

St. Paul's Summer Sports Camps

For boys aged 8 - 14

Our camps have catered to the needs of the novice and the highly skilled athlete, boys aged 8-14, since 1987. We have two foundational principles—fundamentals and fun.

A typical day begins with checking in at the gym by 9am, meeting up with the rest of the group- formed by age, skill level, and friendships- and the group leader who takes them to the morning activities, managed by high school coaches and/or collegiate players.

Campers who bring their lunches, pick up a drink (provided at no extra cost), and take the lunch to the school cafeteria. Those ordering lunches will have the lunches delivered to the cafeteria each day. Lunches are \$30 per week and must be paid for in advance for a full week. A camp T-shirt will be given to each paid camper.

We break up the afternoon sessions into two—scrimmage time and a recreational period where the guys can play on an inflatable water slide or other “cooling off” activity.

Campers return to the gym for pickup at 3pm as the carline forms on the drive through campus. Aftercare is available from 3:00-5:00 at \$5.00 per hour.

For baseball camp, campers need to have a lunch (if not ordering one), hat, mitt, towel and can bring a bat if desired. For lacrosse, campers need a stick or can rent one from us for \$1 a day. For football skills, basketball, and wrestling, campers should bring a lunch (if not ordering one) and a towel—no special equipment needed. Please see second page for Weight Camp details.

Tuition is \$200 (\$25 off for additional siblings in the same camp) payable in two installments- \$25 deposit (refundable up to 1 week before camp starts) and balance of \$175 due at check-in on the first day of camp. Please make checks payable to **St. Paul's School**.

___ Baseball	June 6-10	Camper's Name _____	
___ Football skills	June 13-17	Email address _____	
___ Wrestling	June 20-24	Age _____	Shirt size YM YL S M L XL (Please circle)
___ Basketball	June 27-July 1	Contact #s	_____
___ Lacrosse	July 11-15		_____
___ Soccer	July 18-22		_____
___ Speed/Strength	July 25-29		

Lunch _____ \$30.00 per week

Aftercare _____ \$5.00 per hour 3-5

For more information, contact Craig Ketelsen 985-966-1147, craigk@stpauls.com

Or Keren Davis 985-502-7132, fknt2@gmail.com

Mail to: 20235 Lowe Davis Rd, Covington, LA 70435



WEIGHT CAMP OVERVIEW:

Strength and Speed Training camp - July 25-29, 9 am -3 pm. Recommended for ages 8 and up. This camp will teach the basics of strength and speed training. It is highly recommended for those athletes entering St. Paul's 8th grade who intend to participate in sports. The camp consists of morning weight lifting/speed work with afternoon games and skills.

COACHES:

Jesse Kellum – St. Paul's Powerlifting Coach. Strength coach for St. Paul's football and wrestling teams. Certified Personal Trainer. 2 x State champion Power lifting coach – Holder of 11 past or current world powerlifting records.

Craig Ketelsen – St. Paul's Athletic Director. Head Wrestling Coach. Former football, baseball, and track coach.

OTHER INFO:

Campers are separated by age and ability.
St. Paul coaches teach fundamentals in the mornings, assisted by student-athletes
Campers can order lunch (\$30 per week) or bring their lunches.
Afternoons are for scrimmage situations, competitive activities, and fun.

COST:

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