

2010 SUMMER ATHLETIC CAMP INFORMATION

FRIAR AQUATICS CAMP

Coach Michael Meagher
michael.meagher@bishopolynch.org/ext. 323

The Friar Aquatic Camp is designed to develop the individual swimmer (boys and girls). The specific focus of the camp is on stroke technique, mental discipline, race strategy and strengthening exercises. The Friar Aquatic Camp is directed by swimming instructor Coach Michael Meagher.

Knights of Columbus Swimming Pool	\$90
July 26-29 Ages 8-14	8AM-10AM

FRIAR BASEBALL CAMP

Coach Clayton Nester
clayton.nester@bishopolynch.org/ext. 374

The Friar Baseball Camp staff is dedicated to teaching all aspects of the game including skill development, game strategy, competition and mechanics. The BL Baseball Camp is directed by Head Coach Clayton Nester who will be assisted by BL assistant coaches, as well as current and former players.

BL McIngvale Baseball Field	\$90
June 14-17 Grades 2-9	9AM-12PM

BRIGADE/CHEER CAMP

Coach Cari Schnurr
cari.schnurr@bishopolynch.org/ext. 110

The Bishop Lynch Brigade/Cheer Camp will focus on dance/cheer terminology, fundamental skills and executing proper cheer/dance technique. The fun-loving, knowledgeable, instructors will provide every camper with a positive dance/cheer training experience that is designed to improve their personal and team skills.

BL Gymnasium	\$90
June 14-17 Grades K-8	1PM-5PM

FRIAR BASKETBALL CAMP

Coach Barry Knott
barry.knott@bishopolynch.org/ext. 115

The Friar Basketball Camp will provide athletes with top-class instruction from trained coaches and collegiate players. Athletes can expect to participate in daily competitions, skill development activities, relays and other special events.

BL Gymnasium	\$90
June 21-24 Grades 7-9	9AM-12PM
June 28-July 1 Grades 3-6	9AM-12PM
June 28-July 1 Grades 10-12	1:30PM-4:30PM

LADY FRIAR BASKETBALL CAMP

Coach Andy Zihlman
andy.zihlman@bishopolynch.org/ext. 109

Under the leadership of Head Coach Andy Zihlman, the nationally recognized Lady Friar Basketball Team has won the TAPPS and TCIL State Championship more times than any other program in the state of Texas, and the team currently holds the national record for most consecutive state wins (12). The Lady Friar Basketball Camp will incorporate skill building sessions, competitions, team-building activities and one-on-one instruction from well-trained, experienced coaches and collegiate players.

BL Gymnasium		\$90
June 7-10 Grades 3-6		8AM-12PM
June 7-10 Grades 7-9		1PM-5PM
July 12-15 Grades 10-12		8AM-12PM

CREW/ROWING CAMP

Learn to row at White Rock Lake! Rowing is the ultimate walk-on sport, as most of the athletes begin with little or no rowing experience. The White Rock Team promises that the athletes will have fun, be safe and go fast - in doing so, they'll also get into the best shape of their lives. For additional information on the Crew/Rowing Camp, please call 469-360-7936 or e-mail HPCrew@yahoo.com.

White Rock Lake	8:30AM-10:30AM
June 28-July 16	

FRIAR FOOTBALL CAMP

Coach Bill Persinger
bill.persinger@bishopolynch.org/ext. 284

The Friar Football Camp will provide individual and group instruction for each athlete and their specific position. Throughout the week, athletes can expect to improve their complete technique and overall knowledge of the game of football. Please bring water/sports drink etc., and clothing appropriate for football (including cleats and mouth guard).

Location TBA		\$90
June 7-10 Grades 2-5		9AM-12PM
June 7-10 Grades 6-9		1PM-4PM

FRIAR HOCKEY CAMP

Bishop Lynch Hockey offers players the opportunity to compete at a high level in a sport that is relatively new to North Texas. Our Hockey Camp provides an excellent opportunity for players of all levels, grades 7-11, to participate in a hockey specific dry land training program that focuses on strength, agility and speed. This program is directly modeled after the dry land program used by a major NCAA Ice Hockey team that has won several National Championships. Players who are interested in participating in our camp should contact BL Hockey Club President, Keith Crow (keith.crow@sjmneuro.com/817-307-7137), or Vice President Kim Schweidel (kschweidel@turnstileinc.com/214-704-3413) for more information.

FRIAR/LADY FRIAR SOCCER CAMP

Coach Mark Melancon
mark.melancon@bishopolynch.org/ext. 348

Coach Jennifer Sims
jennifer.sims@bishopolynch.org/ext. 377

The Bishop Lynch Soccer Camp will provide each athlete the opportunity to develop their skills through individual instruction, group instruction and game experience.

BL Roffino Stadium-Practice Field		\$90
June 7-10 Ages 9-12		9AM - 12PM
June 14-17 Ages 12-14		9AM - 12PM

LADY FRIAR SOFTBALL CAMP

Coach Amy Wheeler
amy.wheeler@bishopolynch.org/ext. 362

The Lady Friar Softball Camp will provide individual and group instruction for each softball player and their specific position. Throughout the week, athletes can expect to improve their hitting, pitching and fielding technique.

BL Softball Field		\$90
June 14-17 Grades 3-12		9AM-12PM

SPEED DEVELOPMENT CAMP

Coach Billy Clark
billy.clark@bishopolynch.org/ext. 123

The BL Speed and Development Camp is designed for athletes of all sports looking to drastically enhance their speed and agility. Our camp focuses specifically on sprinting form and mechanics, maximum velocity, first-step quickness, linear and lateral speed, acceleration, deceleration, transition skills and cut-reaction.

BL Brent Thorne Memorial Track		\$90
June 7-10 Grades 7-12		8AM-10AM

STRENGTH AND CONDITIONING CAMP

Coach Ben Dasch
ben.dasch@bishopolynch.org/ext. 146

The Strength and Conditioning program is designed to maximize the short period of time between the end of the athletic year and the beginning of a new season. The goal is to provide every athlete with the opportunity to train in a safe, structured program that focuses on complete sporting performance. Athletes from ALL SPORTS are welcome.

BL Haggar Athletic Complex		
June 14-July 15 Beginners*	10:30AM-12:30PM	
June 14-July 15 Advanced**	2PM-4PM**	

*7th and 8th grade students with approval
**Session requires pre-approval from Coach Dasch
\$180 for the full summer (5 weeks) - Monday-Thursday
\$50 per week (pay as you go) - Monday-Thursday

FRIAR/LADY FRIAR TENNIS CAMP

Coach Judy Porter
judy.porter@bishopolynch.org/972-880-5571

The Bishop Lynch Tennis Camp will teach athletes the fundamentals of tennis, focusing on strategy, and creating a supportive, competitive environment. During the week, the coaches will focus on skill refinement, practice and match play to develop consistent, well-rounded tennis players.

Eastfield College		\$90
July 12-15 Grades 5-12		9AM-12PM

LADY FRIAR VOLLEYBALL CAMP

Coach Tricia Roos
tricia.roos@bishopolynch.org/ext. 127

The Lady Friar Volleyball Camp is an opportunity for girls in grades 4-12 to significantly improve their volleyball skills. Coaches will help players perfect their technique and overall game through specific instruction, drills and games. Players will leave the camp with a solid foundation and the necessary tools to be a more consistent and effective performer at any level.

BL Gymnasium		\$90
June 14-17 Grades 7-8		9AM-12PM
July 5-8 Grades 4-6		9AM-12PM
July 5-8 Grades 9-12		1PM-4PM
July 19-22 Grades 4-6		9AM-12PM
July 19-22 Grades 7-8		1PM-4PM

FRIAR WRESTLING CAMP

Coach Tim Mathews
dfdjughead@aol.com/ext. 344 or 214-394-2812

The Bishop Lynch Wrestling Team has built a legacy of success, both as individuals and as a team. The Friar Wrestling Camp will feature high profile nationally and regionally recognized staff, and will cover every aspect of wrestling. The basic fundamentals to advanced-level match strategies will be taught and reviewed with emphasis on skill development.

BL Wrestling Room-Haggar Athletic Complex		\$90
June 7-10 Team Monday Camp		8AM-4PM
June 14-17 Team Lynch Kids Camp		8AM-12PM
June 14-17 Team Lynch HS Wrestling Camp		1PM-4PM

BISHOP LYNCH HIGH SCHOOL 2010 SUMMER ATHLETIC CAMPS

REGISTRATION FORM

Name: _____

Address: _____ City, State, Zip: _____

Phone #: _____ E-mail Address: _____

Name of School: _____ Grade (2010-2011): _____

METHOD OF PAYMENT (PLEASE CIRCLE ONE): Check # _____ Cash BL Staff Certificate Credit Card

CREDIT CARD PAYMENTS (PLEASE PRINT CLEARLY):

Card #: _____ Exp. Date: _____ Amt: _____

Signature: _____

PLEASE CHECK THE CAMP(S) FOR WHICH YOU ARE REGISTERING:

Friar Aquatics:	<input type="checkbox"/>	July 26-29	(Ages 8-14)	\$90
Friar Baseball:	<input type="checkbox"/>	June 14-17	(Grades 2-9)	\$90
BL Brigade/Cheer:	<input type="checkbox"/>	June 14-17	(Grades K-8)	\$90
Friar Basketball:	<input type="checkbox"/>	June 21-24	(Grades 7-9)	\$90
	<input type="checkbox"/>	June 28-July 1	(Grades 3-6)	\$90
	<input type="checkbox"/>	June 28-July1	(Grades 10-12)	\$90
Lady Friar Basketball:	<input type="checkbox"/>	June 7-10	(Grades 3-6)	\$90
	<input type="checkbox"/>	June 7-10	(Grades 7-9)	\$90
	<input type="checkbox"/>	July 12-15	(Grades 10-12)	\$90
Friar Football:	<input type="checkbox"/>	June 7-10	(Grades 2-5)	\$90
	<input type="checkbox"/>	June 7-10	(Grades 6-9)	\$90
Friar/Lady Friar Soccer:	<input type="checkbox"/>	June 7-10	(Ages 9-12)	\$90
	<input type="checkbox"/>	June 14-17	(Ages 12-14)	\$90
Lady Friar Softball:	<input type="checkbox"/>	June 14-17	(Grades 3-12)	\$90
Speed Development:	<input type="checkbox"/>	June 7-10	(Grades 7-12)	\$90
Strength & Conditioning:	<input type="checkbox"/>	Weekly	Beginner	\$50
	<input type="checkbox"/>	Weekly	Advanced	\$50
	<input type="checkbox"/>	Full Summer	Beginner	\$180
	<input type="checkbox"/>	Full Summer	Advanced	\$180
Friar/Lady Friar Tennis:	<input type="checkbox"/>	July 12-15	(Grades 5-12)	\$90
Lady Friar Volleyball:	<input type="checkbox"/>	June 14-17	(Grades 7-8)	\$90
	<input type="checkbox"/>	July 5-8	(Grades 4-6)	\$90
	<input type="checkbox"/>	July 5-8	(Grades 9-12)	\$90
	<input type="checkbox"/>	July 19-22	(Grades 4-6)	\$90
	<input type="checkbox"/>	July 19-22	(Grades 7-8)	\$90
Friar Wrestling:	<input type="checkbox"/>	June 7-10	(Ages 6-18)	\$90
	<input type="checkbox"/>	June 14-17	(Ages 5-13)	\$90
	<input type="checkbox"/>	June 14-17	(Ages 14-18)	\$90

Please include a separate check for each camp. A \$25 fee will be charged for all returned checks. If you have an Auction or Staff Certificate, it must be included with your registration form.

MEDICAL/CONTACT INFORMATION

The Bishop Lynch Sports Medicine Department strongly recommends a pre-camp physical for every participant, especially for those who are not yet required to have a yearly physical for athletic participation by their schools. This alerts the camp staff of any particular medical problems and could prove to be a valuable asset should the need for medical attention arise.

MEDICAL QUESTIONNAIRE:

Allergies: _____

Hay Fever: _____ Hernia: _____ Asthma or lung problem: _____

Sensitivity to drugs or medication (if yes, include the names of medication): _____

Eye problems: _____ Ear trouble: _____ Heart trouble: _____

Chronic skin problems: _____ Kidney/urinary problem: _____

Medications taken regularly: _____

Broken bones: _____ When: _____

Previous medical problems: _____

Serious injuries: _____

If, in the judgment of any representative of any Bishop Lynch Athletic Summer Camp, this participant should need immediate medical care and treatment as result of injury or sickness, I do hereby request, authorize and consent to such care and treatment as may be given said participant by any physician, trainer or camp representative, and do indemnify and save harmless Bishop Lynch High School and Bishop Lynch Athletic Summer Camp representatives from any claim by any person whomsoever on account of such care and treatment of said participant. It is also understood that all medical expenses incurred will be the responsibility of the undersigned and not the Bishop Lynch High School/Bishop Lynch Athletic Summer Camp.

Signature of Parent/Guardian _____ Date _____

EMERGENCY CONTACT:

Name _____ Phone _____

Mail payments to:
BISHOP LYNCH HIGH SCHOOL
 Attention: Summer Athletic Camps
 9750 Ferguson Road
 Dallas, TX 75228
 214-324-3607
 www.bishoplynch.org