

Welcome to Finnegan Summer 2017 at Vancouver College. Vancouver College has been a leader in Catholic Education in the Lower Mainland since 1922, and every year we look forward with great excitement to providing our services to the community through our summer camp program. Our camp facilitators are experienced educators, primarily from Vancouver College, and our programs offer a wide variety of academic enrichment, recreation, and sports camps for boys and girls of all ages.

Johnny Bevacqua, Principal



FINNEGAN SUMMER 2017



ELEMENTARY SCHOOL CAMPS (K – GRADE 6)

All camps are co-ed. Grade indicated is participant's grade in September.

"JUMP START TO K" CAMP

DATES: JULY 3 - 14
TIME: 9 AM - 2:30 PM
COST: \$440 **CODE:** 001
AGE: KINDERGARTEN

Instructors:
Mrs. Cathy Wolfman
(VC Kindergarten Teacher)

Mrs. Tricia ListECKi
(VC Elementary School Teacher)

For girls and boys starting Kindergarten in September. During this 2-week introduction to Kindergarten camp, children will enjoy a fun-filled day that will include early literacy activities, math skills, art activities, science topics, and physical activity. A great way to experience being at school the whole day! Please send along a healthy snack, lunch, drinks, water bottle, and sun hat. This camp sells out quickly!

ELEMENTARY EXPLORERS 1

DATES: JULY 17 - 21
TIME: 9 AM - 3 PM
COST: \$240 **CODE:** 002
AGE: GRADE 1 - 3

Instructors:
Mrs. Patty Gazzola
(Grade 1 Teacher, OLPH School)

Mr. Rob Gazzola
(PE Teacher, OLPH School)

In this camp students will explore the academic pursuits of literature, writing, math, science, geography, and art. In the morning we will focus on more classroom type activities and in the afternoon we will take it outside or to the gym. Come be an explorer with Finnegan Summer!

LITERACY, NUMERACY & SPORT

DATES: JULY 3 - 14
TIME: 9 AM - 3 PM
COST: \$450 **CODE:** 003
AGE: GRADE 4 - 6

Instructors:
Ms. Breanna Lloyd
(VC Elementary School Teacher)

Mr. Dante Luciani
(VC Teacher/Coach)

Students will spend their mornings creating literacy and numeracy projects with iPads, as well as other stimulating art, writing, and academic pursuits. Afternoons will be spent on O'Hagan Field, the gym, and playground working on physical fitness. Sports covered will include; flag football, basketball, volleyball, tennis, soccer and a variety of games to build skills for all sports. A great way to spend the week having fun while developing sports skills and teamwork!

READING, WRITING, ART AND ACTIVITIES

TIME: 9 AM - 3 PM
COST: \$240 per week
AGE: GRADE 1 - 3

CODE: 004
DATE: JULY 3 - 7 (Week 1)

CODE: 005
DATE: JULY 10 - 14 (Week 2)

Instructor:
Ms. Barbara Seppelt
(Elementary School, Assistant Principal)

Students in this camp will be engaged in reading and writing activities for the morning section. Story telling, reading, and paragraph writing will enhance the academic flavour of the camp. The afternoon will be filled with art projects and a variety of movement games. We encourage registration for both weeks. However, students can register for week 1 or 2 only.

FINNEGAN SUMMER

WEEK 1: JULY 3 - 7
WEEK 2: JULY 10 - 14
WEEK 3: JULY 17 - 21
WEEK 4: JULY 24 - 28

REGISTER ONLINE AT
VC.BC.CA/
FINNEGANSUMMER

ELEMENTARY SCHOOL CAMPS (Continued)

ELEMENTARY EXPLORERS 2

DATES: JULY 24 - 28 **TIME:** 9 AM - 3 PM
COST: \$240 **CODE:** 006
AGE: GRADE 1 - 3

Instructors: Mrs. Patty Gazzola (*Grade 1 Teacher, OLPH School*) & Mr. Rob Gazzola (*PE Teacher, OLPH School*)

In this camp, students will explore the academic pursuits of, writing, math, science, geography, and art. In the morning we will focus on more classroom type activities and science activities and in the afternoon we will take it outside or to the gym. Come be an explorer with Finnegan Summer!

ART – PAINT, DRAW, CREATE!

DATES: JULY 17 - 21 **TIME:** 9 AM - 11:30 AM
COST: \$120 **CODE:** 007
AGE: GRADE 4 - 6

Instructor: Mr. Greg Van Dyk (*VC Art Teacher*)

Students will experiment with drawing techniques using pencil and charcoal. How to draw people and faces as well as cartooning will be part of the lessons. Watercolour painting techniques include painting landscapes and outer space. Expect fun times and a bit (or a lot) of a mess!

MINI UN – PUBLIC SPEAKING & DEBATE

DATES: JULY 3 - 7 **TIME:** 12 PM - 3 PM
COST: \$120 **CODE:** 008
AGE: GRADE 4 - 6

Instructor: Mr. Antonio Balogh (*VC Debate Coach*)

This program aims to empower students with the skills of effective communication through public speaking. Topics covered include: how to construct an interesting and effective speech; keeping thoughts and arguments organized; and standing and delivering speeches with confidence. Model UN will also be introduced at an introductory level.

ROBOTICS CAMP

DATES: JULY 17 - 21 **COST:** \$120
AGE: GRADE 1 - 3 **TIME:** 9 AM - 11:30 AM **CODE:** 020
AGE: GRADE 4 - 6 **TIME:** 12 PM - 3 PM **CODE:** 021

Instructor: Mr. Jonathan Chan (*VC Teacher*)

New to Finnegan Summer this year, in Robotics camp students will use LEGO Robotics WeDo 2.0 sets to build a variety of devices that will incorporate elements of mechanical engineering and coding. Their creativity and problem-solving skills will be developed as they design these devices to complete a variety of different tasks in a fun learning environment.

MIDDLE & SENIOR SCHOOL CAMPS (GRADE 7 – 10)

All camps are co-ed.
Grade indicated is participant's grade in September.

HEAD START:

TRANSITIONING TO MIDDLE SCHOOL

DATES: JULY 10 - 14 **TIME:** 9 AM - 3 PM
COST: \$280 **CODE:** 009
AGE: BOYS GOING INTO GRADE 7/8 AT VC (MAX. 60)

Instructors:

Mr. Paul Legge & Mr. Ethan Wong (*VC Middle School Teachers*)

This camp for incoming Grade 7 and 8 students, facilitated by Mr. Wong and Mr. Legge (VC Middle School Teachers), is designed to help make the transition to Middle School smoother. Mornings will give students a head start academically by exposing them to some of the topics covered in English and Math. To help students with their organizational skills, they will be introduced to the binder system, used virtually by all students at VC. Afternoons are spent doing a variety of recreational activities, in and outside school, allowing participants to interact with each other and their teachers. Nothing makes a student feel more at ease than to see a friendly face in the hallways when they arrive in September.

**This camp sells out every year,
register early so as not to be disappointed.**

ARTISTS IN THE MAKING

DATES: JULY 17 - 21 **TIME:** 12 PM - 3 PM
COST: \$120 **CODE:** 010
AGE: GRADE 7 - 9

Instructor: Mr. Greg Van Dyk (*VC Art Teacher*)

Figure and perspective drawing will be part of this camp as well as acrylic on canvas painting with an introduction to art history. Students will learn new techniques and, experiment with different mediums and probably get a bit messy!

DEBATE & PUBLIC SPEAKING

DATES: JULY 3 - 7 **TIME:** 9 AM - 12 PM
COST: \$120 **CODE:** 011
AGE: GRADE 7 - 10

Instructor: Mr. Antonio Balogh (*VC Debate Coach*)

This program aims to empower students with the skills of effective communication through the avenues of debate and public speaking. Topics covered include: the process and protocols of debating; how to construct an interesting and effective speech; keeping thoughts and arguments organized; standing and delivering speeches with confidence; and effective rebuttal techniques. The program is run at a level that is comfortable for all participants.

**REGISTER
VC.BC.CA/FINNEGANSUMMER**

IRISH ATHLETICS CAMPS

IRISH FOOTBALL

DATES: JULY 24 - 28

COST: \$240

AGE: GRADE 7 - 8

TIME: 9 AM - 3 PM

CODE: 012

One of our most popular and longest running camp! Participants will receive individualized instruction in the development of football fundamentals with particular emphasis on throwing, catching, blocking, and stance. This is a non-contact camp requiring no equipment and will be an excellent base for those participants wishing to go on and play high school football. Irish Varsity players will assist at the camp ensuring a low camper instructor ratio. This camp is strongly recommended for any incoming Grade 8 student wishing to play football for VC in September.

Coaches: Mr. Matt Esaw (VC Head Coach, Grade 8 Football) & Mr. Jonathan Chan (VC Coach, Varsity Football)

SWEEPING DEVELOPMENT CAMP

DATES: JULY 10 - 28 (M/W/F)

COST: \$225

AGE: GRADE 8+ (MAX. 12)

TIME: 6:30 AM - 8:30 AM

CODE: 013

LOCATION: FALSE CREEK

This program is designed for athletes who have completed their first year rowing and are interested in learning how to sweep or better develop their sweeping abilities. Athletes are expected to have completed at least a Learn-to-Row level program (e.g. Grade 8 rowing, LTR) prior to participating in this program. The focus will be on sweeping in large boats and completing workouts conducive to acquiring the skills necessary to be an effective sweep rower.

Coach: Mr. Andrew Knorr (VC Head Coach, Rowing)

ROWING PERFORMANCE CAMP

DATES: JULY 24 - 28, JULY 31 - AUGUST 4, AUGUST 7 - 11

TIME: 7 AM - 11 AM

CODE: 019

LOCATION: FALSE CREEK

COST: \$250

AGE: GRADE 8+ (MAX. 16)

This program is designed for rowers who have competed at one or more regattas and are looking to improve their proficiency in small, mid, and large sized boats. Athletes will have an opportunity to develop both sweep and sculling skills through on-water workouts. As initially stated, prior experience with racing is mandatory in order to participate in this program. Campers may attend one, two, or all three weeks.

Coach: Mr. Andrew Knorr (VC Head Coach, Rowing)

IRISH WRESTLING

DATES: JULY 3 - 7

COST: \$120

AGE: GRADE 7 - 9

TIME: 12 PM - 3 PM

CODE: 014

Basic wrestling skills, rules, and combative games introduce the sport in a safe and enjoyable atmosphere. This camp helps participants understand the basics of falling, lifting and simple turning and take-down techniques. Technical instruction and conditioning are ongoing. Participants are grouped by age and skill level. Newcomers and experienced wrestlers all welcome!

Coach: Mr. Mike Roselli (VC Head Coach, Wrestling)

IRISH BASKETBALL

DATES: JULY 17 - 21

COST: \$120

AGE: GRADE 7 - 9

TIME: 12 PM - 3 PM

CODE: 015

This camp focuses on giving players an opportunity to run through a variety of drills that will help to improve their basic basketball skills in dribbling, shooting, passing, footwork, and defensive play. Half-day format will allow for both drills and scrimmaging.

Coach: Mr. Ryan Shams (VC Head Coach, Grade 9 Basketball)

ELEMENTARY ATHLETICS (GRADE 4 - 6)

BASKETBALL BASICS

DATES: JULY 17 - 21

COST: \$120

AGE: GRADE 4 - 6

TIME: 9 AM - 11:30 AM

CODE: 016

This camp is a fun introduction to the game of basketball. Campers will learn how to protect the ball, dribble with either hand, throw different passes, shoot properly, make a layup, and more.

Coach: Mr. Ryan Shams (VC Head Coach, Grade 9 Basketball)

INTRO TO WRESTLING

DATES: JULY 3 - 7

COST: \$120

AGE: GRADE 4 - 6

TIME: 9 AM - 11:30 AM

CODE: 017

Basic movement and tumbling skills as well as combative games introduce the sport in a safe and fun way. The camp helps participants understand the basics of falling, lifting, and simple turning needed for healthy physical development.

Coach: Mr. Mike Roselli (VC Head Coach, Wrestling)



IRISH ATHLETICS CAMPS (Continued)

HIGH PERFORMANCE TRAINING CAMP

DATES: July 3 - 28

TIME: 9 AM - 12 PM

COST: \$300

CODE: 018

AGE: GRADE 9+

12 SESSIONS - M/W/F

This camp is aimed at the high school athlete who is looking to develop the functional skills necessary for high-level athletic performance. Athletes will benefit from this four-week* training program where they will perform and receive instruction on proper sprint and agility mechanics, power development, plyometric exercises, and strength training including Olympic lifting techniques.

During nutritional break periods athletes will review video analysis of their performance and will receive instruction on proper nutritional practices, recovery and regeneration techniques, injury prevention and management, flexibility protocols, and postural and core strengthening.

At the end of the camp all athletes will receive a program that they will be able to follow for the remainder of the summer. From this camp, athletes will develop an understanding of the commitment, dedication and desires that translates not only into increased performance but into life outside athletics as well!

Coach:

Mr. Scott Vass

(VC Athletic Director & Strength and Conditioning Coordinator)

*Students unable to commit to the full four weeks must obtain **prior** approval from Coach Vass before registering.

CAMP FORMAT	
20 minutes	Introduction, Warm-Up & Dynamic Flexibility
40 minutes	Speed & Agility Training Analysis
40 minutes	Nutrition Break, Education & Video Analysis
60 minutes	Strength Training
20 minutes	Cool-Down & Static Stretch

FREQUENTLY ASKED QUESTIONS

How do we register?

Registration is available online at www.vc.bc.ca/finnegansummer. If you are having technical difficulties, a printed form is available at the school's Main Office (5400 Cartier Street). Full payment must be received in order to reserve a spot. Space is limited so we strongly recommend that you register and pay as soon as possible.

What happens if the participant has to miss some of the classes because of family commitment or schedule conflict?

Special circumstances may be taken into consideration provided our office is given advance notice.

Is there before or after-camp care?

We are unable to assist families with before or after camp care. However, for those registered in a morning and afternoon session, campers will be given time to have their lunch in order to attend the next camp.

Where do campers have lunch?

Campers can eat their packed lunch in an area within the school grounds (e.g. cafeteria or breezeway). Please note that the school cafeteria service does not operate in the summer months. Campers attending different morning and afternoon half-day camps will have a 30-minute lunch break coordinated by the teachers.

POLICIES

Refunds

Refunds are available if the withdrawal is communicated in writing at least 14 days prior to the start date of the camp. An administrative fee of \$50 will be applied for camps \$200 or more and \$35 for camps less than \$200. No refunds will be given if the withdrawal is made within 14 days of the camp start date except for medical reasons with a physician's note.

Transfers

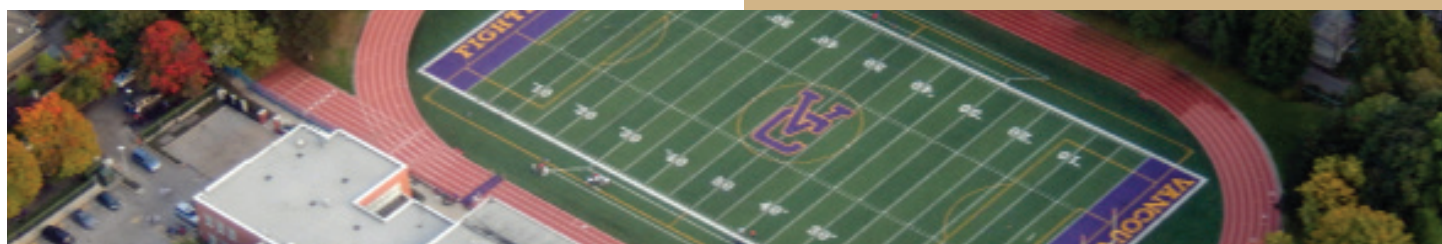
Request to transfer from one camp to another will be accommodated provided a written request is made at least 14 days prior to the start of the camp. If the request is made within 14 days of the camp start date, the request will be handled on a case-to-case basis.

Cancellations

Should we need to cancel camps, we will do our best to communicate this as soon as a decision is reached. However, we reserve the right to cancel any camp up to 7 days prior to the camp start date. In such situations, a full refund will be processed accordingly.

Instructors

We reserve the right to substitute a camp instructor for all Finnegan Summer programs than that listed in the camp offerings.



VANCOUVER COLLEGE | 5400 CARTIER STREET | VANCOUVER BC | V6M 3A5 | VC.BC.CA