



SOCCER

Soccer Skills Camp

Boys and Girls Grades 7-12 (Fall 2011)
July 11-15 9:00am-11:00am \$120

This camp is open to both boys and girls in grades 7-12. It will focus on individual skills such as shooting, passing, receiving, dribbling, and heading. Players will also receive instruction in individual and team tactics, fitness, and game knowledge.

Soccer Goal Scoring Camp

Boys and Girls Grades 7-12 (Fall 2011)
July 18-22 9:00-11:15am \$100

This camp will focus on creating goal scoring opportunities as well as improving goal scoring techniques. Coaches will use drills, video recording of each player to improve technique as well as simulations of real game situations.

Soccer Goal Scoring Camp

Boys and Girls Grades 7-12 (Fall 2011)
July 25-29 9:00am-11:00am \$100

This camp will prepare players to acquire a foundation level of physical conditioning to enable them to perform better than ever during the competitive high school season. The sessions will include stretching, sprinting, explosiveness, long distance running, heart rate readings, flexibility, aerobic interval running, and more.

HFCHS Head Coach and NCAA Big Ten Official Jorge Oconitrillo will direct the HF soccer camps. For more information, please contact him at oconitrillojo@hfchs.org.



BASKETBALL

Gear up for a week of individual fundamentals, drill work, and five-on-five games! Each week is uniquely designed to offer athletes the most beneficial and comprehensive training possible.

Boys Camps

Under the direction of Joe Burger, HFCHS head boys basketball coach with the assistance of other members of HFCHS coaching staff.

Boys Grades 3-4 (Fall 2011)
June 27-30 9:00am-10:30am \$50

Boys Grades 5-6 (Fall 2011)
June 27-30 11:00am-1:00pm \$90

Boys Grades 7-8 (Fall 2011)
June 26-29 1:30pm-3:30pm \$90

Girls Camps

Under the direction of Mike Friestleben, HFCHS girls basketball coach, with the assistance of other members of HFCHS girls basketball coaching staff.

Girls Grades 4-6 (Fall 2011)
July 11-14 9:00am-11:00am \$90

Girls Grades 7-8 (Fall 2011)
July 11-14 11:30am-1:30pm \$90



VOLLEYBALL

Directed by volleyball coach Pam Osterfeld, volleyball camps will include everything from individual and team fundamentals to conditioning, drill work, scrimmages, and more!

Youth Camp

Grades 3-6 (Fall 2011)
June 20-23 1:30pm- 3:00pm \$70

Middle and High School Camp

Grades 7-12 (Fall 2011)
June 20-23 3:15pm- 6:00pm \$120

Cobb Camp

August 8-12 4:30pm-7:30pm
For girls participating in HF high school volleyball program. Save the date!



WEIGHT ROOM

Summer Hours

Monday	9:00am-11:00am 6:00pm-8:00pm
Wednesday	9:00am-11:00am 6:00pm-8:00pm
Thursday	6:00pm-8:00pm
Friday	9:00am-11:00am 6:00pm-8:00pm

Supervised summer weight room hours are open to current, former, and incoming HFCHS students. Come when you can, leave when you want!



FENCING

This camp offers middle school and high school students an introduction to the unique and growing sport of fencing. This camp will introduce students to basic elements of fencing's rules, footwork, basic blade skills, and competition. No experience is necessary and equipment will be provided. Held in the HF gym.

Grades 7-12
July 18-21 12:00pm-3:00 pm \$120



FOOTBALL

HF Youth Football Camp

Grades 3-8
June 20-22 2:00pm-5:00pm \$135

HIT Camp

Grades 9-12
June 13-16 \$70

More information and registration forms for Football Camps can be found on our website, www.hfchs.org



HOCKEY

See our website for summer camp opportunities for boys and girls high school hockey!

REGISTRATION*

**One form per camper. Additional registration forms available online at www.hfchs.org.*

Name _____

Gr (Fall 2011) _____ Gender M / F

Address _____

City/St/Zip _____

Current School _____

Parent/Guardian _____

Phone _____

Emergency Contact _____

Phone _____

Physician/Clinic _____

Phone _____

Camp 1 _____

Camp 2 _____

Camp 3 _____

T-Shirt Youth: M / L Adult: S / M / L / XL

I grant permission to the HFCHS camp staff to act for me, according to their best judgment, in any emergency requiring medical attention. I release the camp staff, Holy Family Catholic High School, and the Archdiocese of Minneapolis & St Paul from any and all liabilities for injuries incurred while either at camp or during bus transportation.

Signature _____

Date _____

Please make checks payable to:

Holy Family Catholic High School
Attn: Summer Sports Camps
8101 Kochia Lane
Victoria, MN 55386

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CAMP DEADLINES



Football

Youth- June 1, 2011

HIT- May 1, 2011

Soccer

June 1, 2011



Basketball

June 1, 2011

Volleyball

June 1, 2011



Fencing

June 1, 2011

Weight Room

No registration required.



Holy Family
Catholic High School

8101 Kochia Lane
Victoria, MN 55386
(952) 443-4659 • www.hfchs.org



fuel your inner
fire