

ST. BEDE BRUINS

Summer Sports Camps 2024

Scan the QR code to register today!



Or see the order form on the reverse side!

Golf Camp

Learn the fundamentals of golf with St. Bede golf coach Rich Cummings. You will learn the golf swing, grip, stance and alignment. Special guest instructors will make appearances throughout the camp. Campers need golf clubs and we provide the golf balls. Meet west of the gym. Appropriate for school-age children.

Date: Tues, May 28 through Fri, May 31
Time: 9:00am – 10:30am
\$70.00 Registration Fee



Girl's Basketball Camp

St. Bede coaches and players from the 2023-24 IHSA 4th Place State Girls Basketball team will offer instruction and demonstration on shooting, passing, dribbling, and defense. Learn from the best in a fun and encouraging environment! Fee includes t-shirt and participation gift.

Date: Mon, June 3 – Thurs, June 6
Session One: Students 4th – 6th grades
Time: 8:30am – 10:00am
Session Two: Students 7th – 9th grades
Time: 10:30am – 12:00pm

\$50.00 Registration Fee

Bruin Power Camp

St. Bede PE and Wrestling Coach Sam Allen introduces this brand new camp for students looking for hands-on core weightlifting principles and technique. Students participating will safely learn proper lifting technique for maximum results, right here in our very own weight room. Students receive four days of instruction as well as their own targeted weight training and conditioning program. Fee includes t-shirt and participation gift. Register today - space is limited!

Date: Mon, June 3 – Fri, June 6
Time: 9:00am – 10:30am
Ages: 7th Grade – 12th Grade
\$40.00 Registration Fee



Boy's Basketball Camp

St. Bede basketball coach, Brian Hanson, and his players will teach and hone the fundamentals of basketball through station drills, daily skill challenges, and individual instruction. Team games with competitions and scrimmages will also be a part of the instruction. Prizes and awards will be given for different competitions throughout the week. Includes t-shirt and participation gift.

Date: Mon, June 10 thru Fri, June 14
Session One: Students entering grades 3 – 5
Time: 9:00am – 10:30am
Session Two: Students entering grades 6 – 8
Time: 10:30am – 12:00pm

\$50.00 Registration Fee

Student Name _____ Grade in Fall 2024 _____ Grade School _____

Address _____ City _____ Zip Code _____

Parent Email _____ Phone number _____

Camp Choices & Sessions: _____

Total Registration Fees: _____ Circle T-Shirt Size: YS YM YL AS AM AL AXL

Mail registration form and payment to:
Saint Bede Academy - Summer Camp
24 W US Hwy 6
Peru, IL 61354

You can also register and pay online at
www.st-bede.com/summersportscamps,
or by scanning the QR code on the front of this flyer.

Wrestling Camp

St. Bede Academy head wrestling coach Sam Allen brings 25+ years of college wrestling experience to teach campers proper technique, sparring tips, and ways to improve conditioning and results at the mat. Wrestlers of any experience or abilities are encouraged to attend!

**Date: Mon, June 26 through Friday, June 30
9:00am - 11:30am**

For students entering 4th - 12th grade

\$50.00 Registration Fee



Softball Camp

Shawn Sons, head coach of the 2023 IHSA State Champion Lady Bruins Softball team, along with his coaching staff, current and past players are excited to bring back the Softball All-Skills Camp. The camp will cover the fundamentals and help advance players in fielding and hitting. Camp will meet at Abbot Phillip Davey Field on the west side of campus. Includes t-shirt and participation gift.

**Date: Mon, June 10 and Tues, June 11
Session One: For ages 8-10
Time: 10:00am - 12:00pm**

**Session Two: For ages 11-14
Time: 12:30pm - 2:30pm**

\$40.00 Registration Fee

Football Camp

St. Bede Head Football Coach, Jim Eustice, and his staff and players will teach how to block, tackle, run, and pass the Bruin way! This camp promises a great week for aspiring football players to learn the game and reinforce skills. Campers have chances to win prizes through competitions and games. Open to students entering 2nd-9th grades. Please wear cleats if you have them. Includes T-shirt and participation gift.

Date: Tues, July 9 - Fri, July 12

Time: 8:45am - 10:15am

\$50.00 Registration Fee



Speed & Agility Camp

Bruins' Strength & Conditioning Coach, Sam Allen, will teach form, technique and skills to produce the best speed times for each individual. Training and skill building will develop around proper use of body mechanics and power development. The camp will include techniques for quick footwork, explosiveness, and injury prevention through proper training and muscle development. Campers will meet at the St. Bede Football Field. Open to students entering 3rd-9th grades. Includes T-Shirt and participation gift.

Date: Tuesday, July 9 - Friday, July 12

Time: 10:30am - 11:30am

\$35.00 Registration Fee



Volleyball Camp

Coaches and current members of the volleyball team help campers develop sound game skills and advance their current abilities. Through competitive drills and team play, players will improve their game in a positive and supportive camp setting. Campers are encouraged to bring their own knee pads, if they have them. Includes T-shirt and participation gift.

Date: TBD

\$50.00 Registration Fee

www.st-bede.com/summersportscamps