

FINNEGAN SUMMER 2018

Welcome to Finnegan Summer 2018 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



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 - 13
TIME: 9 AM - 2:30 PM
COST: \$440 **CODE:** 001
AGE: KINDERGARTEN

Instructors:
Mrs. Cathy Wolfman
(VC Kindergarten Teacher)

Mrs. Tricia Listeck
(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 16 - 20
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 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 9 - 20
TIME: 9 AM - 3 PM
COST: \$450 **CODE:** 003
AGE: GRADE 4 - 6

Instructors:
Ms. Leigh Della Siega
(ICS Grade 3 Teacher)

Mr. Marcus Schollen
(ICS Grade 4 & PE Teacher)

Back by popular demand! In this two-week camp, campers spend their mornings creating literacy and numeracy projects with tools like iPads, as well as other stimulating art, writing, and academic pursuits. Afternoons will be spent on O'Hagan Field, in the gym, and on the playground working on physical fitness. Sports covered include: flag football, basketball, volleyball, tennis, soccer, and a variety of games to build skills for all sports. 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 - 6 (Week 1)

CODE: 005
DATE: JULY 9 - 13 (Week 2)

Instructor:
Mrs. Maureen Moorehead
(Principal, St. Paul's Elementary)

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 - 6
WEEK 2: JULY 9 - 13
WEEK 3: JULY 16 - 20
WEEK 4: JULY 23 - 27

REGISTER ONLINE AT
VC.BC.CA/
FINNEGANSUMMER

ELEMENTARY SCHOOL CAMPS (Continued)

ELEMENTARY EXPLORERS 2

DATES: JULY 23 - 27 **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 classroom & science activities, while the afternoon will be outside or in the gym. Come be an explorer with Finnegan Summer!

MINI UN – PUBLIC SPEAKING & DEBATE

DATES: JULY 23 - 27 **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 3 - 6 **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
MAX: 21 CAMPERS PER AGE GROUP

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

Back due to popular demand, 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. This camp sold out both weeks last year so don't wait to register!

DOLPHIN KIDS: ACHIEVEMENT MINDSET "I CAN DO IT!"

DATES: JULY 3 - 6 **COST:** \$208 **MAX:** 15
AGE: GRADE 4-6 **TIME:** 9 AM - 11:30 AM **CODE:** 022

Instructor: Ms. Elyse Cochrane (*Program Director, Dolphin Kids*)

Vancouver College and Dolphin KIDS™ Achievement Programs invite your child to a unique summer camp specially designed for Grades 4 to 6. Through the positive tools of play, others, & downtime, children will learn to better embrace new learning, cope with life's challenges, adapt, & innovate to achieve their very best.

REGISTER TODAY:
VC.BC.CA/FINNEGANSUMMER



DOLPHIN KIDS: ACHIEVEMENT MINDSET "I CAN DO IT!"

DATES: JULY 3 - 6 **COST:** \$208 **MAX:** 15
AGE: GRADE 1 - 3 **TIME:** 12:00 PM - 3 PM **CODE:** 023

Instructor: Ms. Elyse Cochrane (*Program Director, Dolphin Kids*)

Vancouver College and Dolphin KIDS™ Achievement Programs invite your child to a unique summer camp specially designed for Grades 1 to 3. Through the positive tools of play, others, and downtime, children will learn to better embrace new learning, cope with life's challenges, adapt, and innovate to achieve their very best. All the Dolphin KIDS programs include indoor and outdoor play, social skills development (others), and downtime, such as wellness tools of yoga/mindfulness, gratitude, and optimism.

BASKETBALL BASICS

DATES: JULY 23 - 27 **TIME:** 9 AM - 11:30 AM
COST: \$120 **CODE:** 016
AGE: GRADE 4 - 6

Coaches: Mr. Ryan Shams (*VC Head Coach, Grade 9 Basketball*) & Mr. Ethan Wong (*VC Head Coach, JV Basketball*)

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!



MIDDLE & SENIOR SCHOOL CAMPS (GRADE 7 – 10)

Camps are co-ed except Head Start
 Grade indicated is participant's grade in September.

HEAD START:

TRANSITIONING TO MIDDLE SCHOOL

DATES: JULY 16 - 20 **TIME:** 9 AM - 3 PM
COST: \$280 **CODE:** 009
AGE: BOYS GOING INTO GRADE 7/8 AT VC (MAX. 60)

Instructors:
 Mr. Paul Legge & Mrs. Cynthia Accili (*VC Middle School Teachers*)

This camp for incoming Grade 7 and 8 students, facilitated by Mrs. Accili 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 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 students feel more at ease than to see a friendly face in the hallways when they arrive in September!

This camp sells out every year, so please register early to secure your spot!

DEBATE & PUBLIC SPEAKING

DATES: JULY 23 - 27 **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.

JUMPSTART TO MIDDLE SCHOOL MATH

DATES: JULY 3 - 6 **COST:** \$120
AGE: GRADE 8 **TIME:** 9 AM - 11:30 AM **CODE:** 024

Instructor: Mrs. Cynthia Accili (*VC Math Teacher*)

We're here to take the stress out of transitioning to high school math! A strong foundation is essential for success in middle school mathematics courses. This workshop will preview the core competencies for new grade eight students and help them strengthen their math skills so they are better prepared for the grade eight course and beyond.

NUMERACY ASSESSMENT WORKSHOP

DATES: JULY 9 - 13 **COST:** \$120
AGE: GRADE 10+ **TIME:** 9 AM - 11:30 AM **CODE:** 025

Instructor: Mrs. Cynthia Accili (*VC Math Teacher*)

The Numeracy Assessment is a new provincial assessment that all high school students must complete before graduation. This workshop will help students prepare by sharpening their critical thinking and problem solving skills and will give them the tools to successfully complete the assessment. Students will engage in activities based on the five numeracy processes: interpret, apply, solve, analyze, and communicate. Students will also learn the necessary tools to navigate the assessment's three components: common component (25 questions), student-choice component (2 long answer questions), and self-reflection component (not scored). Want to improve your chances of successfully completing this upcoming assessment? Then this workshop is for you!

IRISH ATHLETICS CAMPS

IRISH FOOTBALL

DATES: JULY 9 - 13 **TIME:** 9 AM - 3 PM
COST: \$240 **CODE:** 012
AGE: GRADE 7 - 8

Coach: Mr. Matt Esaw (*VC Head Coach, Grade 8 Football*)

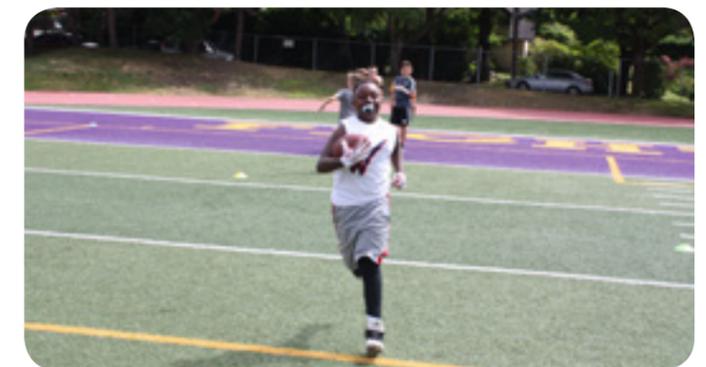
One of our most popular and longest running camps! Participants will receive individualized instruction in the development of football fundamentals with particular emphasis on throwing, catching, blocking, and stance. This is a non-contact camp requiring no equipment and will be an excellent base for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

IRISH BASKETBALL

DATES: JULY 23 - 27 **TIME:** 12 PM - 3 PM
COST: \$120 **CODE:** 015
AGE: GRADE 7 - 9

Coaches: Mr. Ryan Shams (*VC Head Coach, Grade 9 Basketball*) & Mr. Ethan Wong (*VC Head Coach, JV Basketball*)

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



IRISH ATHLETICS CAMPS (Continued)

HIGH PERFORMANCE TRAINING CAMP

DATES: July 3 - 27

TIME: 9 AM - 12 PM

COST: \$300

CODE: 018

AGE: GRADE 9+

12 SESSIONS - M/W/F

Coach:

Mr. Scott Vass

(VC Athletic Director & Strength and Conditioning Coordinator)

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 desire that translates not only into increased performance, but into life outside athletics as well!

*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 secure 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 a family commitment or schedule conflict?

Special circumstances may be taken into consideration provided our office is given advanced 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/Opening

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. For the most up to date camp listings, including newly added camps, please visit vc.bc.ca/finnegansummer

Instructors

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

