



# Wolfhound Weeks 2010

Saint Patrick Catholic School



**SUMMER  
CAMP GUIDE**

**S**aint Patrick Catholic School is proud to announce the return of “Wolfhound Weeks!” We are excited to have expanded Wolfhound Weeks to include even more offerings that include athletics, academics, leadership, and more! Our goal is to provide a fun, safe environment where children can learn and grow. Please contact Brooke Hummel at [bhummel@stpcs.org](mailto:bhummel@stpcs.org) or (757)213-0847 with any questions.

LOCATION: 1000 Bolling Avenue, Norfolk VA 23508

CONTACT INFO: Telephone: (757) 213-0847  
Fax: (757) 440-5200  
Email: [bhummel@stpcs.org](mailto:bhummel@stpcs.org)

CAMP HOURS: Varies by program

REGISTRATION: Registration forms may be mailed to Saint Patrick Catholic School or emailed to [bhummel@stpcs.org](mailto:bhummel@stpcs.org)

REFUND POLICY: A refund will only be given if requested in writing two weeks prior to the start of the session that the camper is enrolled. In the event of an injury, a doctor’s note will be required. Ten percent of the camp fee is nonrefundable.

CONFIRMATION: All campers will receive a confirmation of enrollment and receipt of payment prior to the beginning of camp.

BEFORE/AFTER CARE: This provides parents with extended hours of care. Before care opens at 7 am and after care is available until 6 pm. Recreational activities are planned during this time and campers are asked to bring a snack.

**Before/After Care services begin the week of June 21st and run through August 6th. All programs are closed on Monday, July 5th.**

Fee: \$5 per hour or \$65 per week

MEDICAL: All participants are required to complete a medical information form and provide proof of medical insurance.

LUNCH: All campers are asked to bring a lunch and snack. All lunches should be labeled with the camper’s name.

CLOTHING: Please label all clothing and equipment with the camper’s name. Saint Patrick Catholic School is not responsible for any lost clothing or equipment. All campers attending Girls/Guys On the Go! should bring a change of clothes as well as the proper athletic attire.

GIVEAWAYS: All campers will receive a “Wolfhound Weeks” keepsake such as a t-shirt, bag, or other item for attending a summer program with us!

DISCOUNTS: Campers who are attending multiple weeks of camp will receive a 5% tuition reduction. Families with multiple siblings attending programs will also receive a 5% tuition reduction. Contact Brooke Hummel at [bhummel@stpcs.org](mailto:bhummel@stpcs.org) with pricing questions.

FORMS: All Wolfhound Weeks attendees will be asked to complete an insurance form, medical information, and authorization of release.

# Welcome to Wolfhound Weeks 2010

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## General Information

You may register for Wolfhound Weeks in the following ways:

Internet: Click on "Wolfhound Weeks" at [www.stpcs.org](http://www.stpcs.org)

Mail: Saint Patrick Catholic School

1000 Bolling Avenue

Norfolk, Virginia 23508

Fax: 757-440-5200

Phone: 757-440-5500

In Person: Saint Patrick Catholic School

1000 Bolling Avenue

Norfolk, Virginia 23508

# June 2010

## Week 1: 7th- 11th

Cheerleading: Varsity Prep Camp 5:00-8:00pm  
Summer Tutoring Available by Appointment  
Summer Strings Begins – Tuesdays from 1:00-2:30 pm

## Week 2: 14th-18th

Yoga Pops and Rocks 1:00-4:30 pm  
Summer Tutoring Available by Appointment  
Summer Strings Week 2 – Tuesdays from 1:00-2:30 pm

## Week 3: 21st-25th

Girls and Guys on the GO! 9:00-3:00  
Summer Tutoring Available by Appointment  
Summer Strings Week 3 – Tuesdays from 1:00-2:30 pm  
Speed and Strength Training Begins 3:45-5:00

## Week 4: 28th -2nd

Creating, Collaborating, and Communicating with Technology 9:00-12:00 and 12:30-3:30  
Math Masters 9:00-12:00 and 12:30-3:30  
Environmental Stewardship through the Chesapeake Bay – 9:00-12:00  
Summer Tutoring Available by Appointment  
Shamrock Theater (2 week program, Week 1 of session 1) 8:30-4:00  
Summer Strings Week 4 – Tuesdays from 1:00-2:30 pm  
Speed and Strength Training Week 2 3:45-5:00

# July 2010

## Week 5: 6th - 9th

Environmental Stewardship through Recycling, 9:00-12:00  
Introduction to Creative Writing, 12:30-3:30  
Drawing 101, 9:00-12:00  
Hola Mexico – An Art Exploration, 12:30-3:30  
Shamrock Theater (Week 2 of session 1) 8:30-4:00  
Summer Tutoring Available by Appointment  
Summer Strings 5 – Tuesdays from 1:00-2:30 pm  
Speed and Strength Training Week 3 3:45-5:00

## **Week 6: 12th-16th**

Painting 101 9:00-12:00  
Hola Guatemala – An Art Experience 12:30-3:30  
Sand, Sea and SUN! – Wolfhound Pup Academy 9:00-12:00  
Shamrock Theater (Week 1 of session 2) 8:30-4:00  
Learning to Lead the Way 9:00-3:00  
Summer Tutoring Available by Appointment  
Summer Strings Week 6 – Tuesdays from 1:00-2:30 pm  
Speed and Strength Training Week 4 3:45-5:00

## **Week 7: 19th-23rd**

All Around the World – Wolfhound Pup Academy 9:00-12:00  
Shamrock Theater (Week 2 of session 2) 8:30-4:00  
Learning to Lead the Way 9:00-3:00  
Cheerleading: Varsity Camp 5:00-8:00  
Summer Tutoring Available by Appointment  
Summer Strings Week 7 – Tuesdays from 1:00-2:30 pm  
Speed and Strength Training Week 5 3:45-5:00

## **Week 8: 26th- 30th**

Babysitting Certification 9:00-12:00  
Build a Ballet 9:00 - 12:00  
Camp Invention 9:00-3:00  
Summer Tutoring Available by Appointment  
Summer Strings Week 8 – Tuesdays from 1:00-2:30 pm  
Speed and Strength Training Week 6 3:45-5:00

# **August 2010**

## **Week 9: 2nd – 6th**

Girls/Guys on the Go! 9:00-3:00  
Summer Tutoring Available by Appointment

All camps are open to the public.

\*\*Before and After Care beginning at 7:00 am and ending at 6:00 pm\*\*



IF YOU DON'T TEACH  
THE WHOLE CHILD,  
WHICH PART DO YOU  
LEAVE OUT?

We offer families with children in grades pre-K through 8 an exceptional Catholic Education built upon character formation, spiritual development, leadership training, academic rigor, physical well-being, and an ethic of service.

Please contact our admissions office  
for more information at (757) 440-5500.  
Limited spaces are available.

IDENTIFYING, NURTURING AND CELEBRATING  
THE GIFTS OF EACH CHILD.



*Saint Patrick Catholic School admits qualified students of any race, gender, color, disability (if reasonable accommodations can be assumed by the school), or national origin.*

FOR MORE INFORMATION CONTACT:

SAINT PATRICK CATHOLIC SCHOOL  
1000 BOLLING AVENUE  
NORFOLK, VIRGINIA 23508  
WWW.STPCS.ORG · 440-5500



## Week 1: June 7th- 11th

### 01 Cheerleading: Varsity –Prep Camp

Dates	6/7-6/11
Times	5:00-8:00 pm
Ages	Rising Kindergarten-4th graders
Cost	\$105
Enrollment limit	30

Yes, yes, yes we do, we've got spirit, how about you?!? Campers will receive guided instruction on the fundamentals of standard cheer motions; focusing on proper form and execution. Those motions will then be incorporated into STPCS centric cheers and an age-appropriate dance routine. These three components will comprise 80% of the camp instruction.

Camp instructors will also lead attendees through the proper form and execution of beginner jumps, tumbling and stunting skills. These three components will comprise the remaining 20% of the curriculum. *No cheer experience is required to attend.*

### 02 Summer Strings!

Dates	6/8 – 7/27 – Tuesdays
Times	1:00-2:30
Ages	Rising 1st - 8th graders
Cost	\$140; Need to provide instrument, call for area rental information
Enrollment limit	25

Summer Strings at Saint Patrick! Improve and maintain your technical skills for violin, viola, and cello in a group setting. We will use games to reinforce musical concepts learned. Snacks will be provided. We will meet every Tuesday for 8 weeks so that you are refreshed for the school year!

### 03 Summer Tutoring

Dates	6/8 – 7/28 – Open Scheduling
Times	Set up by individual appointment
Ages	Rising 1st- 9th graders
Cost	\$200 (teaching assistant) or \$280 (master licensed teacher) for 8 one hour sessions

Looking for a way to help your child stay fresh over summer vacation? Look no further! Wolfhound Weeks is proud to introduce hourly one-on-one tutoring services. Content areas offered: Algebra, English, Writing, Reading, General Math, Geometry, Spanish, and more!

## Week 2: June 14th-18th

### 04A/B Yoga Pops and Yoga Rocks

Dates	6/14-6/18
Times	1:00pm - 4:30 pm
Ages	Rising grades Kindergarten -8th graders
Cost	\$165
Supply fee	\$25 (required of first time Young Yogis only) for yoga mat
Enrollment limit	22

Calling all Young Yogis! Come get physically fit, feel emotionally calm and build great focus and concentration skills. Its yoga we are talking about! Listen to fun Pop or Rock music while learning the physical postures of yoga. You'll benefit from a great cardio-fitness flow and have a blast with partner poses, choreographing yoga story routines and playing fun games such as Webkinz Yogi, Yoga Freeze Dance and Musical Mats! Not to mention we'll be making cool crafts such as bath bombs, our famous Young Yogis Yoga Chillax spray and much more.

EARLY BIRD DISCOUNTS: Any previous participants of a YYY class who signs up by May 15 pay only \$150.00 (no materials fee required either!). Sign up by May 15 and first time Young Yogis may deduct \$15 from their supply (yoga mat) fee.

## Week 3: June 21st-25th

### 05 Girls and Guys On the GO!

Dates	6/21-6/25
Times	9:00-3:00
Ages	Rising Kindergarten-8th graders
Cost	\$195
Enrollment limit	100

Girls and Guys on the Go! returns for its fifth year! This high energy

and interactive camp provides campers with the opportunity to experience new sports, improve their skills, and be active with friends. Campers participate in a variety of sports including lacrosse, baseball, soccer, basketball, volleyball, gymnastics, circuit training, and more!

### **07A/B Speed and Strength Training**

Dates	6/21-7/29
	Session 1. Monday and Wednesdays for 6 weeks Session 2. Tuesdays and Thursdays for 6 weeks
Times	3:45-5:00
Ages	M/W 8-12 year olds, T/TH 13 and up
Cost	\$195
Enrollment limit	50

Speed and Strength training is for the serious young athlete looking to take their game to the next level! A combination of resistance work, coordination and balance drills, and general athletic mechanics designed to develop athletes and physical fitness. Within every workout the following components will be taught; mobility/flexibility, strength, speed, agility, and endurance. Come prepare for your upcoming Fall season sport and get bigger, faster, stronger, and fit. This program is brought to Saint Patrick Catholic School by the pros at 7 Cities Sports!

## **Week 4: June 28th - July 2nd**

### **06A/B Creating, Communicating, and Collaborating with Technology**

Dates	6/28-7/2
Times	9:00-12:00, 12:30-3:30
Ages	Rising 4th-8th (am) Rising K-3rd (pm)
Cost	\$105
Enrollment limit	20 per session

Students will explore a number of Web 2.0 resources used in today's classroom to enhance their creativity and higher-level thinking skills. Students will explore podcasting, blogging, type to learn, and digital storytelling to create products and communicate information in a lab-based setting. In addition, students will spend time each day familiarizing themselves with keyboarding basics to help them become comfortable and efficient technology users. While some computer awareness is helpful, it is not a requirement.

Program Leader: Kathleen Sharp, Student Affairs Coordinator and Technology Integration Specialist at STPCS

**08A/08B      Math Masters**

Dates	6/28-7/2
Times	9:00-12:00, 12:30-3:30
Ages	Rising Kindergarten-3rd (am), Rising 4th-8th (pm)
Cost	\$105
Enrollment limit	20 per session

Returning to Wolfhound Weeks, Math Masters presents students with the opportunity to have fun with math! Campers will learn new ways to solve math problems in a fun, creative, and collaborative way. Younger campers will learn tricks, shortcuts, and use manipulatives to help with basic math skills. Older campers will explore hands-on equations and much more!

**09      Environmental Stewardship through the Chesapeake Bay**

Dates	6/28-7/2
Times	9:00-12:00
Ages	Rising Kindergarten-3rd graders
Cost	\$105
Supply fee	\$25
Enrollment limit	20 per session

Learn how to take care of our environment by taking care of the Chesapeake Bay. Through many hands-on learning experiences, we will explore the animals, plants and history of the Chesapeake Bay. The fun and educational activities stretch across the curriculum including, math, literacy, science, and art.

**10      Shamrock Theater – Broadway Alive!**

Dates	6/28-7/10
Times	8:30- 3:30
Ages	Rising 3rd – 9th graders
Cost	\$375
Supply fee	\$15
Enrollment limit	50 per session

Explore your creativity at this full day, 2 week performing arts camp!

Students will learn what it takes to put on a Broadway Musical Revue. Acting, singing, dancing and other aspects of theatre will culminate in 2 performances for the public. Camp meets Mon-Fri, performances on Sat 7/10.

## Week 5: July 6th - July 9th

### 11 Environmental Stewardship through Recycling

Dates	7/6-7/9
Times	9:00-12:00
Ages	Rising Kindergarten-3rd graders
Cost	\$95
Supply fee	\$25
Enrollment limit	20

Learn how to take care of the environment by using the 3 R's – Reduce, Reuse, and Recycle. Through many hands-on learning experiences, we will learn how to take care of our Earth by taking better care of our trash. The fun and educational activities stretch across the curriculum including, math, literacy, science, and art.

### 12 Introduction to Creative Writing Styles

Dates	7/6-7/9
Times	12:30-3:30
Ages	Rising 3rd -8th graders
Cost	\$95
Enrollment limit	25

Rowling, Bloom, and Lewis – what do they all have in common? Fabulous imagination and a gift for storytelling. Join us as we use creative techniques to teach students the basics of creative writing. Campers will experiment with both fiction and poetry!

### 13 Drawing 101

Dates	7/6-7/9
Times	9:00-12:00
Ages	Rising 4th-6th graders
Cost	\$95
Supply fee	\$15
Enrollment limit	20

Learn to draw like the master draftsmen! Using famous artists as our inspiration, we will focus on still life pictures, portraits, and landscapes using a variety of drawing materials. We will incorporate the techniques of line, shape, value, space, and color into our artwork.

#### **14      **Hola Mexico – An Art Exploration!****

Dates	7/6-7/9
Times	12:30-3:30
Ages	Rising Kindergarten-3rd graders
Cost	\$95
Supply fee	\$10
Enrollment limit	20

Take a cultural tour of Mexico as we explore the art and culture of our closest Latin American neighbor. Using a variety of media, our artwork will reflect this warm, sunny, and colorful country with special emphasis on the Aztecs!

### **Week 6: July 12th- July 16th**

#### **15      **Painting 101****

Dates	7/12-7/16
Times	9:00-12:00,
Ages	Rising 4th-6th graders
Cost	\$105
Supply fee	\$15
Enrollment limit	20

Paint like the great masters! Famous painters will lead us in our investigation of how to paint. We will paint still life compositions, portraits and landscapes as we learn about the techniques that make paintings exciting – color, texture, light, space, line, and shape.

#### **16      **Hola Guatemala – An Art Experience****

Dates	7/12-7/16
Times	9:00-12:00, 12:30-3:30
Ages	Rising 4th-6th (am), Rising K-3rd (pm)
Cost	\$105
Supply fee	\$10
Enrollment limit	20

Travel to Central America and enjoy the art and culture of Guatemala. We will use many materials to create art that captures some of this country's favorite art forms and animals. Think weaving, cats, animalitos, and green toads!

**17 Shamrock Theater – Broadway Alive!**

Dates	7/12-7/24
Times	8:30- 3:30
Ages	Rising 3rd – 9th graders
Cost	\$375
Supply fee	\$15
Enrollment limit	50

Explore your creativity at this full day, 2 week performing arts camp! Students will learn what it takes to put on a Broadway Musical Revue. Acting, singing, dancing and other aspects of theatre will culminate in 2 performances for the public. Camp meets Mon-Fri, performances on Sat 7/24.

**18 Sand, Sea, and SUN! – Wolfhound Pup Academy**

Dates	7/12-7/16
Times	9:00-12:00
Ages	Rising pre-Kindergarten & Kindergarten
Cost	\$105
Supply fee	\$15
Enrollment limit	25

Join us as we celebrate the season of summer. We will have fun with art, games, songs, movement, science and stories as we explore the sand, sea, and sun. Children will leave this week with knowledge of summertime, signs of artists at work, and singing and moving the summertime way!

**19 Learning to Lead the Way**

Dates	7/12-7/16
Times	9:00-3:00
Ages	Rising 1st- 8th graders
Cost	\$195
Enrollment limit	30

Leadership camp promotes leadership skills and develops teamwork through soccer, confidence and diversity through foreign language, creativity through art, and critical thinking and technical skills through robotics to name a few. These potential leaders will also develop and learn attributes such as time management, integrity, trust, communication, respect, diversity, and empathy among others.

## Week 7: July 19th-23rd

### **20 All Around the World – Wolfhound Pup Academy**

Dates	7/19-7/23
Times	9:00-12:00
Ages	Rising pre-Kindergarten & Kindergarten
Cost	\$105
Supply fee	\$15
Enrollment limit	20

All aboard! Join us as we travel around the world. We will be visiting many places and seeing many new faces. The children will become enriched with knowledge of other cultures including food, art, language, literature and lifestyle as we set out to sail the seas!

### **21 Learning to Lead the Way**

Dates	7/19-7/23
Times	9:00-3:00
Ages	Rising 1st- 8th graders
Cost	\$195
Enrollment limit	30

Leadership camp promotes leadership skills and develops teamwork through soccer, confidence and diversity through foreign language, creativity through art, and critical thinking and technical skills through robotics to name a few. These potential leaders will also develop and learn attributes such as time management, integrity, trust, communication, respect, diversity, and empathy among others.

Campers who attended the 1st session of Learning to Lead the Way will participate in new activities and experiences!

**22 Cheerleading: Varsity Camp**

Dates	7/19-7/23
Times	5:00-8:00 pm
Ages	Rising 3rd-8th graders
Cost	\$105
Enrollment limit	30

Prior cheer involvement is recommended for the best experience of this camp. Campers will receive advanced instruction on jumps; to include proper prep, form and delivery. Intense focus will also be given to stunting; developing stronger bases and more focused flyers. Attendees will also be given direct one-on-one tumbling instruction to ensure basic tumbling skills have been mastered. This is not intended to substitute a tumbling camp for the cheerleader. These three components will comprise 60% of the camp instruction.

Camp instructors will review proper motion form and will lead the cheerleader through new STPCS centric cheers. An age and skill-level appropriate dance routine will also be taught. These three components will comprise the remaining 20% of the curriculum.

**Week 8: July 26th- 30th**

**23 Babysitting Certification**

Dates	7/26-7/30
Times	9:00-12:00
Ages	Rising 6th and up
Cost	\$105
Supply fee	\$40 (includes Babysitter’s Handbook, wallet card, planner, and mini first aid kit)
Enrollment limit	15

Learn how to be a GREAT babysitter in the Babysitter’s Training Class. This course will help you prepare for a babysitting job including tips on resume writing and the interview process. Through activities and hands-on-practice they will gain confidence and learn how to care for kids of all ages, deal with difficult situations, and provide basic first aid. Participants will need to bring a baby-sized doll or teddy bear.

## **24 Camp Invention**

Dates	7/26-7/30
Times	9:00-3:30
Ages	Rising 1st -6th graders
Cost	See <a href="http://www.campinvention.org">www.campinvention.org</a>
Enrollment limit	60

The top priority of Camp Invention is to provide quality enrichment in the fields of science, mathematics, history, and the arts. Hands-on, inquiry-based learning is emphasized in integrated curricula that align with national and state education standards and are delivered in a small group setting. Children learn through teamwork, subject immersion, and open-ended discovery. Register early for special early bird discounts! Campers must register at [www.campinvention.org](http://www.campinvention.org)

## **26 Build a Ballet**

Dates	7/26-7/30
Times	9:00-12:00
Ages	Rising 1st – 3rd graders
Cost	\$125
Enrollment limit	14

Dust off your dance shoes and getting ready to move! Campers will have the opportunity to develop dance skills while designing their own ballet. Each participant will select a character, help to choose music, contribute to writing a storyline, design costumes, and put on a grand performance!

## **Week 9: August 2nd – 6th**

### **25 Girls and Guys On the GO!**

Dates	8/2-8/6
Times	9:00-3:00
Ages	Rising Kindergarten -8th graders
Cost	\$195
Enrollment limit	100

Girls and Guys on the Go! returns for its fifth year! This high energy and interactive camp provides campers with the opportunity to experience new sports, improve their skills, and be active with friends. Campers participate in a variety of sports including baseball, flag football, soccer, basketball, volleyball, yoga, circuit training, and more!

Campers who attended the first session will have the opportunity to participate in different sports and activities!

# Summer 2010 Wolfhound Weeks Registration Form

Camp No.	Camp Name	Date	Cost	Supply Fee	Total
total					
Discount (deduct 5% for campers registering for 2 or more programs)					

Student Name \_\_\_\_\_

2010-2011 Grade: \_\_\_\_\_ Current School: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone \_\_\_\_\_ Cell: \_\_\_\_\_

Parent Email \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Preferred Form of Payment:

Bill Tuition Account (only for stpcs students)

Check (enclosed) payable to: Saint Patrick Catholic School

Check #: \_\_\_\_\_

Credit Card:  VISA  Mastercard

Name as it appears on card \_\_\_\_\_

Account Number \_\_\_\_\_

Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

I hereby give my permission for my child to attend Wolfhound Weeks. I attest that my child is physically fit to participate in all camp activities, that I carry adequate medical insurance, and that I will not hold Saint Patrick Catholic School and/or its employees responsible for any injury.

Parent/Guardian's Printed Name \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail form to:

Saint Patrick Catholic School  
Attn: Brooke Hummel/ Wolfhound Weeks  
1000 Bolling Ave, Norfolk VA 23508

Check us out at: [www.stpcs.org](http://www.stpcs.org)



**Saint Patrick Catholic School**  
**1000 Bolling Avenue • Norfolk, VA 23508**  
**757-440-5500**

## Directions

**From Chesapeake:** Take I-464 North toward Norfolk. Proceed over the Berkley Bridge – left lanes toward Norfolk. Turn right onto St. Paul’s Blvd. Road name will change to Monticello Avenue. After approximately 1.3 miles, turn left onto 21st Street. Turn right onto Hampton Blvd. Turn right onto Bolling Avenue. Saint Patrick Catholic School will be on the left.

**From Hampton:** Take I-64 East through the Hampton Roads Bridget Tunnel. Take exit 276 onto I-564 West toward VA-406/Naval Base/Terminal Boulevard. Merge onto Terminal Boulevard toward Hampton Boulevard. Travel approximately 2 miles. Turn left onto Hampton Boulevard. Turn left onto Bolling Avenue. Saint Patrick Catholic School will be on the left.

**From Portsmouth:** Take the Midtown Tunnel toward Norfolk. Turn slight left onto Hampton Boulevard. After approximately 1.9 miles, turn right onto Bolling Avenue. Saint Patrick Catholic School will be on the left.

**From Virginia Beach:** Take I-264 West toward Norfolk. Take Exit 10 only City Hall Avenue. Turn Right onto St. Paul’s Boulevard. Road name will change to Monticello Avenue. After approximately 1.3 miles, turn left onto 21st Street. Turn right onto Hampton Blvd. Turn right onto Bolling Avenue. Saint Patrick Catholic School will be on the left.



SAINT PATRICK  
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[www.stpcs.org](http://www.stpcs.org)