

St. Luke Summer Sports Clinics

All morning clinics are held from 8:30 am – until 12:30 pm each day.
Afternoon clinics are held from 1:00 – until 5:00 pm each day.
(Daycare available until 6 p.m.)

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.

The concession stand will be open during the clinics.

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 – Athletes 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 - Open to both boys and girls. 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.

2009 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 are offered to allow students an opportunity to learn and develop basic skills necessary to be successful in athletics. All clinics are held on St. Luke facilities directed by the Athletic Director, Rudy Loza. Most of the clinics are open to all incoming 5th, 6th, 7th & 8th graders. Although Fifth Graders are not eligible to tryout for the school teams, these clinics give them insight toward athletics at higher levels. Two of our clinics are geared towards the younger students and are therefore open to Kinder through 4th grade.

All of the clinics are designed for athletes to prepare for the upcoming sports seasons. If you are working to improve, whether for CYO, school, or club teams, these clinics give you the advantage of preparing your mind, conditioning your body, and improving your skills.

Athletes are grouped by age and ability, and they are under the constant supervision of coaches throughout the week. Each clinic develops fundamentals and good sportsmanship, and shows 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

St. Luke Coaches Arlene Fuentes, Stacey Garner, Tony Hernandez, Chaz Balderrama, Marc Alonso, Xavier Holguin, Rudy Loza, Gabriel Loza, Eric Fuentes and Alumni Athletes

CLINICS OFFERED THIS SUMMER:

**(A) All day; (B) Half day morning;
or (C) Half day afternoon**

(A) 8:30 – 5:00 (B) 8:30 – 12:30 (C) 1:00 – 5:00

***THE HALF DAY AFTERNOON CAMP SCHEDULE IS
LUNCH, MOVIE, SCRIMMAGE, AND FUN***

For additional information, please call Coach Loza at
210-638-8853 or email 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	Soccer (1 – 8 th)	June 8 th – June 12 th	A, B, C
_____	Session II	Basketball (5 th –8 th)	June 15 th – June 19 th	A, B, C
_____	Session III	Volleyball (4 th – 8 th)	June 22 – June 26	A, B, C
_____	Session IV	Football (3 rd – 8 th)	June 22 – June 26	A, B, C
_____	Session V	All Sports Camp ,Basketball, Soccer (K – 5 th)	June 29 th – July 3 rd	A, B, C



All half day camps (morning & afternoon sessions) are \$100.00. All Full day camps are \$160.00. Multiple camps & additional family campers are \$5.00 off.

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