



Resurrection College Prep High School

# 2022 SUMMER CAMPS



Resurrection College Prep will host a variety of camps including athletics, art, book club, science and theater.

# SUMMER CAMPS

## WEEK OF JULY 11 (M-TH)

Hands-On, Minds-On Science Camp	9:00am - 12:00pm	\$125
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## WEEK OF JULY 25 (M-TH)

Hooked on Books Reading Camp	9:00am - 12:00pm	\$125
Art Camp	12:30pm - 3:30pm	\$125
Theater Camp	12:30pm - 3:30pm	\$125

*Campers interested in attending a morning and afternoon camp, can stay for a supervised lunch.  
Campers will be required to bring their own lunch.*

## CAMP DESCRIPTIONS

### Hands-On, Minds-On Science Camp

Campers will have the opportunity to investigate science topics in a Hands-On, Minds-On framework. Simply put, this camp will encourage each camper to DO something – observe, ask questions, touch, smell, experiment, and evaluate the results of their investigations, asking each camper to think and act like a scientist, while giving them the chance to make discoveries on their own.

Topics in Physics, Chemistry, and Biology will be on the menu for the week. Areas of investigation may include designing, building, and testing bottle rockets; observing the behavior of animals in different environmental conditions; investigating the science of ice cream making; using sunlight and chemistry in order to create individual works of art; and designing solutions to real-world engineering problems.

### Broadway Bandits: Performing Musical Theatre Camp!

Learn to perform musical theatre songs in this show-stopping camp! During the camp, we will learn how to sing with proper vocal technique, apply acting techniques to our songs, and have fun performing popular musical theatre songs. This camp will culminate in a final performance where everyone will get a chance to shine.

### Hooked on Books Reading Camp

This camp is for the avid reader! Over the course of the week, campers will read, discuss, and celebrate reading in many forms. In addition to group discussion and creative activities, we will also touch on skills that will help students become more proficient critical and analytical readers. Resurrection will provide the book; the book will be announced before camp begins.

### Art Camp

Art Camp will explore a variety of art projects inspired by nature and animals. Campers will explore the great world of art using a variety of art mediums to create fun art projects. We will work outdoors and in the studio. This unique learning experience places an emphasis on having fun while exploring creativity!

## LEADER PROFILES

### Mallory Coakley, Resurrection Alumna

Mallory Coakley is a musician and educator from the Northwest Side of Chicago. A 2017 graduate, Mallory began her performing art career at Resurrection. Mallory has her Bachelor's of Arts degree in Vocal Music Education from North Park University. While at NPU, Mallory composed and directed several musical theatre shows. She loves showtunes and teaching young performers how to sing.

### Christopher Hawker, RES Science Curriculum Coordinator

Christopher Hawker has been teaching young people about the beauty, wonder, and awesomeness of our natural world for seventeen years. Having had the opportunity to engage with hundreds of science students over those years, he approaches science learning from an experiential framework.

### Ms. Ann Schneider, Resurrection Librarian

Ms. Schneider taught English at Resurrection College Prep for nine years before becoming the school librarian in 2013. She loved to read historical fiction and narrative non-fiction.

### Ms. Tricia Sweeney, Resurrection Art Teacher

Ms. Sweeney is the art teacher at Resurrection; she instructs our digital photography, ceramics, drawing and painting classes. She loves nature and learning about our world through art.

# ATHLETIC CAMPS

## BASKETBALL

M-Th, June 6-9	Basketball High School Camp	Grades 9-12	12:15pm - 2:15pm	\$100
M-Th, June 13-16	Basketball High School Camp	Grades 9-12	12:15pm - 2:15pm	\$100
M-Th, June 20-23	Basketball Skills Camp	Grades 4-6	10:30am - 12:00pm	\$100
M-Th, June 20-23	Basketball High School Camp	Grades 9-12	12:15pm - 2:15pm	\$100
M-Th, June 20-23	Basketball Skills Camp	Grades 7-8	2:30pm - 4:00pm	\$100
M-Th, June 27-30	Basketball Skills Camp	Grades 4-6	10:30am - 12:00pm	\$100
M-Th, June 27-30	Basketball High School Camp	Grades 9-12	12:15pm - 2:15pm	\$100
M-Th, June 27-30	Basketball Skills Camp	Grades 7-8	2:30pm - 4:00pm	\$100

## LACROSSE

M-Th, June 20-23	Lacrosse Skills Camp	Grades 5-8	4:00pm - 5:30pm	\$100
M-Th, June 20-23	Lacrosse High School Camp	Grades 9-12	5:30pm - 7:00pm	\$85
M-Th, June 27-30	Lacrosse Skills Camp	Grades 5-8	4:00pm - 5:30pm	\$100
M-Th, June 27-30	Lacrosse High School Camp	Grades 9-12	5:30pm - 7:00pm	\$85
Fri-Sun, July 8-10	Youth U14 Lacrosse Tournament	Grades 5-8		\$120
Fri-Sun, July 8-10	High School Lacrosse Tournament	Grades 9-12		\$120

## RUNNING

M-Th, June 27-30	Running Camp	Grades 5-12	7:00am - 8:30am	\$40
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## SOCCER

M-Th, June 20-23	Soccer Skills Camp	Grades 5-8	9:00am - 10:30am	\$100
M-Th, June 20-23	Soccer High School Camp	Grades 9-12	2:45pm - 4:15pm	\$75
M-Th, June 27-30	Soccer Skills Camp	Grades 5-8	9:00am - 10:30am	\$100
M-Th, June 27-30	Soccer High School Camp	Grades 9-12	2:45pm - 4:15pm	\$75

## SOFTBALL

M-Th, June 27-30	Softball Skills Camp	Grades 5-6	8:30am - 10:00am	\$75
M-Th, June 27-30	Softball High School Camp	Grades 9-12	10:15am - 12:00pm	\$75
M-Th, June 27-30	Softball Skills Camp	Grades 7-8	12:45pm - 2:15pm	\$75

## TENNIS

M-Th, July 11-14; July 18-21	High School Tennis Camp	Grades 9-12	12:30pm - 2:00pm	\$110
T/Th, July 12, 14, 19, 21	Tennis Skills Camp	Grades 5-8	11:00am - 12:30pm	\$75

## TRACK

M-Th, July 25-28	Track Youth Camp	Grades 5-8	6:00pm - 7:30pm	\$75
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# ATHLETIC CAMPS

## VOLLEYBALL

June 30-July 26	High School Volleyball Strength/Conditioning and Open Play	Grades 10-12	6:00pm - 8:00pm	\$100
Tu-Fri, July 19-22	Volleyball Skills Camp	Grades 5-6	5:00pm - 6:30pm	\$100
Tu-Fri, July 19-22	Volleyball Skills Camp	Grades 7-8	6:30pm - 8:00pm	\$100
Tu-Fri July 19-22	Volleyball Skills Camp	Grade 9	8:00pm - 9:30pm	\$100
Sat, July 23	Volleyball Setting Camp	Grades 5-8	9:00am - 10:30am	\$40
Sat, July 23	Volleyball Passing Camp	Grades 5-8	10:30am - 12:00pm	\$40
Sat, July 23	Volleyball Attacking Camp	Grades 5-8	12:00pm - 1:30pm	\$40
M-W, July 25-27	Volleyball Skills Camp	Grades 5-6	5:00pm - 6:30pm	\$80
M-W, July 25-27	Volleyball Skills Camp	Grades 7-8	6:30pm - 8:00pm	\$80
M-W, July 25-27	Volleyball Skills Camp	Grade 9	8:00pm - 9:30pm	\$80

## YOUTH CAMPS & TOURNAMENTS

### Basketball Camp

**4th-6th Grade Basketball Skills Camp:** This camp will focus on the progressive skill development of the whole player. Skills camp is open to all students going into grades 4th, 5th and 6th. The skills will be developed in both individual skill development drills and integrated into a team format. The drills will focus on individual footwork, passing, ball handling, body positioning, defensive skill work, and shooting. The skills will also focus on team development within an offensive and defensive system. The skill development will progress over the multiple weeks of summer camp resulting in the improvement of the player overall. All 4th-6th grade participants will have the opportunity to learn from the Bandit Basketball coaching staff to develop their skills at a high level. The basketball skills camp will help each individual player develop their skills set to be a more complete player.

**7th-8th Grade Basketball Skills Camp:** This camp will focus on the progressive skill development of the whole player. Skills camp is open to all students going into grades 7th and 8th. The skills will be developed in both individual skill development drills and integrated into a team format. The drills will focus on individual footwork, passing, ball handling, body positioning, defensive skill work, and shooting. The skills will also focus on team development within an offensive and defensive system. The skill development will progress over the multiple weeks of summer camp resulting in the improvement of the player overall. All 7th-8th grade participants will have the opportunity to learn from the Bandit Basketball coaching staff to develop their skills at a high level. The camp will help them grow their skills, and prepare them for the high school level.

### Lacrosse Youth Camp & Tournament

**Lacrosse Youth Skills Camp:** This camp will focus on the basics for new players of throwing, catching, cradling, and dodging skills, progressing to basic positioning and the rules of lacrosse. As the camps progress, there will be small-sided scrimmages. There is the option for playing in games at a local tournament a weekend after camp as a separate sign-up. The girls will be ready even if starting new. For more advanced players, additional plays with offensive and defensive strategy is taught.

**Lacrosse Youth Tournament:** After Lacrosse Camp ends on June 30th, there will be an opportunity to compete in the U14 Pipe City Lacrosse Festival at Vernon Hills. The tournament is a U-14 tournament. Sign-ups are open to students going into 8th grade and younger. There will be practice on July 8th from 4 to 5:30 pm Then the tournament will be 4-5 games on July 9th and 10th. Tournament participation will be dependent on camper participation. You will be refunded if we cannot compete.

### Soccer Camp

All are welcome at the Youth Soccer Camp, from beginner to more experienced players. Coaches will be covering basic soccer skills, such as ball control, dribble, and passing. For more advanced players, one-touch passing skills, soccer strategy, and positioning will be taught, as well as defensive and offensive technique.

## YOUTH CAMPS & TOURNAMENTS *continued*

### Running Camp

This camp will focus on running form and mechanics, as well as proper nutrition and hydration. The girls will run on our one-mile, on-campus race course. Running shoes, good socks, a comfortable shirt and comfortable pants or shorts are required for the camp. This camp is open to all students in grades 5th-12th.

### Softball Camp

**5th-6th Grade Softball Camp:** This camp will be instructed by the Resurrection High School coaching staff. Camp participants will be educated in the skills used to compete at the high school level. Fielding, base running, and hitting mechanics will be featured. Live drills and game situations will focus on the skills learned during the camp. The coaching staff welcomes players of all skill levels. Our on-campus facility has two softball diamonds and a batting cage. The coaches will partner the camp participants with players of similar skill sets. Softball pants, gym shoes or softball spikes, and a softball glove are required. Bring your softball bat and helmet, or you may borrow one if needed.

**7th-8th Grade Softball Camp:** This camp will be instructed by the Resurrection High School coaching staff. Camp participants will be educated in the skills used to compete at the high school level. Fielding, base running, and hitting mechanics will be featured. Live drills and game situations will focus on the skills learned during the camp. The coaching staff welcomes players of all skill levels. Our on-campus facility has two softball diamonds and a batting cage. The coaches will partner the camp participants with players of similar skill sets. Softball pants, gym shoes or softball spikes, and a softball glove are required. Bring your softball bat and helmet, or you may borrow one if needed.

### Tennis Camp

In this skills camp, participants will learn forehands, backhands, volleys, and serves at their individual level, beginners working on basics and more experienced players perfecting their technique. Strategy, scoring and mental toughness will also be introduced, fully preparing players to be ready for our fun, end-of-camp Round Robin Scramble. Adult-sized racquet and tennis shoes required. Very important: It is hot in the summer and there are no water fountains at Olympia Park. Please be sure to bring a water bottle. No water is provided at the camp.

### Track Camp

This camp is designed to introduce young athletes to the sport of Track and Field. Using foundational drills and exercises, the athletes will learn about the basics of sprints, jumps, throws, and distance running events that make up Track and Field. The fundamentals of warming up, stretching, stride, and mechanics will also be emphasized. These skills will be covered the first three days of the camp. The last day of the camp will be a regular track meet for those who have attended the camp. Campers – please bring a water bottle as there are no outside water fountains.

### Volleyball Camp

**5th-8th Grade Skills Camp:** This camp will consist of instructional drills, mini-games, activities, and a camp tournament to teach the game of volleyball, develop individual skills, and have fun in an environment that promotes positivity and learning.

**5th-8th Setting Camp:** This developmental camp will improve participants' individual skills in the area of setting. Coaches with expertise in setting will provide group and individual training to girls attending skills camps in an environment that promotes positivity and learning.

**5th-8th Passing Camp:** This developmental camp will improve participants' individual skills in the area of passing. Coaches with expertise in passing will provide group and individual training to girls attending skills camps in an environment that promotes positivity and learning.

**5th-8th Attacking Camp:** This developmental camp will improve participants' individual skills in the area of attacking. Coaches with expertise in attacking will provide group and individual training to girls attending skills camps in an environment that promotes positivity and learning.

## HIGH SCHOOL CAMPS & TOURNAMENTS

*Only RES incoming freshmen and girls currently enrolled at Resurrection College Prep are eligible to participate in high school summer camps and tournaments.*

### Basketball Camp

**Skills and Team Development Camp:** This camp will focus on the progressive skill development of the whole player. This camp is open to all Resurrection College Prep students. The skills will be developed in both individual skill development drills and integrated into a team format. The drills will focus on individual footwork, passing, ball handling, body positioning, defensive skill work, and shooting. The skills will also focus on team development within an offensive and defensive system. The skills and team development camp will progress over the multiple weeks resulting in the improvement of the player overall. This will allow the individual player to develop their skills and learn to develop them within the high school system. It will also provide them the opportunity to work with the high school coaching staff in preparation for next season.

### Lacrosse Camp & Tournament

**Lacrosse Camp:** This camp is open to incoming and current Resurrection students only. The camp will focus on fundamental lacrosse skills needed to compete at the high school level. New players are welcome to begin to learn the sport. Lacrosse philosophy, as well as team offensive/defensive strategy will be discussed. Team plays and positioning will be practiced. The camps are used as extra practices and preparation for the spring season.

**Lacrosse Tournament:** After camp ends on June 30th, there will be an opportunity to compete in the 2022 Pipe City Festival at Vernon Hills. There will be practice on July 8th from 5:30 pm to 7 pm Then the tournament will be 4-5 games on July 9th and 10th. Only Resurrection incoming and current high school students may participate. (Tournament participation will be dependent on camper participation. You will be refunded if we cannot compete.)

### Running Camp

This camp will focus on running form and mechanics, as well as proper nutrition and hydration. The girls will run on our one-mile, on-campus race course. Running shoes, good socks, a comfortable shirt and comfortable pants or shorts are required for the camp. This camp is open to all students in grades 5th-12th.

### Soccer Camp

This camp is open to current and incoming Resurrection College Prep students only. This camp will focus on preparing players for the high school season. Beginners are welcome as Resurrection does have a JV team composed primarily of freshmen players. Camp drills will meet the players where they are at, from basic passing and ball control, to one-touch passing and soccer strategy. It is our hope that players will meet one another, become friends, and have fun preparing for the season.

### Softball Camp

This camp is for incoming Resurrection freshmen and returning Resurrection High School students only. The camp will focus on fundamentals and mechanics needed to compete at the high school level. All offensive and defensive aspects of softball including hitting, bunting, infield and outfield play, as well as base running will be covered.

### Tennis Camp

This camp is open to incoming freshmen and current Resurrection high school students only. High School Tennis Camp is designed for high schoolers hoping to prepare themselves for Tennis team tryouts and the upcoming fall season. New players are welcome! While beginners will be learning the basics, more experienced players will be working on improving their technique, strength, and strategy. All will be building towards a fun, end-of-camp Round Robin Tournament. Adult-sized racquet and tennis shoes required.

### Volleyball Camp

**Conditioning and Strength Training:** The Resurrection Volleyball Program hosts conditioning and strength training in an competitive open gym environment. This camp is open to any RES 10th, 11th, or 12th grader who is interested in trying out for the volleyball program in 2022. Coaches will lead athletes through an hour of athletic training sessions focused on injury prevention, explosiveness, and endurance, then follow training with an hour of open gym style competition.

**9th Grade Volleyball Skills Camp:** This developmental camp is for 9th graders attending RES in the 2022-23 school year interested in joining the RES Volleyball Program. Week one will consist of instructional drills, mini-games, activities, and a camp tournament to teach the game of volleyball, develop individual skills, and have fun in an environment that promotes positivity and learning. During week two, coaches will introduce concepts and ideas taught in the RES volleyball program. The time during this camp will cover more content than the previous camp, with fewer camp-style mini games. We will incorporate the ideas and concepts into competitive activities and games.



## COACH PROFILES

### **Coach Jon Palicki - Basketball**

Coach Palicki is a local product of Illinois high school sports. He grew up and attended Wheeling High School. He has been coaching basketball for over sixteen years, and has coached at Resurrection for the past six seasons. In his time at Resurrection, the program has won multiple regional, conference, and tournament championships along with the IBCA award for the highest GPA in the City of Chicago. Prior to coaching at Resurrection, Coach Palicki coached at the high school and collegiate level as an Assistant at St. Viator High School and Dominican University amongst others. Off the court, Coach Palicki has been an educator at the elementary, middle school, and high school levels for over a decade.

### **Coach Steve Wheet - Lacrosse**

Coach Wheet has been around lacrosse his entire life. He grew up in Maryland where lacrosse is extremely popular. He played midfield, as well as goalie in soccer at Salisbury State University. In 2020, he was named the IHSA Coach of the Year for Lacrosse and selected as the Midwest Regional Coach of the Year.

### **Coach Fred Angelini - Running & Softball Coach**

Coach Angelini has been the running coach for ten years at Resurrection. The team has grown particularly strong over the past six years, advancing out of regionals and qualifying for sectionals four times. Cross Country prides itself on being an inclusive sport where anyone who wants to be on the team can participate. Coach A just asks that all team members be committed and work hard.

Coach Angelini is also entering his 19th year coaching softball at Resurrection and his 8th season as the head varsity softball coach. The softball program plays in the Girls Catholic Athletic Conference Red Division. The coaching staff at Resurrection prepares the girls for the rigorous high school schedule, as well as a possible transition to a college softball career.

### **Coach Hector Carabez - Soccer**

Coach Carabez is in his second year as Resurrection's Head Coach, and third year with the program. Coach Carabez is a retired special education teacher from Glenbrook South High School, where he spent 40 years. During his time at Glenbrook South, Coach Carabez coached boys' and girls' soccer for twenty-eight years. During his time at Glenbrook South, Coach Carabez received the High School Assistant Soccer Coach of the Year award from the IHSSA (Illinois High School Soccer Association). Coach Carabez made a strong impression on the school and the families he served at Glenbrook South. An award has been created in his honor, The Glenbrook South Soccer Hector Carabez Sportsmanship Award.

### **Coach Patt - Tennis**

Coach Patt is entering her sixth year as RES's Head Tennis Coach. An avid tennis player herself, Coach Patt is constantly trying to improve her own game and she brings this same passion of continuous improvement to her players. Her basic philosophy is "Work Hard, Play Hard, Have Fun!" Under Coach Patt's leadership, RES Tennis has grown from a handful of players to a full tennis program, fielding 24 girls on JV and Varsity. For three years running, JV has been the GCAC White Division Champions.

### **Father Carlton - Track**

Fr. Carlton was a member of the Georgetown University cross country and track teams from 2002 through 2005. Fr. Carlton was also a member of the U.S. Navy regional running team from 2005 through 2009. He was the assistant cross country and track coach at Fordham Preparatory School in New York City from 2010 through 2014 and the assistant track coach at Carmel Catholic High School in Mundelein, IL from 2015 through the present. He has coached numerous high school state and national championship qualifiers.

### **Coach Anthony Monk - Volleyball**

Coach Monk is in his third season leading the Bandits Volleyball program and his 10th season of coaching volleyball. He has gained coaching experience at the youth, high school, and collegiate levels. He firmly believes in the power of youth athletics to contribute to the positive development of athletes physically, mentally and emotionally.

# REGISTRATION

To register for summer camps, visit [reshs.org/summercamp](https://reshs.org/summercamp) or scan the QR code.

