

## St. Luke Summer Sports Clinics

All morning clinics are held from 8:00 am – until 12:00 pm each day.

Afternoon clinics are held from 1:00 – until 5:00 pm each day.

**All athletes will receive a shirt.**

Athletes should wear comfortable athletic clothing appropriate for the sport session: T-Shirt, elastic band shorts, socks, and tennis shoes. Hats and appropriate protective equipment should be worn. Athletes should bring sunscreen, sports bottle with water or Gatorade, a snack, and a wash cloth to cool off with.

Soccer requires shin guards;

Volleyball requires knee pads;

*Soccer cleats are recommended but not required.*

**Soccer** – Basic fundamentals are demonstrated and progressively developed each day: throw-ins and dribbling, passing and spacing, corner kicks and proper line-ups, along with general rules of the game. This is both a defense and offense clinic. Open to both boys and girls.

**Volleyball** – They will develop their passing, serving, setting, and hitting skills. Review the rotation used by competitive teams. Scrimmages will be used to evaluate an athlete's progress on a daily basis. Open to girls only.

**Basketball** - This camp will work on all basic skills: dribbling, passing, shooting, defense, and offense. Athletes will be introduced to offensive and defensive strategies used by higher level teams. This clinic is offered as a half day or full day; the full day will allow games and scrimmages. Open to both boys and girls.

**Football** - Designed to introduce the game of football to athletes. Drills implemented will improve agility, speed, and coordination. This clinic will challenge those interested in taking football to the next level at St. Luke. Open to both boys and girls.

## 2019 St. Luke Summer Coach Loza Sports Clinics



**Rebels**  
*for Christ*

Soccer \* Volleyball \* Basketball \* Football

Clinics Hosted by Rudy Loza – St. Luke Athletic Director 638-8853

## CLINIC DESCRIPTION

St. Luke Catholic School Summer Sports Clinics offer students an opportunity develop basic skills necessary to be successful in athletics. All clinics are held on St. Luke facilities and are directed by the Athletic Director, Rudy Loza. Most of the clinics are open to all incoming 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> graders. Though Fifth Graders are not eligible to tryout for the school teams, these clinics give them insight to athletics at the middle school level. Three of our clinics are geared towards the younger students and are open to those in Kinder through 4<sup>th</sup> grades.

All of the clinics are designed for athletes to prepare for the upcoming sports seasons. Whether it is for School, CYO, or Club teams, these clinics help develop a competitive mindset, condition the body, and improve athletic skills.

Athletes are grouped by age and ability, and they are under the constant supervision of coaches throughout the week. Each clinic emphasizes fundamentals, good sportsmanship, and the rewards of hard work and effort. Athletes are evaluated on their individual skills, development and improvement throughout the camp.

### Coach Loza and Coaching Staff

#### CLINICS OFFERED THIS SUMMER:

**Half day morning 8:00—12:00**  
**AFTER NOON CAMP 1:00—5:00**  
**DROP-OFF AS EARLY AS 7:30**

**Cost per camp is \$100.**  
**REGISTER EARLY!!! \$10 OFF**  
Registration by June 1st receive a \$10 discount

For additional information, please call Coach Loza at 210-638-8853 or email [rudy.loza@stlukecatholic.org](mailto:rudy.loza@stlukecatholic.org)

## St. Luke Summer Sports Camp Application

Please check the session that you are registering for and make checks payable to St. Luke Catholic School. Please print clearly.

|       |             |                                   |                                      |
|-------|-------------|-----------------------------------|--------------------------------------|
| _____ | Session I   | Basketball (K - 8 <sup>th</sup> ) | June 10 – June 13 8:00 am - 12:00 pm |
| _____ | Session II  | Basketball (K –8 <sup>th</sup> )  | June 10 - June 13 1:00 pm - 5:00 pm  |
| _____ | Session III | Soccer (1st-8th)                  | June 17 – June 20 8:00 am - 12:00 pm |
| _____ | Session IV  | Football (4th - 8 <sup>th</sup> ) | June 24 – June 27 8:00 am - 12:00 pm |
| _____ | Session V   | Volleyball (2nd-8th)              | July 15 – July 18 5:00 pm—8:00 pm    |



All half day camps are \$100.00.  
CAMPS I AND II, OR III AND IV TOGETHER WILL COST \$180.00  
AFTER JUN 1 \$190.00

Athlete Name: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthday: \_\_\_\_\_

HM: \_\_\_\_\_ Emergency: \_\_\_\_\_

Adult T-Shirt size (circle one): S M L XL Youth T-Shirt S M L Check #: \_\_\_\_\_

My son/daughter is physically capable of participating in the St. Luke Sports Camp. I hereby authorize the camp staff to act for me using their best judgment in any emergency situation. I also hereby release the staff, volunteers, camp, school and church from any and all liability for any injuries or illnesses incurred during the camp. I have medical insurance and accept all financial responsibility.

\_\_\_\_\_ Date: \_\_\_\_\_  
Parent or guardian's signature