FROM  
THE SJB ATHLETIC DIRECTOR***



**DISCOVER YOUR GREATNESS**

ST. JOHN THE BAPTIST SUMMER SPORTS CAMPS PROVIDE THE OPPORTUNITY TO ENHANCE SKILLS AND ATHLETICISM, BUILD CONFIDENCE, AND DEVELOP NEW FRIENDSHIPS, ALL WHILE HAVING FUN!

EACH CAMP IS DESIGNED TO OFFER OUR CAMPERS THE BEST OF BOTH WORLDS- A BETTER UNDERSTANDING OF THE FUNDAMENTALS AND ABILITY TO REFINE THEIR TECHNIQUE. FOR THESE REASONS AND MORE, SJB SUMMER SPORTS CAMPS WILL HELP YOUR CHILD ACKNOWLEDGE WHAT IT TRULY MEANS TO

**DISCOVER YOUR GREATNESS.**

DURING THE 2025-2026 SEASONS, OUR SJB ATHLETES EXHIBITED THEIR GREATNESS BY SETTING SCHOOL AND PERSONAL RECORDS, ACCOMPLISHING AND SURPASSING GOALS, AND WINNING CHAMPIONSHIPS.

DISCOVER YOUR GREATNESS AND BE PART OF THE SJB FUTURE! THE TIME IS NOW. MEET AND WORK WITH OUR OUTSTANDING STAFF WHILE LEARNING THE SJB WAY. WE LOOK FORWARD TO SEEING YOU THIS SUMMER AT OUR SJB SUMMER CAMPS!

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT ME AT:  
(631) 587-8000 X140

SINCERELY,

**RALPH DALTON  
BOYS ATHLETIC DIRECTOR/  
CAMP DIRECTOR**





## ***CAMP INFORMATION***

### ***INSTRUCTIONAL SPORTS CAMPS***

St. John The Baptist D.H.S. Instructional Sports Camps offer athletes the opportunity to receive personalized instruction from an experienced coaching staff. The primary goal of the camps is to develop fundamentals and to sharpen the skills of the athletes. Athletes are given the opportunity to display their talents in contests and games that are conducted during the camps. No equipment will be provided unless noted.

### ***COST OF SJB SPORTS CAMP***

All camps cost \$335, and run Mon, Tues, Weds, Thurs.

For **current SJB Athletes, the cost is \$285.**

The cost of all SJB instructional camps includes lunch and beverage, camp t-shirt and a bag.

### ***PHYSICAL***

Each participant must have had a physical within one year of the start of the first day of summer camp. Registration for a camp is acknowledgement that your son/daughter has had a physical in the past year.

### ***MEDICAL STAFF***

An Athletic Trainer will be present for every camp session.

### ***REGISTRATION***

2026 Registration can be accepted online or in person

***REGISTER ONLINE OR IN PERSON THE DAY OF***

### ***PAYMENT***

To best insure a spot in the camp of your choice please return your FULL camp payment, of which \$150.00 is nonrefundable in the event of a cancellation. Refunds will not be given once a child begins camp, but payment may be applied to another SJB 2026 Summer Sports Camp.

***MAKE ALL CHECKS PAYABLE TO: St. John the Baptist D.H.S.***

### ***EMAIL CONFIRMATION***

We will email a confirmation within 1 to 2 weeks of receiving your application.

### ***CAMP TIMES***

ALL camps begin at 9:00 a.m. and end at 2:00 p.m. Monday-Thursday.

You must provide prompt drop-off and pick-up.

Please report to the South Campus Entrance at 8:30am on the first day.

# **MISSION STATEMENT**

THE MISSION OF THESE CAMPS IS TO DEVELOP AND FOCUS ON THE ATHLETIC FUNDAMENTALS AND TECHNIQUES COMMONLY UTILIZED ON THE HIGH SCHOOL LEVEL WHILE HAVING AN ENJOYABLE AND SAFE EXPERIENCE.



## **ON THE 1ST DAY OF CAMP...**

CAMPERS ARE TO REPORT TO THE **SOUTH LOBBY ENTRANCE** AT 8:30 A.M.

- Campers: Please use the South Campus Entrance (located off Beach Street, across from Good Samaritan Hospital)  
Proceed to the **LOBBY** for **Registration/Check-In**
- REGISTER/pay ONLINE to COMPLETE your APPLICATION
- All camps include t-shirt and a bag
- All camps include lunch
- **\*We are peanut free! Please notify us of any allergies ASAP**
- ALL TRANSPORTATION IS TO BE PROVIDED BY THE PARENTS
- All camps run Monday thru Thursday/9:00 a.m. - 2:00 p.m.

# ***SJB SUMMER SPORTS CAMPS***

ALL CAMPS RUN MON-THURS (No Fridays)/ 9:00 a.m. - 2:00 p.m.

## ***WEEK #1: JUNE 29 - JULY 2 - \$335***

<b><i>CAMP</i></b>	<b><i>GRADE</i></b>
Cheer	4th - 12th
Football	5th - 12th
Kickline	6th - 12th
Running - Co-Ed	7th - 12th
Tennis/Pickleball *New - Co-Ed	6th - 12th

## ***WEEK #2: JULY 6 - JULY 9 - \$335***

<b><i>CAMP</i></b>	<b><i>GRADE</i></b>
Boys' Basketball	4th - 12th
Boys' Lacrosse	4th - 12th
Girls' Lacrosse	4th - 12th
Softball	4th - 12th

## ***WEEK #3: JULY 13 - JULY 16 - \$335***

<b><i>CAMP</i></b>	<b><i>GRADE</i></b>
Girls' Soccer	4th - 12th
Volleyball - Boys' All Levels	4th - 12th
Co-Ed Beginner	4th - 12th
Wrestling	5th - 12th

## ***WEEK #4: JULY 20 - JULY 23 - \$335***

<b><i>CAMP</i></b>	<b><i>GRADE</i></b>
Boys' Soccer	4th - 12th
Tennis/Pickleball *New - Co-ed	6th - 12th
Volleyball Prep - Girls' Advanced	7th - 12th

## ***WEEK #5: JULY 27 - JULY 30 - \$335***

<b><i>CAMP</i></b>	<b><i>GRADE</i></b>
Baseball Prep	6th - 12th
Girls' Basketball	4th - 12th
Girls' Flag Football *New	4th - 12th

Register online by visiting  
<https://stjohnthebaptistdhs.net>

## **BASEBALL PREP**

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**DATES:** July 27-30, 2026

**GRADES:** Entering 6th-12th

**AREAS OF CONCENTRATION:**

An advanced camp geared for the motivated baseball player. Players will concentrate on the fundamentals (hitting, bunting, defense and conditioning) and team fundamentals (1st & 3rd situations, bunt defense, cuts and relays).

**EQUIPMENT NEEDED:** Baseball glove, baseball pants, sneakers, cleats, & wood bat (preferred)



## **BOYS' BASKETBALL**

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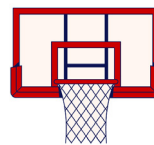
**DATES:** July 6-9, 2026

**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Ball handling, passing, shooting & rebounding, drills to improve individual skills, conditioning & team play will be emphasized. Offensive & defensive skills will be reinforced as well.

**EQUIPMENT NEEDED:** Sneakers, shorts & t-shirt



## **GIRLS' BASKETBALL**

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**DATES:** July 27-30, 2026

**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Individual skills such as dribbling, ball handling, passing & proper footwork, as well as team play and basic concepts will be focused on.

**EQUIPMENT NEEDED:** Sneakers, shorts & t-shirt



## **CHEERLEADING**

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**DATES:** June 29-July 2, 2026

**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Introduction to fundamentals of cheerleading including motions, jumps, stunts, and tumbling. Participants will learn sideline cheers, a dance, and conditioning drills and exercises designed to improve overall skills and technique. Each girl will be part of a choreographed routine designed to give them an understanding of how a team works together to prepare for a competition.

**EQUIPMENT NEEDED:** Sneakers, shorts, & t-shirt



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## **FLAG FOOTBALL**

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**DATES:** July 27-30, 2026

**GRADES:** Entering 4th-12th \*open to girls only

**AREAS OF CONCENTRATION:**

Join us for an exciting and action-packed Flag Football Camp designed for players of all skill levels. Whether you're a beginner looking to learn the basics or an experienced player striving to refine your techniques, each girl will have the opportunity to build on the skills necessary to be "game ready." Camp will include an introduction to fundamentals of flag football. Drills, routes, plays, defensive strategies, and passing scrimmages will be implemented throughout camp. Campers will understand the importance of positioning, strategic plays, sportsmanship, and teamwork.

**EQUIPMENT NEEDED:** Sneakers &/or cleats, mouth guard

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## **FOOTBALL**

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**DATES:** June 29-July 2, 2026

**GRADES:** Entering 5th-12th

**AREAS OF CONCENTRATION:**

Special attention will be directed to emphasize the fundamentals of football. Drills, plays, and passing scrimmages will be implemented during the camp with a special emphasis on the youth football players. This camp is non-contact.

**EQUIPMENT NEEDED:** Sneakers & cleats

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## **KICKLINE**

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**DATES:** June 29-July 2, 2026

**GRADES:** Entering 6th-12th

**AREAS OF CONCENTRATION:**

Introduction to fundamentals of kickline, learning over 15 different types of kicks, kick drills, hookups, routine formation, daily strength training, as well as daily team bonding activities to promote confidence and trust. Campers will learn proper dance technique to coincide with kickline routines. This camp will boost self-confidence, cultivate poise, and encourage creativity in a fun and energetic environment.

**EQUIPMENT NEEDED:** T-shirt, leggings or shorts, sneakers & jazz shoes (if you own them)

## **BOYS' LACROSSE**

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**DATES:** July 6-9, 2026  
**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Fundamental stick work, face off play, goalie play, one on one, two on two, three on three.

**EQUIPMENT NEEDED:** Helmets, shoulder pads, sticks, arm pads, gloves, mouth-piece, sneakers



## **GIRLS' LACROSSE**

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**DATES:** July 6-9, 2026  
**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Fundamental stick work, dodging, goalie play, cradling, passing, shooting, give and go's, cutting and conditioning.

**EQUIPMENT NEEDED:** Sticks, eyewear & mouth-piece. Equipment is available for any girl that wants to learn the basics of becoming a goalie



## **RUNNING CAMP (CO-ED)**

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**DATES:** June 29- July 2, 2026  
**GRADES:** Entering 7th-12th

**REAS OF CONCENTRATION:**

This camp is designed to teach runners the tools they will need in developing speed and endurance, and to help these athletes understand how and why these tools work. There will be a concentration on running form, race strategy and having a plan for the rest of the summer. All of this is to better prepare the athletes for their upcoming season.

**EQUIPMENT NEEDED:** Running shoes, running shorts & t-shirt



## **BOYS' SOCCER**

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**DATES:** July 20-23, 2026  
**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Prepare players for the Fall season. All players will be exposed to dribbling, passing, receiving, shooting & heading. The emphasis will be to improve their technique in a fun-filled environment. Individual skills, team & positional tactics, as well as proper sport specific conditioning will be taught.

**EQUIPMENT NEEDED:** Soccer ball, shin guards, & cleats



## **GIRLS' SOCCER**

**DATES:** July 13-16, 2026

**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Teach players individual technique, team and positional tactics, as well as proper and sport specific conditioning and fitness.

**EQUIPMENT NEEDED:** Soccer ball, cleats, & shin guards



## **SOFTBALL**

**DATES:** July 6-9, 2026

**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

This is a softball skills camp that focuses on proper fielding and hitting technique in all aspects of the game. Campers will learn proper position play for both infield and outfield, and will be instructed proper hitting mechanics for Fastpitch softball by SJB coaching staff.

**EQUIPMENT NEEDED:** Glove, cleats, & a bat



## **TENNIS/PICKLEBALL(CO-ED)**

**DATES:** June 29- July 2, 2026/July 20-23, 2026

**GRADES:** Entering 6th-12th

**AREAS OF CONCENTRATION:**

Coaches will concentrate on fundamental skills. All aspects of tennis and pickleball will be addressed including rules, serve, volley, forehand and backhand, as well as court awareness and singles & doubles strategy.

**EQUIPMENT NEEDED:** Tennis racket, sneakers, shorts with pocket & t-shirt (pickleball paddle optional)



## **VOLLEYBALL:**

### **BOYS' ALL LEVELS / CO-ED BEGINNERS**

**DATES:** July 13-16, 2026

**GRADES:** Entering 4th-12th

**AREAS OF CONCENTRATION:**

Camp will teach and reinforce skills of serving, setting, passing, blocking and attacking. Athletes will also go over team concepts along with offensive and defensive skills.

**EQUIPMENT NEEDED:** Sneakers & knee pads



## **GIRLS' VOLLEYBALL PREP**



**DATES:** July 20-23, 2026

**GRADES:** Entering 7th-12th

**AREAS OF CONCENTRATION:**

An advanced camp geared for the motivated volleyball player. All comprehensive skills including serving, setting, passing, blocking and attacking will be emphasized. Also, team concepts, offensive and defensive skills.

**EQUIPMENT NEEDED:** Sneakers & knee pads

## **WRESTLING**



**DATES:** July 13-16, 2026

**GRADES:** Entering 5th-12th

**AREAS OF CONCENTRATION:**

Basic wrestling techniques on both feet and take down, as well as upper body (throws) wrestling. All three styles of wrestling will be explored: Freestyle, Greco & Scholastic.

**EQUIPMENT NEEDED:** Sneakers or wrestling shoes, shorts & t-shirt

**WE CAN'T WAIT TO SEE  
YOU**

**AT SJB SUMMER SPORTS CAMPS!**

