

ST. JOHN THE BAPTIST DIOCESAN HIGH SCHOOL



2024



SUMMER SPORTS CAMP



1170 Montauk Hwy. West Islip, NY 11795
Phone: (631) 587-8000 x164 Email: athletics@sjbdhs.org



A MESSAGE FROM THE SJB ATHLETIC DIRECTOR



PRIDE • COMMITMENT • RESPECT

THROUGH **P**RIDE, **C**OMMITMENT AND **R**ESPECT (PCR) OUR TRADITION OF WINNING JUST KEEPS ON GROWING AND OUR FUTURE PROSPECTS LOOK EVEN BRIGHTER. DURING THE 2023-2024 SEASONS, OUR SJB ATHLETES SET MANY RECORDS, ACCOMPLISHED AND SURPASSED GOALS AND WON CHAMPIONSHIPS.

“IN TRAINING NOTHING HAPPENS BY ACCIDENT BUT RATHER BY DESIGN. DO YOU WANT TO BE SUCCESSFUL? THEN PLAN FOR IT...”

BE PART OF THE SJB FUTURE. THE TIME IS NOW.

MEET OUR OUTSTANDING STAFF AND WORK WITH THEM AND LEARN 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 \$325, and run Mon, Tues, Weds, Thurs **EXCEPT Week #1** which runs Mon, Tues, Weds, & **FRI**.

For **current SJB Athletes, the cost is \$275**

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

2024 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 \$100.00 is nonrefundable as soon as possible. Refunds will not be given once a child begins camp, but payment may be applied to another SJB 2024 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

Camp begins at 9:00am and ends at 2:00pm, Monday-Thursday

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 **EXCEPT Week 1** (July 1-July 5) which will run Mon, Tues, Weds, & **FRI**. No camp on Thursday, July 4.

SPORTS & DATES

ALL CAMPS RUN MON-THURS **EXCEPT** WEEK 1. SEE BELOW.

WEEK #1: JULY 1 - JULY 5 - \$325

CAMP

Cheer

Football

Kickline

Running - Co-Ed

Tennis - Co-Ed

GRADE

4th - 12th

5th - 12th

6th - 12th

7th-12th

6th - 12th

No Camp
Thursday,
July 4.
Camp Mon,
Tues, Weds,
& Fri.

WEEK #2: JULY 8 - JULY 11 - \$325

CAMP

Boys' Basketball

Boys' Lacrosse

Girls' Lacrosse

GRADE

4th - 12th

4th - 12th

4th - 12th

WEEK #3: JULY 15 - JULY 18 - \$325

CAMP

Girls' Soccer

Volleyball - Boys' All Levels

Co-Ed Beginner

Wrestling

GRADE

4th - 12th

4th - 12th

4th - 12th

5th - 12th

WEEK #4: JULY 22 - JULY 25 - \$325

CAMP

Softball

Tennis - Co-ed

Volleyball Prep - Girls' Advanced

GRADE

4th - 12th

6th - 12th

7th - 12th

WEEK #5: JULY 29 - AUGUST 1 - \$325

CAMP

Baseball Prep

Girls' Basketball

Boys' Soccer

GRADE

7th - 12th

4th - 12th

4th - 12th

BASEBALL PREP



DATES: July 29-Aug 1, 2024

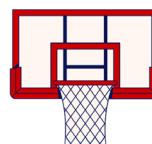
GRADES: Entering 7th-12th

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



DATES: July 8-11, 2024

GRADES: Entering 4th-12th

AREAS OF CONCENTRATION:

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

EQUIPMENT NEEDED: Sneakers, shorts & t-shirt

GIRLS' BASKETBALL



DATES: July 29-Aug 1, 2024

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



DATES: July 1-5, 2024
GRADES: Entering 4th-12th

***NO CAMP THURSDAY**
Camp on Fri 7/5

AREAS OF CONCENTRATION:

Introduction to fundamentals of cheerleading including motions, jumps, stunts, tumbling and cheer terminology. Participants will learn sideline cheers and a dance as well as conditioning drills and exercises designed to improve overall skills and technique. Brief exploration of cheering at football and basketball games. Each girl will be part of a choreographed routine designed to give them an understanding of how an actual team must work together to prepare for a game or competition.

EQUIPMENT NEEDED: Sneakers, shorts, & t-shirt

FOOTBALL



DATES: July 1-5, 2024
GRADES: Entering 5th-12th

***NO CAMP THURSDAY**
Camp on Fri 7/5

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

KICKLINE



DATES: July 1-5, 2024
GRADES: Entering 6th-12th

***NO CAMP THURSDAY**
Camp on Fri 7/5

AREAS OF CONCENTRATION:

Introduction to fundamentals of kickline including learning over 15 different types of kicks, kick drills, hookups, routine formation, daily upper and body strength training as well as daily team bonding activities to promote confidence and trust amongst team members. Campers will learn proper dance technique to coincide with kickline routines. The 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

DATES: July 8-11, 2024
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

DATES: July 8-11, 2024
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)

DATES: July 1-5, 2024
GRADES: Entering 7th-12th

COACH WOOD'S CAMP OBJECTIVES:

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



***NO CAMP THURSDAY**

Camp on Fri 7/5

BOYS' SOCCER



DATES: July 29-Aug 1, 2024

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 15-18, 2024

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 22-25, 2024

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 (CO-ED)



DATES: July 1-5, 2024 (**No Thurs-Camp Fri**)/July 22-25, 2024

GRADES: Entering 6th-12th

AREAS OF CONCENTRATION:

Coaches will concentrate on fundamental skills. All aspects of tennis will be addressed including serve, volley, forehand and backhand. Court awareness, singles & doubles strategy will be emphasized.

EQUIPMENT NEEDED: Racket, sneakers, shorts with pocket & t-shirt

VOLLEYBALL:

BOYS' ALL LEVELS / CO-ED BEGINNERS



DATES: July 15-18, 2024

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 & kneepads

GIRLS' VOLLEYBALL PREP



DATES: July 22-25, 2024

GRADES: Entering 7th-12th

AREAS OF CONCENTRATION:

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

EQUIPMENT NEEDED: Sneakers & kneepads

WRESTLING



DATES: July 15-18, 2024

GRADES: Entering 5th-12th

AREAS OF CONCENTRATION:

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

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