

+ Create    ●●● Move    \* Discover



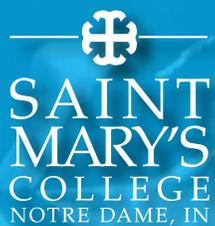
*Fine Arts*



*Athletics*



*Summer Academy*



Summer Camps | 2014

# Summer at Saint Mary's



Since 1974, Saint Mary's College has offered camps for girls in the safe and protective environment of the College's historic campus. Summer camps help young women build self-esteem, master new skills, make new friends, and experience the excitement of a college atmosphere. Twenty-four hour security and health services are provided during the camp season.

Saint Mary's College, located in Notre Dame, Indiana, is a four-year, Catholic, women's institution offering five bachelor's degrees and more than 30 majors.

The College has six nationally accredited academic programs: social work, art, music, education, chemistry, and nursing.

Saint Mary's College ranks 76 among the 248 "Best National Liberal Arts Colleges" for 2014 published by *U.S. News*. Founded in 1844 and sponsored by the Sisters of the Holy Cross, the College is a pioneer in the education of women.

Visit [saintmarys.edu](http://saintmarys.edu) for more about Saint Mary's College.

Explore your interests. Make new friends. Live in residence halls under the care and protection of counselors, instructors, and professional staff members. Instruction is provided by Saint Mary's faculty, staff, and area educators who are chosen for their expertise in the classroom and on the playing field.

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**Meals:** Sodexo is the food provider for Saint Mary's College. As the leading food management services company in North America, Sodexo provides summer guests with a variety of tasty and nutritious options at each meal. The Noble Family Dining Hall is an "all-you-care-to-eat" facility.

Visit [saintmarys.edu/dining](http://saintmarys.edu/dining) for more information.

**Phones:** Camps at Saint Mary's have a no-phone policy in place for all campers. Because this may be the first time away from home, some campers may experience separation anxiety. The staff, counselors, and instructors are dedicated to making this period of adjustment as comfortable as possible for everyone involved.

The phone policy has been established for the welfare of the entire camp program. In an emergency, parents may contact their children through the camp office or the camp director.

**Homesickness:** Staff members have been trained to react to homesickness with compassion and sympathy. Our counselors will help campers focus on exciting camp activities, making new friends, and the fun of the experience.

**Try Out Campus Life:** Campers stay in residence halls at Saint Mary's that feature 24-hour desk staff. Counselors live in close proximity to their campers, and a nighttime supervisor is on call and available from 8 p.m. to 8 a.m. Saint Mary's Security staff is available and accessible at all times. Campers may request specific roommates prior to coming to camp at Saint Mary's.

Deadline to apply: **June 3, 2014**



# Fine Arts

(girls entering grades 5–9)

Art, Creative Writing, Dance, Theatre, and Music

July 6–11

July 13–18

July 20–25

Embark on a journey of self-discovery through creativity. Campers explore five disciplines:

- art
- dance
- theatre
- music
- creative writing

You'll also participate in a daily concentrated class focusing on one of these disciplines. On Friday, you will present your work at the Performing Arts Forum in O'Laughlin Auditorium for your friends and family.



**Art:** Campers will experience distinct art forms such as painting, jewelry making, wearable art, paper art, and textiles. Whether you are sculpting, making friendship bracelets or angel wings, or designing your own garment, you'll be bringing your own masterpiece to life inside Saint Mary's professional art studios.

**Dance:** Each dance class has a distinct rhythm as campers develop skills in memory, musicality, and style. You'll learn dance history and vocabulary as you explore ballet, jazz, and modern dance. The Saint Mary's Dance Studio is complete with a sound system, mirrors, and a dance floor—an ideal space to express yourself through movement.

**Theatre:** Character, voice, and movement provide the building blocks for campers to express their dramatic potential. You'll develop performance skills and collaboration techniques through theatre games and group exercises. Classes are held on stage in the historic O'Laughlin Auditorium.

**Music:** Classes immerse campers in the basic elements of music. Past participants have created their own musical instruments, performed Broadway musical selections, and made the most of brooms and trash cans in their own version of the exciting musical show *Stomp*. You are invited to bring a musical instrument from home if you wish to share your talent.

**Creative Writing:** Embrace the world of words in sessions designed to build your distinct writing voice. Learn to express yourself on the page through unique exercises like reporting, writing ad jingles, poetry slams, monologues, or writing a love letter to your favorite food.

Whether you're experienced in the fine arts or not, you're welcome to enroll in Saint Mary's Fine Arts Camp at your individual skill level. The only requirement is the desire to learn and join in the fun.



Check out [MoreauCenter.com](http://MoreauCenter.com) for the latest information on exciting theatre, musical performances, and gallery exhibitions at Saint Mary's College.

# Athletics

(girls entering grades 5–10)

## July 6–10 (select one)

- Soccer
- Softball
- Volleyball I – Beginner to Intermediate

## July 13–17 (select one)

- Cross Country
- Lacrosse
- Tennis
- Volleyball II – Intermediate to Advanced

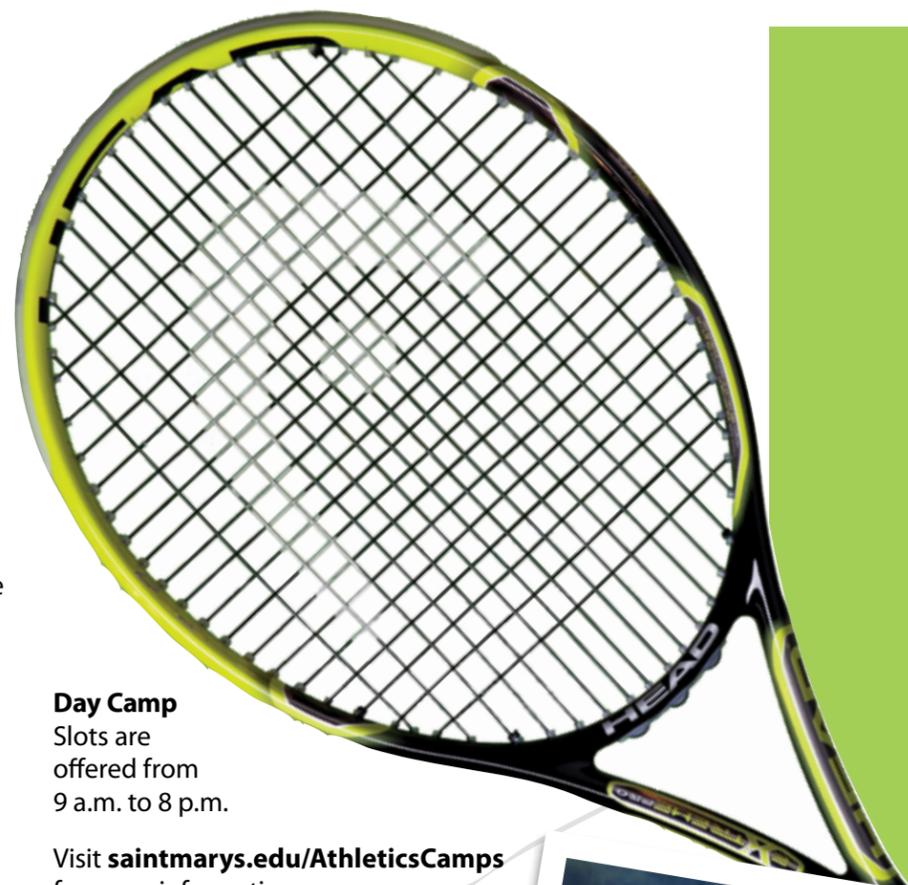
**Get in the game!** Play the sport you love or explore a new one. Experienced instructors, varsity coaches, and college athletes provide guidance according to individual need.

Coaches will help you sharpen your skills on the field or the court. You'll set goals, share in a positive, team-oriented atmosphere, and develop healthy habits that will help you achieve success.

Saint Mary's athletic facilities include three indoor volleyball courts, six outdoor tennis courts, a soccer field, and a softball field.

In addition to overnight Athletics Camps, Saint Mary's offers an economical day camp option featuring daily personal instruction in the discipline of your choice.

Visit [saintmarys.edu/AthleticsCamps](http://saintmarys.edu/AthleticsCamps) for equipment requirements by sport.



### Day Camp

Slots are offered from 9 a.m. to 8 p.m.

Visit [saintmarys.edu/AthleticsCamps](http://saintmarys.edu/AthleticsCamps) for more information on Athletics Day Camps.

All camps are for beginning and intermediate players with the exception of Volleyball Week II, which is geared toward intermediate and advanced players.



Cheer on one of Saint Mary's eight varsity athletic teams as they compete in the MIAA conference. A fun and exciting time for the whole family.

For the most up-to-date information, rosters, and team schedules, visit [saintmarys.edu/athletics](http://saintmarys.edu/athletics) today or follow us on [facebook.com/GoBelles](https://www.facebook.com/GoBelles).

# Go Belles!

### Cross Country

Saint Mary's Cross Country Camp will help runners at all levels to develop safe and effective training methods. The camp staff will emphasize an individualized approach to training and will instill in campers the importance of mental preparation, stretching, and weight training.

### Lacrosse

Flex your muscles—and your agility—on the field in this fast-paced game. Lacrosse is one of the quickest growing team sports in the U.S. Join your new teammates for practices and scrimmages that focus on speed, coordination, skill with the crosse, and team building.

### Soccer

Practice dribbling, passing, offense, and defense with your teammates. Soccer coaches will work with you to develop these skills, and you will have opportunities to demonstrate them throughout the week during drills and scrimmages.

### Softball

Camp emphasizes the basics of throwing, catching, fielding, hitting, base running, and pitching. Positioning and strategies are taught through game-like drills and scrimmages. Softball camp will be offered only during the first session of the Athletic Camps.

### Tennis

Work with coaches to develop and refine all your tennis skills: footwork, ground strokes, serves, service returns, and volleys. Coaches focus on doubles and singles strategies, and you will match up against other campers in contests, games, and tournament play throughout the week.

### Volleyball

As a volleyball camper, you will take to the court each day to learn and practice fundamental skills. You will participate in drills for blocking, hitting, passing, setting, serving, and serve reception. Coaches will teach you dynamic offensive and defensive strategies that you will practice in games and scrimmages.



# Summer Academy

(girls entering grades 8–12)

**July 6–11**

Forensic Science

**July 13–18**

Theatre

**July 20–25**

Studio Arts: Super Hero Camp

Curiosity drives discovery at Saint Mary's Summer Academy. This residential camp is designed to introduce campers to the academic experience and thrill of college life.

Join other motivated students who are interested in academic and cultural pursuits within a specific field of study. Summer Academy offers three weeks of in-depth, hands-on study and field trips.



## Forensic Science

**July 6–11**

Campers are summoned to a staged crime scene to participate in fact finding and evidence gathering in the hope of solving the crime.

Through biology, chemistry, mathematics, and deductive reasoning, you will work with fellow campers to weigh your evidence and apply your findings in the quest for the culprit.

A field trip to an actual crime lab is included in this week. You'll share the results of your investigation in a public forum for friends and family on Friday.

## Theatre Camp

**July 13–18**

Explore character, voice, movement, and performance techniques in classes designed to help you realize your stage potential. Afternoons will be spent rehearsing a play, which you'll perform in the Little Theatre on Friday for friends and family.



Limited need-based scholarships are available. Scholarships do not exceed \$250 per camper. Download a scholarship application at [saintmarys.edu/camps](http://saintmarys.edu/camps)

# NEW!

**Studio Arts: Super Hero Camp**

**July 20–25**

If you could create your own super hero, who would you be? Use your imagination, creativity, and a studio filled with art supplies to create your very own heroine who will save the world!

Projects include designing your costume and drawing a caricature or creating your own comic strip. Present your work to family and friends during a special portfolio review on Friday afternoon.



**Note:** Visit [saintmarys.edu/camps](http://saintmarys.edu/camps) to register online.

**Please print:**

Camper's name \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_ Grade as of Sept 2014 \_\_\_\_\_ School \_\_\_\_\_

Mother's name (Guardian) \_\_\_\_\_ Father's name (Guardian) \_\_\_\_\_ Adult (non-fitted) T-shirt size: (S, M, L, XL) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Email address \_\_\_\_\_ How did you hear about our camp?  Ad  Friend  Mailing  Social media  Other \_\_\_\_\_

Home phone \_\_\_\_\_ Mother's work phone \_\_\_\_\_ Mother's cell phone \_\_\_\_\_ Father's work phone \_\_\_\_\_ Father's cell phone \_\_\_\_\_

**Name of preferred roommate(s).** Please list no more than three roommates. Fine Arts Camp, Athletics Camp, and Summer Academy provide double-room occupancy along with a limited number of triple and quad rooms. (All triples and quads are available on a first-come, first-served basis.)

### Choose your Camp and Session

<b>Fine Arts Camp</b> (grades 5–9)  <input type="checkbox"/> July 6–11 <input type="checkbox"/> July 13–18 <input type="checkbox"/> July 20–25	<b>Athletics Camps</b> (grades 5–10)  <b>July 6–10</b> <input type="checkbox"/> Soccer <input type="checkbox"/> Softball <input type="checkbox"/> Volleyball I  <b>July 13–17</b> <input type="checkbox"/> Cross Country <input type="checkbox"/> Lacrosse <input type="checkbox"/> Tennis <input type="checkbox"/> Volleyball II*  <input type="checkbox"/> Overnight or <input type="checkbox"/> Day Camp	<b>Saint Mary's Summer Academy</b> (grades 8–12)  <b>July 6–11</b> <input type="checkbox"/> Forensic Science <b>July 13–18</b> <input type="checkbox"/> Theatre Camp <b>July 20–25</b> <input type="checkbox"/> Studio Arts: <i>Super Hero Camp</i>	
<b>2014 Fine Arts Tuition</b> Before 3/31/14 <b>\$470</b> After 3/31/14 <b>\$520</b>	<b>2014 Athletics Tuition</b> Before 3/31/14 <b>\$440</b> After 3/31/14 <b>\$490</b> Day Camp <b>\$250</b>	*All sessions are for Beginner to Intermediate players with the exception of Volleyball Week II (July 13–17), which is for Intermediate to Advanced players.	<b>2014 Summer Academy Tuition</b> Before 3/31/14 <b>\$515</b> After 3/31/14 <b>\$565</b> See <a href="http://saintmarys.edu/camps">saintmarys.edu/camps</a> for information on Financial Assistance.

**Note:** Please complete the above application. A non-refundable deposit of \$100 or the full amount can be paid when you apply. Upon receipt of your application a confirmation packet will be mailed to you, including an invoice detailing any balance that is due. If you choose to take advantage of the \$50 early registration discount, your balance will be due by mail by March 31, 2014. If not, your final payment will be due by mail by June 3, 2014. Make checks payable to Saint Mary's College.



Yes, sign my daughter and I up for Bloom on **Sunday, July 13** from 10 a.m.–2 p.m. at Saint Mary's College.  
 Cost: **\$45 per person**

Application and payment is required to secure your registration for the Bloom program. A confirmation packet will be sent to you including the program's itinerary, campus map, and other important information.

### Payment Methods

Credit card orders may be faxed to (574) 284-4784, mailed in with your application, or you may register online.

Charge the amount of \$ \_\_\_\_\_ to my  Visa  MasterCard  Discover

Credit card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Cardholder's name \_\_\_\_\_

Cardholder's signature \_\_\_\_\_

**For further information, contact:**  
**Saint Mary's Summer Camps**  
**Saint Mary's College • Notre Dame, IN 46556**  
**Phone: (574) 284-4778 • Fax: (574) 284-4784**  
**Email: [camps@saintmarys.edu](mailto:camps@saintmarys.edu) • [saintmarys.edu/camps](http://saintmarys.edu/camps)**

*Saint Mary's College reserves the right to change or cancel any summer camp session for any reason, including if minimum registration enrollments are not met.*

*For office use only*

\$ \_\_\_\_\_ Amount received \$ \_\_\_\_\_ Bal. due \_\_\_\_\_



### It's time to ignite conversation.

Bloom for Girls, LLC, (ages 10–14 years) was created to open dialogue between moms and daughters during a time in our daughters' lives that doesn't have to be sad, hopeless, or stressful. It's a time of new beginnings, fun, and growth.

Our daughters face a number of challenges that include influences on their lives by social media, technology-based "relationships," their own changing bodies, transitioning to high school, and building friendships.

A report commissioned by Saint Mary's College, *The Status of Girls in Indiana 2013*, indicated that, at this age, girls experience feelings of sadness or hopelessness more often than boys.

Bloom is a program for moms and daughters to begin filling our toolboxes with confidence, self awareness, and gratitude for the gift of womanhood we've been given.

Join Bloom for a dynamic workshop that will send you forth inspired to embrace your femininity and celebrate the positives of being a woman in today's society.

### We need to keep talking.

**We need to keep questioning.**

**We need to embrace the power we have as women.**

**It is our time.**

**Let's Bloom!**

Questions about Bloom? Please contact the Saint Mary's College Summer Camp Office at (574) 284-4778.

**Join us for a one-day seminar.**

**Sunday, July 13, 2014**  
**10 a.m.–2 p.m.\***

\*Lunch included

## Summer Camps | 2014

+ Create    ● Move    \* Discover

## Countdown to Summer Camps | 2014

You'll love Saint Mary's summer camps. Join us in July for fun, friendship, and learning experiences designed for talented young women like you.

Explore the arts—like music, dance, and theatre—in Fine Arts Camp. Get in the game at one of our six Athletics Camps including our new Lacrosse camp. You can solve a mystery, put on a theatrical performance, or create your own super hero at the Saint Mary's Summer Academy.

You'll stay in one of the historic residence halls on Saint Mary's beautiful campus, eat in the College dining hall, and make friends from all over the U.S.

Our counselors and instructors are experienced teachers, coaches, and qualified Saint Mary's students. They will guide your camp experience through programs that will spark your creativity and your passion.

Fine Arts Camp	July 6–11, 13–18, 20–25
Athletics Camp	July 6–10, 13–17
Summer Academy	July 6–11, 13–18, 20–25

Sign up today at [saintmarys.edu/camps](http://saintmarys.edu/camps)