

## SAINTS SPORTS CAMP

June 18-22, 2018 | June 25-29, 2018

July 9-13, 2018 | July 16-20, 2018

July 23-27, 2018

Rising K - 5th grade girls

Full and half day options

Saints Sports Camp is one of our most popular camps! This is an all-girls camp where girls are grouped by age, for small group instruction with an 5:1 ratio of children to counselors. Introduced to the fun and exciting, age appropriate, world of team play and outdoor activities. Participants are taught an appreciation for multiple athletic activities, participation, sportsmanship, and physical fitness. They will gain a deeper understanding of athletics through individual and team play in an environment that promotes enjoyment and healthy competition. They will have lots of outdoor and indoor activity sessions that will also include arts and crafts, and time in the swimming pool.

## AMERICAN DOLL AND ETIQUETTE

June 18-22, 2018 | July 16-20, 2018

Rising 1st - 4th grade girls

Etiquette and good manners is all about kindness, consideration and truthfulness. This camp will celebrate young girls and all that they can be. We will try to speak to their imagination and teach them the importance of friends and family. We will use role play and other fun activities to entertain, educate and inspire them. The Etiquette section will include: Memory Work; a written invitation; making proper introductions; using proper telephone etiquette. We will learn to make an appointment, make purchases and just ask questions. We will set a proper table, drink hot tea from a teacup and eat hot soup with a spoon. Finally, we will help set up a proper Tea Table for our Graduation Tea. During this week of camp we will enjoy our dolls and even choose our own Doll of the Year. As we study good character traits, we will try to spark their imagination and teach them the importance of family and friends as we name and develop our very own Doll of the Year, we will write a short book about her. Together we will tell of her character traits and her favorite activities. We will also develop a family for her and make her come alive. Swimming, outdoor ball activities, movies about other American Dolls and Croquet may even appear on the lawn. Every day will be full of fun!

## TENNIS ACADEMY FOR BEGINNERS

June 18-22, 2018 | July 16-20, 2018

July 23-27, 2018

Rising 2nd - 6th grade, co-ed

Open to those with little or no previous tennis experience. Players will have the opportunity to learn basic tennis skills that can be used throughout their playing careers. Throughout the week, they will learn the fundamentals of tennis, including ground strokes, volleys, serves, and score keeping. The daily schedule consists of drills, competitive games, and pool time. After this week, campers should feel confident with the fundamentals of tennis and strive to continue with the sport.

## ¡A JUGAR! LET'S PLAY IN SPANISH

June 18-22, 2018

Rising 3rd - 5th grade girls

¡A JUGAR! is for rising 3rd - 5th grade girls who want to have fun learning Spanish. Campers will learn through songs, games, playing sports and other interactive activities such as cooking projects and role plays. The campers will be fully immersed in Spanish for one week, with a focus on four main areas including sports, food, shopping, culture and basic conversational expressions.

## GAME STRATEGY

June 18-22, 2018

Rising 4rd - 6th grade, co-ed

Are you looking for something fun that gives you a break from video games? Game strategy camp may just be the ticket! During this week of camp, we will learn strategies to be successful in a variety of top-rated board (and card) games like Ticket to Ride, Dominion, Sequence, and Catan (just to name a few). We will note math principles that apply to those games in order to help campers reason through probability and logic questions. Campers will earn prizes as they climb the gaming ladder.

## MATH FOUNDATIONS

June 18-22, 2018

Rising 4rd - 6th grade, co-ed

Let's make math fun again! Math Foundations Camp covers the traditional topics of fractions, decimals, and probability while incorporating logic activities to stretch the mind. It is designed to be a refresher course on these topics while advancing campers to the next level as well. We will discuss math application in word problems, and discuss how to choose appropriate strategies in math. Campers will compete in a number of activities and games to sharpen their skills as well.

## BIOLOGY EXPLORERS

June 18-22, 2018 | June 25-29, 2018

July 9-13, 2018

Rising 5th - 9th grade girls

Biology Explorers camp is an exciting week of applied science for rising 5th -8th grade girls. From microorganisms to the biosphere, campers learn about many of the questions, techniques, and equipment scientists use to study the different levels of life. Each morning, campers see demonstrations and perform experiments in the biology labs at Saint Mary's School. In the afternoon, campers travel to a variety of local scientific points of interest to watch professional scientists at work. Past field trips have included the Phytotron and Solar House at NCSU, the Sharon Harris Plant, and the Duke Lemur Center.

## NANCY DREW SQUAD: MYSTERY-SOLVING

June 18-22, 2018 | June 25-29, 2018

Rising 6th - 10th grade girls

Hey, super sleuths! Come have some mystery fun with Dr. Laurel Young, renowned expert on women's detective writing and author of P.D. James: A Companion to the Mystery Fiction. Solve puzzles, learn basic forensic techniques such as finger-printing, and write secret code messages. On the final day of the session, you will use everything you have learned to break out of an escape room!

## YOGA CERTIFICATION

June 18-22, 2018 | June 25-29

July 16-20 | July 23-27

Ages 15 - 19 boys and girls

In just four weeks this summer your students can be on their way to creating wellness in their own lives. This 200 hour, yoga alliance certified, teacher training program is about so much more than becoming a yoga teacher. It's a way to begin creating a life with space for healthy food, beneficial movement, daily wellness rituals, and life altering mindfulness practices. Students will embark on a journey of self development and growth as they learn ancient wisdom and how to apply it to their modern life. After graduation, students will be certified to teach yoga. They will be armed with an entrepreneurial mindset that helps create success in whatever path they continue to travel. Well Yoga School prepares students to become so much more than just yoga teachers.



Visit [www.sms.edu/summer](http://www.sms.edu/summer) for details and registration.

## **KIDS WITH WINGS: WRITING & READING**

**June 25-29, 2018 | July 23-27, 2018**

**Rising 1st - 3rd grade girls | K - 1st grade girls**

A reading and writing camp designed for rising 1st - 3rd grade girls. Throughout the week we will read a number of children's books that will focus on building girls' self-esteem. The curriculum includes a daily writing activity that focuses on grade appropriate writing skills and a creative art activity related to each book we read. We will also spend time outside playing games that will build positive friendship skills. Each day will include a time for snack, lunch and swimming in the pool.

## **WHERE IN THE WORLD? A CULTURAL JOURNEY AROUND THE WORLD**

**June 25-29, 2018**

**Rising 5th - 8th grade girls**

Where in the World? A cultural journey around the world! Come with us on trip around the world exploring 10 different countries learning about their cultures, customs, languages, and more! Bring your (provided) passport each day for admittance to the country to learn, dance, play and eat, even meeting and engaging with natives from each location. Pair up in partners for exercises or group into teams for a little friendly competition to win prizes from each country every day. Don't miss the last day's celebration where we combine the countries of Brazil and America for the ultimate outdoor cookout with food, fun and games. Experience all that these different countries have to offer, missing nothing but the plane ride. See you on the other side! This camp is co-ed and open to rising 5th-8th graders.

## **BASKETBALL CAMP**

**June 25-29, 2018**

**Rising 6th - 8th grade girls**

This five day camp will concentrate on the fundamentals of the game, providing each camper with a sound foundation to facilitate and enhance future improvement. Campers will receive encouragement and reinforcement to make this camp a mix of learning and FUN. Each day will consist of fundamental stations, contests, 3-on-3 games and 5-on-5 games. This camp will be run by Varsity Head Basketball Coach Rob Weltz, who has over 16 years of coaching and running camps. Varsity Basketball players will also be working this basketball camp to assist our young girls with the role modeling of our basketball skills. Each camper will receive a t-shirt, a camp certificate, and plenty of opportunities to win prizes.

## **IMPROV CAMP**

**June 25-29, 2018**

**Rising 4th - 8th grade girls**

Improv is the most fun you can have onstage. It's fun, fast, and easier than you think. Kids will gain confidence while focusing on listening, team-building, creativity, and spontaneity. Camp will end with a performance for parents and friends.

## **WRITERS WORKSHOP**

**June 25-29**

**4th - 6th grade, coed | 6th -8th grade, coed**

Do you want to become a better writer? Do you enjoy putting your thoughts onto paper? If so, then this camp is the one for you! This camp will focus on the strategies for improving campers' creative writing, poetry writing, and academic writing. At the end of the week, students will have a writing portfolio to bring home.

## **INNOVATORS HUB: GIRLS IN ENTREPRENEURSHIP**

**July 9-13, 2018**

**Rising 7th - 9th grade girls**

From the first day of Saint Mary's one-of-a-kind entrepreneurship camp, girls are asked to get creative and solve problems that are meaningful to them and relevant for their community. By day, participants will learn leadership skills such as public speaking, business etiquette, conflict resolution and more! Then they will have a chance to apply their newly-acquired skills with visits to some of Raleigh's most innovative businesses - meeting young start-up companies as well as organizations which have become community influencers. Ranked as one of the top 10 best places to live by the U.S. News & World Report, Raleigh is the place to be for girls wanting to meet and learn from today's innovators and entrepreneurs. In the evening, participants will collaborate on a week-long project, culminating in a hands-on event they own from start to finish. In between, they have free time for swimming, games, and other fun activities.

## **KIDS WITH WINGS: WRITING & READING**

**July 9-13, 2018**

**Rising 2nd - 4th grade girls**

Kids with Wings: A reading and writing camp designed for rising 2nd - 4th grade girls. Throughout the week, we will read a number of children's books that will focus on building positive self-esteem for girls. The curriculum includes a daily writing activity that focuses on grade appropriate writing skills and a creative art activity related to each book we read. We will also spend time outside playing games that will build positive friendship skills. Each day will include a snack, lunch and pool time.

## **BASKETBALL CAMP**

**July 9-13, 2018**

**Rising 3rd - 5th grade girls**

This five day camp will concentrate on the fundamentals of the game, providing each camper with a sound foundation to facilitate and enhance future improvement. Campers will receive encouragement and reinforcement to make this camp a mix of learning and FUN. Each day will consist of fundamental stations, contests, 3-on-3 games and 5-on-5 games. This camp will be run by Varsity Head Basketball Coach Rob Weltz, who has over 16 years of coaching and running camps. Varsity Basketball players will also be working this basketball camp to assist our young girls with the role modeling of our basketball skills. Each camper will receive a t-shirt, a camp certificate, and plenty of opportunities to win prizes.

## **YOGA & WELLNESS**

**July 9-13, 2018**

**Rising 6th - 8th grade girls**

Come play yoga! During this simultaneously fun and calming week girls will learn about yoga, mindfulness training, and their selves. Each day we will move through yoga poses, sequences, fun yoga games, mindfulness activities and crafts. Students will begin to better understand themselves, the importance of kindness and patience to those around us. We will cultivate a positive self image and increased confidence by growing stronger and more flexible. Each day we will offer something new and fun, such as manicures, face masks, henna tattoos, mandala coloring, and even mala making. The girls will keep their mala and be equipped with tools to help manage the stress of school and life. If you are looking for a fun week of crafts, games, learning, and relaxation, this is the perfect camp for you!

## **ACT PREP: MATH, SCIENCE**

**July 9-13, 2018**

**Rising 9th - 12th grade girls and boys**

Up your chances of achieving a high score on the Math and Science sections of the ACT. Learn essential concepts and test-taking strategies for acing every question type. Review essential skills and concepts from your math classes and master the types of data and graphical analysis questions featured in the science section. Participants must have completed the ninth grade. Completion of Algebra 2 or Common Core Math 2 is strongly recommended. Participants must bring a calculator.

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for details and registration.**



## GIRLS ON THE GO! FITNESS CAMP

July 9-13, 2018

Rising 6th - 9th grade girls

Girls on the GO! is designed to keep girls active and on the go; and to educate young girls on how they can eat well while having fun! They are going to learn that they do not have to wait until they are older to pursue a healthy and balanced lifestyle. Each day, campers will be exposed to new fitness adventures, as well as activities designed to build social and life skills. During the camp, the girls will learn about the scientific aspects of health. They will understand about how the body engages in physical activity by learning more about anatomy, food science and nutrition. They will be able to connect what they learn about the body to the physical activity they will participate in. The girls will engage in different workouts like yoga, Zumba, Pilates, and traditional gym exercises. The goal of the camp is to expose young girls to healthy, active lifestyles, and to empower them to be strong, independent young women.

## ACT PREP: ENGLISH, READING, WRITING

July 9-13, 2018

Rising 9th - 12th grade girls and boys

Get set for ACT Success! Learn the form and style of the test as well as the essential content and strategies for approaching each question type on the English, Reading and Writing sections of the ACT. Review standard grammar, sentence structure, and punctuation issues that are commonly tested on the English section and practice the four types of reading passages. As time allows, examine the potential writing topics, analyze sample essays, and practice writing the essay. Leave with the confidence that comes from being prepared.

## MIDDLE SCHOOL MATH MAGIC

July 16-20, 2018

Rising 6th - 8th grade girls

Compete in Olympic-style math competitions while building your confidence and passion for math. Learn and review the essentials of middle school math such as pre-algebra, algebra, geometry, arithmetic, logic and reasoning, and problem-solving strategies. Group learning exercises such as games, puzzles, and building-challenges will make learning more interactive and challenging. Strengthen your math skills to prepare you for higher level mathematics.

## WRITING YOUR MOMENT

July 16-20, 2018

Rising 4th - 6th grade girls and boys

Over the course of this camp, students will review the elements of a story and learn more about their complexities and nuances, analyze the works of several authors and evaluate their use of literary elements, and apply their newly developed understandings of these elements by crafting a personal narrative about a specific moment in their life. They will then evaluate and revise your own piece and the works of others several times to ensure that your final product is everything you want it to be and share their work with classmates by delivering a dramatic reading of the finished piece. I know this sounds like a lot to fit into one week, but the skills and confidence about writing will be something students can be proud of and carry with them into their next school year.

## FINE ARTS CAMP

July 16-20, 2018

Rising 4th - 8th grade girls

Fine Arts Camp provides girls the opportunity to explore their creativity through visual arts. Working in our beautiful sunlit painting studio, your artist will explore different media while learning some basic skills and techniques. Campers will enjoy a variety of fun, two-dimensional art projects such as creating hand-painted parasols, bird houses, and bags as well as painting on canvas.

## CLOSE READING

July 16-20, 2018

Rising 7th - 10th grade girls

Become a confident, thoughtful, and independent close reader who knows how to dig deep into a text. Read a variety of texts ranging from the lyrics of top 40 hits to the poetry of Nobel prize winners to discover what's going on between the lines. What does the band One Direction mean in "The Story of My Life," or what does Elsa mean when she sings "Let it Go?". In this camp we will unlock the power of making valid inferences and apply our detail oriented analysis to works of fiction, nonfiction and visual texts. The curriculum for this camp is based on the findings of Kate Roberts and Christopher Lehmen and their text, *Falling in Love with Close Reading: Lessons for Analyzing Texts--and Life*.

## VOLLEYBALL CAMP

July 16-20, 2018

Rising 6th - 9th grade girls

This camp will prepare teenage girls for middle and high school volleyball while building upon an elite level mind-set. The camp will feature age-appropriate conditioning and training to prepare individuals both physically and mentally, for the next level of athletic competition. In addition to practice on the court, the camp will also utilize strength training and nutrition building sessions. A tournament will wrap up the weeklong camp.

## DRAMA CAMP

July 16-20, 2018

Rising 4th - 9th grade girls

Come enjoy a week of theatrical experiences including: playwriting, costume design, the actors process, and even performance! Students will work collaboratively to create a short play which will be performed at the end of the week. They will use both imagination and research to inform their artistic choices in everything from design work to acting. Additionally, students will explore improvisational theatre in both long and short forms as a means to stimulating the playwriting process and deepening their acting skills. Students with and without theatre backgrounds are invited to come explore, learn, and play!

## MATH MAGICIANS

July 16-20

3rd - 5th grade, co-ed

Abacadabra! Get ready to amaze your friends, family and teachers with your math knowledge and cool math tricks! Learn to think of math as entertaining as you brush up on subjects you have already studied such as addition, subtraction, measurement, time and geometry while you prepare for math next year. Challenge yourself and your teammates in interactive building games and fun math activities. As you play fun interactive games and try out new software, you will hardly realize you are doing math.

## POKEMON

July 23-27, 2018

Rising 2nd - 5th grade, co-ed

Gotta catch 'em all! Campers will exercise their creativity by creating and drawing their own unique Pokémon, complete with abilities and evolutions. They will also design and create their own Pokémon cards and make their Pokémon creations come to life through a comic strip and variety of craft projects. And what would a Pokémon gathering be without an epic "battle" featuring campers' Pokemons and their special powers, which will be staged outdoors or in the gym! Campers might also have an opportunity to play Pokémon Go.



Visit [www.sms.edu/summer](http://www.sms.edu/summer)  
for details and registration.

## DANCE WORKSHOP

July 23-27, 2018

Rising 3rd - 5th grade girls and boys

The Saint Mary's summer dance workshop is a week long program for rising 3rd - 5th grade dancers. Classes will be offered in ballet, pointe, modern, jazz/hip hop, stretch/yoga, and dance composition. Dancers will be placed in appropriate levels for their ability. Classes will be taught by Saint Mary's dance faculty and guest artists.

## DANCE WORKSHOP

July 23-27, 2018

Rising 6th - 12th grade girls and boys

The Saint Mary's summer dance workshop is a week long program for rising 6th - 12th grade dancers. Classes will be offered in ballet, pointe, modern, jazz/hip hop, stretch/yoga, and dance composition. Dancers will be placed in appropriate levels for their ability.

## SPIES AND ESPIONAGE

July 23-27, 2018

Rising 3rd - 5th grade, co-ed

As an Agent, you will learn the art of espionage, develop a disguise for cover, make and break codes, create and use spy gadgets, use spy tools to practice investigative techniques, and take part in many more fun activities. We will also invite local law enforcement officers to our campus to learn about a career as an investigator, analyze fingerprints (may even get fingerprinted, too!) and research former professional spies!

## TENNIS ACADEMY FOR INTERMEDIATE PLAYERS

July 23-27, 2018

Rising 5th - 9th grade, co-ed

This camp is open to rising 5th-9th graders with previous tennis experience. The players will be grouped by skill level and will be given the opportunity to improve their skills in a fun and encouraging atmosphere. The daily schedule will consist of drills, competitive games, match play, footwork training, tennis strategy, and pool time. Players will work on the following: ground strokes, volleys, overheads, serves, and singles and doubles play. Players will be faced with challenges that will only increase their passion for tennis. This camp will help further develop the players' skills, giving them the confidence to continue playing tennis.

## STRATEGIES FOR SUCCESS AND MINDFULNESS IN MIDDLE SCHOOL

July 23-27, 2018

Rising 6th - 8th grade girls

Set yourself up for success in school by determining what strategies and methods will help you to get and stay organized, pay more attention in class, and maintain your focus and motivation. Explore time management processes, develop speaking skills, and boost your reading and critical-thinking skills. Participants will practice mindfulness and learn how to settle a busy mind, direct and sustain attention, and investigate emotions. At the end of the week, take home a personalized folder full of materials that will prove useful for next year and beyond!

## STRATEGIES FOR SUCCESS AND MINDFULNESS IN HIGH SCHOOL

July 23-27, 2018

Rising 9th - 10th grade girls

Set yourself up for success in school by determining what strategies and methods will help you to get and stay organized, pay more attention in class, and maintain your focus and motivation. Explore time management processes, develop speaking skills, and boost your reading and critical-thinking skills. Participants will practice mindfulness and learn how to settle a busy mind, direct and sustain attention, and investigate emotions. At the end of the week, take home a personalized folder full of materials that will prove useful for next year and beyond!

## MODERN BRIDGE METHODS

July 23-27

5th - 9th grade, co-ed

Have you been wanting to learn the great game of Bridge? You will begin learning the new methods of Bridge in just 1 week! Each of the five classes will consist of two 2-hour sessions with a break for lunch and swimming. The classes will incorporate both prepared hands and lectures/exercises. While learning the principles of the game, the class will include the following topics: Major suit openings, minor suite openings, and no trump openings; Declarer and Defender play; Stayman and Transfer Conventions.

## SAT PREP: CRITICAL READING, WRITING/ LANGUAGE

July 23-27, 2018

Rising 9th - 12th grade, co-ed

Prepare for SAT success! Learn the form and style of the test (redesigned as of March 2016) as well as the essential content and strategies for approaching each question on the Critical Reading and Writing portions of the SAT. Learn how to recognize the types of questions asked on the reading passages, become a more critical reader and identify the evidence on which your answers are based. Review the most commonly tested grammar rules and skills, and practice what it takes to write an outstanding essay. Leave this program with the confidence and skills to achieve your best score yet! An SAT book will be provided for participants. Participants should be planning to take the SAT or PSAT in the 2018-2019 school year.

## SAT PREP: MATH

July 23-27, 2018

Rising 9th - 12th grade, co-ed

Gain a competitive edge in the college admissions process by discovering how to ace the Math section of the new SAT, which debuted in March 2016. Learn strategies for addressing math questions that will not only help you move through the test more efficiently, but will also help you improve your accuracy. Review the essential skills and concepts you need to know from pre-algebra, Algebra 1 and 2, and Geometry. Emerge with the confidence to successfully take the test for the first time or improve on your previous score(s). Participants must have completed 9th grade. Completion of Algebra 2 or Common Core Math 2 is strongly recommended. Participants should bring a calculator.



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