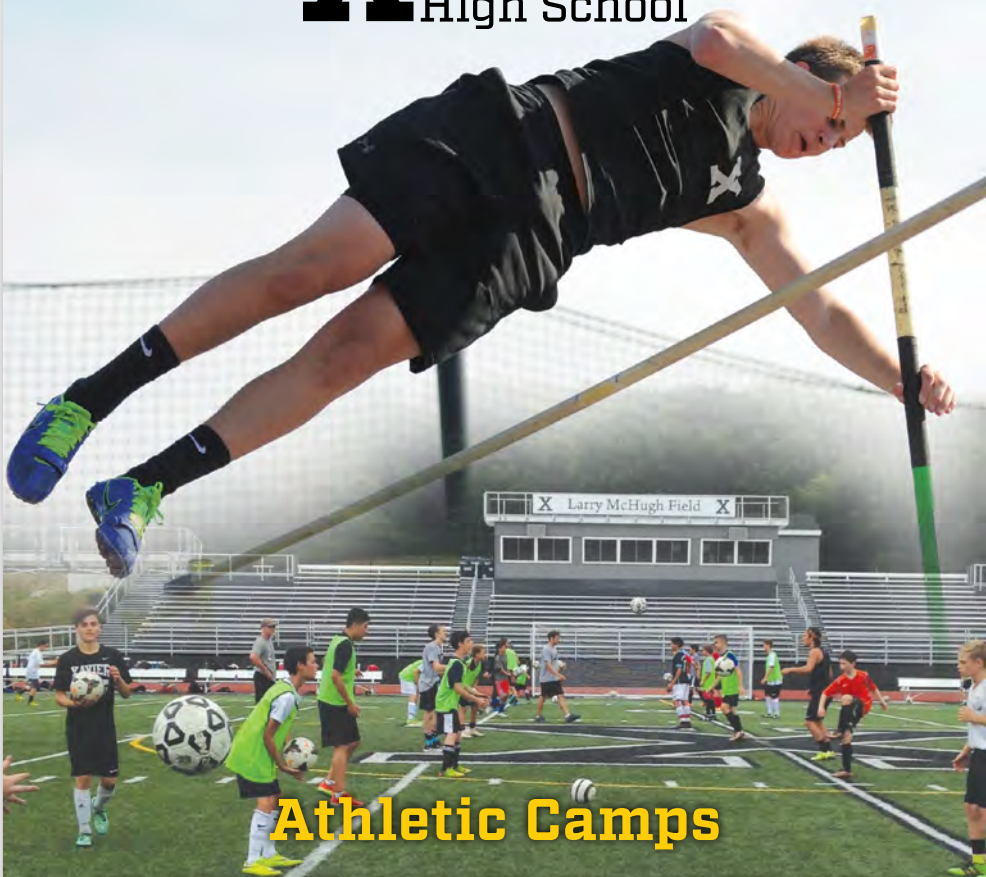


# Xavier High School



**Athletic Camps**

# SUMMER 2017

**For Young Men Entering Grades 6-9**



*Soar through  
the Summer  
at Xavier*

[www.xavierhighschool.org/summer](http://www.xavierhighschool.org/summer)





**All camps are open to young men entering grades 6-9 and are staffed by Xavier coaches and personnel**

**Registration is available online**

*Note: Camps require a minimum number of participants in order to run*

### **Baseball Camp**

July 17 - 21  
9:00 am - 12:00 pm

**Director:**  
Mr. Nicholas Cerreta  
Head Baseball Coach  
2014 SCC Champs

This camp is designed for players who would like to improve their skills in all the fundamental areas of baseball. Instruction on hitting, fielding, and throwing will be emphasized.

**Cost: \$175**



### **Cross Country/Track & Field Camp**

July 10 - 14, 1:00 - 3:30 pm

**Director:** Mr. Chris Stonier, Head Track Coach  
2013 Indoor Track SCC Champions  
2011 & 2012 XC State Open Runner-Up  
2011, 2012 & 2016 XC SCC Champions

This camp is designed for athletes of all ability levels who desire to learn the specifics of every event in the sport of Track and Field. Athletes will learn proper technique in order to excel in the sprinting, distance, jumping, and throwing events. Daily seminars will include proper nutrition, video analysis of professional athletes, the physiological effects of training phases, and setting up a season-long training plan to ensure effective peak performances. **Cost: \$150**



### **Fundamental Football Camp**

July 24 - 27, 9:00 am - 4:00 pm

**Director:** Mr. Andy Guyon  
Head Football Coach  
2005, 2010, 2011, 2012, & 2014  
Class LL State Champions

This camp is designed to improve the basic skills and fundamental techniques of football and teach the fundamentals of the game. Each camp member will have the opportunity to learn how to play the different positions in the game of football.

**Cost: \$325**



### **Lacrosse Camp**

July 17 - 21, 4:30 - 8:00 pm

**Director:** Mr. Scott Basile  
Head Lacrosse Coach  
2015 SCC Champs

This camp is designed to be fun in a highly energized environment. Emphasis will be placed on advanced and interactive coaching. First, drills will focus on individual skills and team concepts. After drills, games will reinforce concepts from the drill sessions.

**Cost: \$200**

### **Rowing Camp**

July 10 - 14, 9:00 am - 12:00 pm

**Director:** Mr. Peter Belmonte  
Head Crew Coach

This camp is intended to introduce and strengthen the rowing skills of athletes of all abilities. The first two days will focus on the fundamentals of technique as well as strength and conditioning indoors on the ergometers, while the remainder of the camp will be spent outdoors on the Connecticut River. Eight-person boats will be stacked based on ability for part of the camp, but mixed to allow for close racing towards the end of camp.

**Cost: \$175**



### **Soccer Camp**

July 10 - 14, 12:30 - 3:30 pm

**Director:** Mr. Brian Fitzgerald  
Head Soccer Coach  
2013 State Semi-Finalist

This camp is designed to develop the tactical and technical abilities of each player, taking into consideration their individual skill levels. The camp is open to student athletes of all abilities and is a great opportunity to further develop fundamentals and advanced skills.

**Cost: \$175**



Register Online at [www.xavierhighschool.org/summer](http://www.xavierhighschool.org/summer)

## Strength and Conditioning Camp

July 10 – 14, 9:00 am - 12:00 pm

**Director:** Mr. Michael Cunningham  
Physical Education & Health Teacher

This camp is designed to learn weight lifting exercises and how to setup your own work out program as well as improve speed, agility, balance, coordination, and flexibility. Human anatomy and nutrition will also be discussed.

**Cost:** \$175

## Wrestling Camp

July 10 – 14, 1:00 - 3:30 pm

**Director:** Mr. Michael Cunningham  
Head Wrestling Coach  
2011-2015 SCC Champions  
2012 State Open Champions  
2011 & 2012 State Class LL Champions  
2008-09 State Coach of the Year

This camp is designed to teach the basic skills and techniques of wrestling to the beginner or intermediate wrestler. The advanced techniques will also be taught. The week long camp will also include segments on nutrition and strength and conditioning necessary to become a successful wrestler. **Cost:** \$150



**For more information on Summer Athletics Camps contact:  
Mr. Nick Cerreta, Dean of Students 860-346-7735 x785**

**Another Fantastic Summer Adventure Offered at Xavier High School!**

## Expedition: Xavier

**An enrichment camp for young men entering grades 5-8**

Two, week-long sessions. Students may attend one or both sessions.

**Session I:** Features a variety of activities with something different each day. Past activities included biotechnology, archeology, photography, mock trial, debate, engineering, and forensics.

**Session II:** Features a course on robotics programming and design.

**Session I:** July 17 - 21, 9 am – 3 pm

**Session II:** July 24 - 28, 9 am – 3 pm



**Location:** Xavier High School  
**For:** Students entering grades 5-8  
**Cost:** \$300/each session

*Early arrival and late pick-up available for Expedition: Xavier if needed.*