

# THE X FACTOR

## 2010 SUMMER at ST.X SUMMER PROGRAMS & CAMPS GUIDE



# 2010 CAMP PROGRAM SCHEDULE

Choose your camp/program based on your grade in the 2010-2011 school year!

CAMP	GRADE (S)	TIMES
<b>BASKETBALL</b>		
June 7th - 11th	9th Graders	9:00 a.m. – Noon
June 14th - 18th	3rd & 4th Graders 5th – 8th Graders	1:00 p.m. – 3:00 p.m. 9:00 a.m. – 12:30 p.m.
July 12th – 16th	5th – 8th Graders	9:00 a.m. – 12:30 p.m.
<b>CROSS COUNTRY</b>		
June 7th – 10th	6th – 9th Graders	8:45 a.m. – 11:45 a.m.
<b>TRACK &amp; FIELD</b>		
June 7th - 10th	6th – 9th Graders	2:00 p.m.– 4:00 p.m.
<b>FOOTBALL</b>		
June 7th - 11th	5th – 8th Graders	9:15 a.m. – Noon
June 7th - 10th	3rd & 4th Graders	6:30 p.m. - 8:00 p.m.
July 19th - 22nd	5th - 8th Graders	6:00 p.m. - 7:30 p.m.
July 26th - 29th	5th - 8th Graders	6:00 p.m. - 7:30 p.m.
<b>SWIMMING</b>		
June 14th - 18th	Ages 9 and above	1:00 p.m. – 4:00 p.m.
June 21st - June 25th	Ages 9 and above	1:00 p.m. - 4:00 p.m.
<b>BASEBALL</b>		
June 14th – 18th	9th Graders 7th & 8th Graders	9:00 a.m. – 11:30 a.m. 12:30 p.m. – 3:00 p.m.
June 21st - 25th	5th & 6th Graders	9:00 a.m. – 11:00 a.m.
<b>SOCCER</b>		
June 7th – 11th	5th & 6th Graders	12:30 p.m. – 2:30 p.m.
June 14th – 18th	9th Graders 7th & 8th Graders	12:00 p.m. – 3:00 p.m. 9:00 a.m. – 11:30 a.m.
<b>TIGER TENNIS TRAINING</b>		
June 14th – August 6th	Ages 10 – 18 (co-ed)	9:00 a.m. – 1:00 p.m.
<b>WRESTLING</b>		
June 7th – 9th	4th Grade and below	9:00 a.m. – Noon
June 10th - 12th	5th – 12th Graders	9:00 a.m. – 3:30 p.m.
<b>LACROSSE</b>		
June 1st - 3rd	4th – 6th Graders	6:00 p.m. – 8:30 p.m.
June 14th - 16th	7th & 8th Graders	6:00 p.m. – 8:30 p.m.
<b>STUDY SKILLS</b>		
June 14th – June 24th	9th Graders	8:00 a.m. – 10:00 a.m. OR 10:00 a.m. – Noon
July 12th – July 22nd	9th Graders	8:00 a.m. – 10:00 a.m. OR 10:00 a.m. – Noon
<b>AFRICAN DRUMMING CAMP</b>		
June 14th – June 18th	6th – 9th Graders (co-ed)	9:30 a.m. – Noon
<b>ART X-PLORATION</b>		
June 21st – 25th	6th – 9th Graders (co-ed) Current St.X students	9:00 a.m. – Noon Noon – 3:00 p.m.

## BASKETBALL

### June 7 - 11

9th Graders 9:00 am - Noon  
3rd & 4th Graders 1:00 pm - 3:00 pm

### June 14 - 18

5th - 8th Graders 9:00 am - 12:30 pm

### July 12 - 16

5th - 8th Graders 9:00 am - 12:30 pm

\*Note: Pick your camp based on the grade you will be entering in 2010-2011.

Camp Format - The camp will stress individual and team defensive and offensive fundamentals. Saint Xavier players and coaches will be on hand to assist with instruction and training. Daily games will be played. Speakers will address the areas of academics, self-motivation and other areas. Graduation will take place on the last day. Come join the fun this summer and work hard learning to improve your game!

Camp Information - The cost of the camp is \$90. Campers should wear gym shorts and must wear gym shoes. Campers will receive a T-shirt, a basketball, a graduation certificate and various instructional hand-outs. All campers are covered by accidental injury insurance for the week within limits of the policy. Students may be picked up in front of the Brother John Wills Sports Activities Center.

For more information call 635-5300, or email Kevin Klein at [kleink@saintxfac.com](mailto:kleink@saintxfac.com). Space is limited. Register soon!



## CROSS COUNTRY

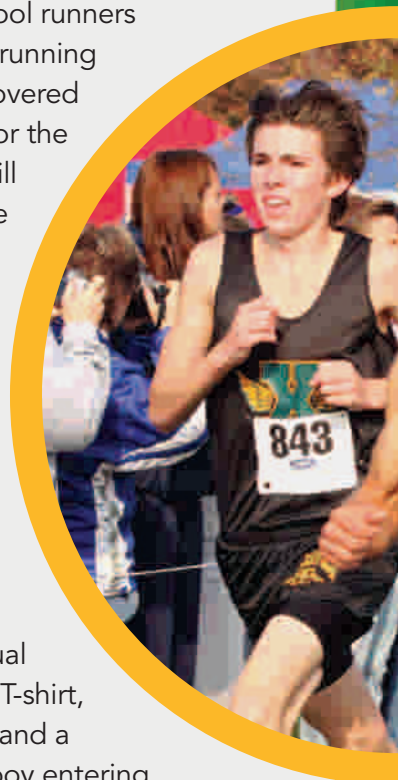
### June 7 - 10

6th - 9th Graders 8:45 am - 11:45 am

Camp Format - The camp will stress running with team work and fun. Films will aid in instruction. We will have guest speakers talk on various running subjects. College and high school runners will attend and talk about their running experiences. All campers are covered by accidental injury insurance for the week within policy limits. We will teach you the basics to become a good distance runner and have fun at the same time. Some topics covered will be: proper running form, pacing, pack running, nutrition, proper stretching, running games, interval workouts, tempo runs and racing strategy.

We will have a race at the end of camp with team and individual awards. Campers will receive a T-shirt, running log, various hand-outs and a certificate of completion. Any boy entering 6th through 9th grade interested in one of the oldest and fastest growing high school sports is invited to attend.

Camp Information - The cost of the camp is \$45. Campers should wear running shorts, running shoes and a T-shirt. They should also bring a towel and a water bottle. Campers should be dropped off and picked up at the Media Center by the overpass. For further information call 635-5300, 426-7535, or email Coach Medley at [medleyc@saintxfac.com](mailto:medleyc@saintxfac.com).



# FOOTBALL

June 7 - 11

5th - 8th Graders 9:15 am - Noon

Camp Format - Come experience the Tradition Unequaled! The camp will stress individual and team defensive and offensive fundamentals. Campers will also be introduced to some basic fundamentals of strength training and will have the opportunity to work in the largest and finest high school weight and fitness center in the state. Saint Xavier players, coaches and former players will be on hand to assist with instruction and training. Join us this summer and see how state champions are made!

Camp Information - The cost of the camp is \$80. Campers will receive a T-shirt, a camp football, insurance and a camp certificate. Campers should wear shorts, t-shirts, and tennis shoes. Cleats are optional, but should be brought in addition to tennis shoes. NO student-athletes entering the ninth grade are eligible for this camp. Space is limited. **Registration due by Friday, May 28.** For more information call 635-5300 or email Coach Glaser at [mglaser@saintx.com](mailto:mglaser@saintx.com).

June 7 - 10

3rd and 4th Graders 6:30 pm - 8:00 p.m.

Camp Format: This FOUR day camp is for young players wanting for the first time to experience the Tradition Unequaled and get a start on what it means to be a St. X Football player. The camp will stress fundamentals and techniques for those young men getting ready to start football for the first time. Stance, agility drills and the fundamentals of ball security will be stressed, along with, the elements of proper running technique and body control for the young athlete.



Our goal is to help the young player be ready for his first or second year with organized football. Ideal for those starting CSAA tackle football for the first or second year.

Camp Information - The cost of the camp is \$50. Campers will receive a camp t-shirt and camp football. Campers should wear shorts, t-shirt and tennis shoes. All campers will be dropped off at the main gate of the stadium field. Space is limited.

**Registration due by Friday, May 28th.** For more information call 635-5300 or email Coach Glaser at [mglaser@saintx.com](mailto:mglaser@saintx.com).

## LEAVE NO DOUBT

### 2010 Grade School Football Conditioning Camp

Get ready for the 2010 football season with a pre-season training camp designed specifically for the 5th - 8th grade athlete.

This 8 session camp is:

**July 19 - July 22 and July 26 - July 29**

6:00 p.m. to 7:30 p.m.

at St.Xavier High School

The cost per athlete is \$90

St.X Head Football Coach, Mike Glaser, and assistant football coaches will be on hand to assist with instruction and training.



## BASEBALL

### June 14 - 18

9th Graders 9:00 am - 11:30 am  
 7th & 8th Graders 12:30 pm - 3:00 pm

### June 21 - 25

5th & 6th Graders 9:00 am - 11:00 am

**Camp Format** - The camp was created to give young baseball players an opportunity to further develop their individual baseball skills. This year's camp will focus on teaching the fundamentals of pitching, hitting, throwing and fielding. An effort will be made to teach some advanced skills to the older age groups.

All camp activities will be conducted at Saint Xavier field. In addition to the field, our facilities include indoor and outdoor batting cages, indoor pitching mounds, and access to a gym and large parking lot in the event of wet weather.



**Camp Information** - The cost of the camp is \$80. Campers will receive a T-shirt and accident insurance. Players are to provide their own gloves, catcher's mitt and equipment if applicable, and your own bat if possible. Campers should also bring a pair of baseball shoes and flat sole shoes with them to camp each day. For more information call 635-5300 or email Coach John Jefferson at jeffersonj@saintxfac.com

## WRESTLING CAMP

### June 7 - June 9

4th Grade and Below 9:00 - 12:00 pm

### June 10 - June 12

5th graders - 12th graders 9:00 - 3:30 pm

**Camp Format** - Wrestling at Saint Xavier High School is in full swing this summer. The camp will emphasize fundamental skills in the neutral, bottom and top positions. Primary scoring attacks and secondary scoring attacks from multiple positions on the mat will be taught. The camp is designed to improve skill levels for any age athlete. Whether you are a serious and experienced wrestler or a beginner looking for



one on one teaching, this camp is for you. St. X coaches David Quirino, Efren Quirino, Isaac Knable, Martin Segovia and head coach Jim Kraeszig will instruct and motivate young wrestlers to achieve their highest potential as wrestlers and athletes.

**Camp Information** - The cost of the camp is \$50.00 for K-3rd graders and \$110 for 4th - 12th graders. Campers should bring wrestling shoes (or gym shoes), t-shirt, shorts and a pair of shoes that can be worn for outside conditioning or for lifting. Campers should also bring a water jug and a bag lunch because we will take a lunch break. Space is limited. Register soon.

For more information call 502-635-5300 or email Coach Kraeszig at kraeszigj@saintxfac.com.

## SOCCER

### June 7 - 11

5th & 6th Graders 12:30 pm - 2:30 pm

### June 14 - 18

9th Graders 12:00 pm - 3:00 pm

7th & 8th Graders 9:00 am - 11:30 am

**Camp Format** - Come experience championship soccer! The camp will focus on the development of individual skills, team tactics and strategies in order to let the player develop individually, and become an important member of a team. Camper development will be assessed at the end of the camp. A special goalie division will be available focusing on specialized skills and strategies of goal keeping. All camp activities will be conducted at Saint Xavier High School. In the event of rain, access to a gym is available.

**Camp Information** - The cost of the camp is \$80. Players are to provide cleats, tennis shoes or flats, shin guards and water bottle. Campers will receive a T-shirt, camp soccer ball and insurance for the week. For more information, call 635-5300 or email Coach Schulten at schultena@saintxfac.com.



# TIGER TENNIS TRAINING

June 14 - August 6

Ages 10 - 18

Monday - Friday

9:00 am - 1:00 pm

Since this is a Summer-long training center, daily attendance isn't required. Come spend the summer at the new St. X state-of-the-art tennis complex and learn what it takes to become a champion!

Training Center Format – Each day's workouts will be conducted by Coach Joe Kroh and Coach Kerry Lancaster and will emphasize all facets of the game: ground strokes, volleys, serves, returns, and specialized strokes, as well as the physical and mental discipline it takes to become a championship level player. We will focus on a different aspect of the game every day, including nutrition, tactics, and sportsmanship. Our competitive, live ball drills are all designed for match play situations and maximum player-on-player contact. This training center is not designed for beginning players. Inexperienced players should sign up, but acceptance will be based on a brief evaluation on the first day. This is to guarantee comparable level players on the court. If you have any questions, feel free to contact one of the coaches.

For over a decade, Tiger Tennis has attracted junior players - **both boys and girls** - from all over the greater Louisville area, from public, private and parochial schools, from surrounding counties as well as Southern Indiana.

Training Center Information - Because we want to provide the best quality training experience, we will limit Tiger Tennis Training to 70 players only. Tiger Tennis Training is the best value for the money in Kentucky; the cost of the training center is only \$450 for the entire summer. That's about \$3 an hour! The price reflects the notion that some will miss due to vacations and other commitments. In 2009 we reached capacity. Sign up early!

Coaches:

Kerry Lancaster, USPTA  
KTA Pro of the Year  
lancasterk@saintxfac.com  
266-9921 (H)  
635-5300 (Ath. Office)  
637-4712 (VOICE 544)

Joe Kroh, PTR, USTA  
KTA Coach of the Year  
krohj@saintxfac.com  
459-6586 (H)  
635-5300 (Ath. Office)  
637-4712 (VOICE 542)

## LACROSSE CAMP

**June 1-2-3** Grades 4-6 6:00 pm – 8:30 pm  
**June 14-15-16** Grades 7-8 6:00 pm - 8:30 pm

Camp Format – Saint Xavier Lacrosse has captured the Kentucky High School Lacrosse Championship in each of the past two seasons. This summer Saint Xavier will offer its first on campus lacrosse camp for both beginning and experienced players. Each of the two camps will divide the participants by skill level. Beginning players will be schooled in the rules of the sport along with drill and practice designed to develop the sport's essential



skills. Beginners will be required to bring a stick and either tennis shoes or cleats. Experienced players will have an opportunity to continue to improve their technical skills in an environment that will also provide players with the opportunity to develop tactical skills as well. For safety purposes, experienced players will need to supply their own full equipment, including helmet, pads, stick, gloves, and mouth-guard. The Saint Xavier coaching staff and former players will be on hand to instruct.

Camp Information - The cost of the camp is \$75.00 for all campers. Water will be readily available for all campers, but a personal water jug is recommended. Register soon. For more information call 502-635-5300 or email Coach Scott Howe at showepropmangement@mac.com.

## SWIMMING CAMP

**June 14th – June 18th** Ages 9 and above  
1:00 – 4:00 PM  
**June 21st – June 25th** Ages 9 and above  
1:00 – 4:00 PM

Camp Format - The Saint Xavier Coaching Staff is proud to present our "Tiger Swim Camp" for the summer of 2010. This camp is open to swimmers ages 9 and up. Swimmers must have knowledge of all four competitive strokes, and be able to swim a 50 of each stroke without stopping. The Tiger Swim Camp is under the direction of Saint Xavier High School Head Coach Todd Larkin. In addition to Coach Larkin, the camp will be taught by an experienced staff, include enthusiastic swim team members who are currently involved in the program, and feature exciting guest speakers. The goal of the Tiger Swim Camp is to provide a safe, fun, and learning environment for all swimmers from various swimming backgrounds. This camp includes: proper stroke technique for all four competitive strokes, starts, turns, goal setting, and how to get the most out of your swim practice. There is limited space for this camp. All sessions will be taught at the Cornelius Hubbuch Natatorium located on the campus of Saint Xavier High School.

Camp Information – The cost of the camp is \$100. Campers should wear swim suits, goggles, a towel, and water bottle to the Tiger Swim Camp. The campers will receive a camp T-shirt and instruction from Coach Todd Larkin and the St. X Swim Team staff. For further information call 634-2131, or email Coach Larkin at LarkinT@saintxfac.com.

## STUDY SKILLS

**June 14 - June 24**  
9th Graders 8:00 am - 10:00 am -OR-  
10:00 am - Noon  
**July 12 - 22**  
9th Graders 8:00 am - 10:00 am -OR-  
10:00 am - Noon

Seminar Format - This program is designed to introduce students of all ability levels to the necessary attitude and skills needed to

be more successful in school and to form sound study habits. The seminar focuses on the skills necessary to succeed in everyday life and school: goal setting; listening; positive mental attitude; reasoning; time management; outlining/note taking; reading skills and test taking.

Seminar Information - (Please choose one session only.) The cost of the seminar is \$125, with a \$25 non-refundable pre-registration fee. The \$100 balance is due the first day of class. The dress is casual but neat. Shorts and tennis shoes are acceptable. All materials will be provided. Each student will receive a booklet, as well as a graduation certificate.

Instructors: Mr. Joe Bergamini, Mr. Mike Johnson, Mr. Jim Kraeszig

The classes will meet Monday through Thursday. For more information call 637-4712 or email [nwesselman@saintx.com](mailto:nwesselman@saintx.com). Space is limited so register today!

## ART AT X CLAY X-PLORATION

June 21 - 25

Boys and Girls - 6th & 8th Grade 9:00 am - Noon

Camp format- Campers will explore various techniques of hand building in CLAY. You will make your own dinner ware set including a tumbler, mug, bowl and plate. Monday through Wednesday dedicated to construction of pottery. Thursday and Friday learn about surface decoration, including the use of under glaze, glaze, and wax resist applications.

Camp information- The cost of the camp is \$125 for the week which includes all materials, and two kiln firings. Please bring a pre-washed T-shirt for screen printing a camp T-shirt on Thursday. Space is limited so register soon!

Current St. Xavier Students Noon -3 pm

Camp format- students will have an intense study of wheel throwing functional pottery. You will learn to throw on the potter's wheel and create basic forms of cylinders, mugs, and bowls. Monday through Friday will be spent working with clay. Glazing will occur in ceramics club during the fall semester.

Camp information- the cost of the camp is \$125 for the week which includes all materials. Space is limited so register soon!

Instructors: Mrs. Susan Jaffe and Mr. Kevin Payne, Art teachers. For more information, email [jaffes@saintxfac.com](mailto:jaffes@saintxfac.com) or [paynek@saintxfac.com](mailto:paynek@saintxfac.com)

## TRACK AND FIELD

June 7 - 10

6th - 9th Graders

2:00 pm - 4:00 pm

Camp Format - come spend four afternoons with the Track and Field Staff at St. X and current St. X athletes on our new state of the art Track and Field facility. Our track and field teams have won 10 state championships and have been runner up 4 times. St. X currently holds 5 AAA state records out of 18 events. No other team has more than one. We currently have several track and field athletes competing at the college level. This year's camp will focus on teaching the fundamentals of HURDLES, HIGH JUMP, SHOT, DISCUS, LONG JUMP, TRIPLE JUMP and even POLE VAULT. We will also be teaching SPRINTING TECHNIQUES, STARTING BLOCKS and BATON EXCHANGES IN THE RELAYS. An effort will be made to teach advanced skills to the more experienced athletes. Campers will receive a T-shirt, handouts and a certificate of completion.

Camp Information - The cost of the camp will be \$45. Athletes are to wear running shoes, running shorts and a T-shirt. They should bring a towel and a large water bottle. Campers should be dropped off at the fieldhouse by the track. For further information, call 635-5300 or email Coach Medley at [medley@saintxfac.com](mailto:medley@saintxfac.com).

## AFRICAN DRUMMING CAMP

June 14 - 18

Co-ed, grades 6 - 9

9:30 a.m. - Noon

Camp Format: This camp is designed to introduce students to the exciting world of African drumming. Students will learn the basics of such African percussion instruments as djembes, djun-djuns, bells, and shakers, and perform African rhythms in the context of a drum ensemble. No previous musical experience is necessary.

Camp Information: The cost of the camp is \$80.00. Students will receive a T-shirt. All instruments will be provided (but students who have their own African drums are welcome to bring them). On the final day of camp, students will perform for family and friends.

Instructor: Mr. Rick Mattingly, director of the St. X Jungle Drummers

For more information contact Mr. Mattingly at [mattinglyr@saintxfac.com](mailto:mattinglyr@saintxfac.com)



**Saint Xavier High School**  
 1609 Poplar Level Road  
 Louisville, KY 40217

Non-profit Org. U.S. Postage PAID Louisville, KY Permit # 355
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**Address Service Requested**



**RETURN YOUR FORMS SOON! SPACE IS LIMITED!**

## SUMMER AT ST. X

### 2010 Registration Form

Send to: Saint Xavier High School Attn: Camps  
 1609 Poplar Level Road, Louisville, KY 40217  
 Please make all checks payable to:  
 Saint Xavier High School

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Email: \_\_\_\_\_  
 Home Phone # \_\_\_\_\_ Parent's Work Phone # \_\_\_\_\_  
 School you will attend this fall \_\_\_\_\_  
 Birth Date \_\_\_\_\_ Grade Entering \_\_\_\_\_ Age \_\_\_\_\_

**Please check all that apply.**

- Week of June 1**  
 Lacrosse \$75.00
- Week of June 7**  
 Basketball \$90.00  
 Cross Country \$45.00  
 Football (3-4th grade) \$50.00  
 Football (5-8th grade) \$80.00  
 Soccer \$80.00  
 Track \$45.00  
 Wrestling Camp K-4th \$50.00  
 Wrestling Camp 5th-12th \$110.00

- Week of June 14**  
 Swimming \$100.00  
 Basketball \$80.00  
 Baseball \$80.00  
 Soccer \$80.00  
 Lacrosse \$75.00  
 African Drumming Camp \$80.00

- Week of June 21**  
 Baseball \$80.00  
 Swimming \$100.00  
 Clay X-Ploration \$125.00

- Week of July 12**  
 Basketball \$80.00

- Week of July 19-29**  
 Football \$90.00

- June 14 - August 6**  
 Tiger Tennis Training \$450.00

- Motivation and Study Skills**  
*(Choose One)*  
 June Session 8:00 - 10:00 \$125.00  
 June Session 10:00 - Noon \$125.00  
 July Session 8:00 - 10:00 \$125.00  
 July Session 10:00 - Noon \$125.00

**TOTAL AMOUNT PAID** \_\_\_\_\_

\*\*\*\*\*ATHLETICS & ACTIVITIES CAMPS\*\*\*\*\*

Height \_\_\_\_\_ Weight \_\_\_\_\_ Adult T-shirt Size  S  M  L  XL *(not applicable to tennis)* Position *(for all camps attending)* \_\_\_\_\_

**Parental Consent (must be completed for all Camps):**

*Saint Xavier High School must have your permission to treat your son/daughter in case of emergency at the Saint Xavier camp. Please select one of the following options for emergency treatment and sign below:*

**OPTION 1:** *Saint Xavier's team physicians are available to treat your son/daughter at Audubon Hospital. If you wish to use the services of one of St. X's team physicians, please indicate as follows and sign below: I grant permission to have my son/daughter, \_\_\_\_\_, treated by Saint Xavier team physicians and I give Audubon Hospital permission to give my son/daughter emergency treatment and X-rays when necessary.*

**OPTION 2:** *If you prefer another doctor to treat your son/daughter, realizing that treatment cannot start until the doctor is located, please state the name of the doctor and hospital desired:*

I prefer that my son/daughter, \_\_\_\_\_, be treated for injuries by:  
 Physician's name and telephone # \_\_\_\_\_ Hospital preferred by parent \_\_\_\_\_

By signing below, I hereby give my consent for my son/daughter to participate in the St. X camp. I will not hold camp authorities or St. X responsible in case of injury.

PARENT'S NAME (Please Print) \_\_\_\_\_

PARENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ *(Required for all Camps)*