

# CB Summer Fun 2024

## Camp & Couse Descriptions

### Arts Camps

**Fundamentals of Art** – This camp leads students through the basic techniques of art including shapes, contour, shading, texture and color. Students will learn to work in various mediums including pencil, pastels, and watercolor. During this week-long class, students will create both a sketchbook and portfolio containing several art projects. The class is designed for students with little or no art experience but who wish to learn more about the fundamentals of art and art techniques.

**TV News & Production** - Have you ever wanted to be a TV journalist? Ever wonder how they do it at ESPN or on the local news? Spend a week in CB's television studio learning how to capture video footage, create and edit a story, add music and graphics! Aspiring broadcasters and filmmakers are invited to spend a week learning about journalism, broadcasting and video production all while learning fundamental studio skills in this completely hands-on classroom! The class culminates on Friday with students anchoring a live to tape version of the "Talon Morning New" on KBFT. All campers will have access to all of their completed work from the week.

### Enrichment Camps

**Middle School Advantage** - Middle school is a big step on the road to maturity. Preparing young people with the academic and interpersonal skills to succeed can ease that transition and help build a solid foundation for success. Students will work individually and in teams as they focus on algebra readiness/algebra review, language arts, active reading, timed-writing skills, science, interpersonal skills, and personal enrichment. This course provides a unique opportunity to collaborate with other students and develop skills that become increasingly important with each educational transition.

**Mindful Moments** - Mindfulness is the practice of being present here and now, paying attention to one's thoughts, bodily sensations, emotions, and the external environment with kindness, nonjudgment, and curiosity.

When we teach mindfulness to kids, we equip them with tools to build self-esteem, manage stress, and skillfully approach challenges.

Studies show that the benefits of mindfulness for kids may include:

- **Increased focus**
- **Improved academic performance**
- **Decreased levels of stress**

Mindfulness camps, facilitated by CB Wellness Counselor and certified yoga instructor, Emily McDougall, MFT, include such mindfulness practices as meditation, mindful movement (yoga), and the fun and whimsical observance of the world around us.

**Transition to High School** - An enrichment program for incoming CB 9th graders that allows students to become more comfortable with the campus, form friendships with fellow classmates, and prepare for the advanced academic rigors of high school. In a dynamic group environment, teachers work with students on leadership skills, critical thinking and reasoning, study skills, public speaking, language arts, composition, science, and math readiness. Students do not earn credits for the course, however, this is a unique opportunity to learn valuable skills necessary for making a well-prepared transition to high school. Six-week Bridge courses are available for students seeking extended coursework in English/History summer reading and Math/Technology.

**Be a Leader** - Calling all future leaders! Designed for 5th and 6th grade students, this camp will help budding leaders become active leaders in their school communities. Students will identify the qualities of a good leader, develop their own skills as leaders and learn fun games and activities that can be used immediately when returning to school in the fall. This is a great course for students looking to build confidence, improve public speaking and collaboration skills, while becoming more involved.

## Science Camps

**Brick Builders** - Do you love building with Lego? Are you curious about engineering? Interested in making new friends and expanding on your love of creating? If you answered yes to any of the above, CB Brick Builders Begin is just the week for you as campers are invited to build their own world while exploring engineering concepts and developing leadership and collaboration skills. We'll also be playing outside a lot too.

**Camp da Vinci** - Spend a week looking at the world through the lens of renowned artist, inventor, and scientist Leonardo da Vinci! Camp includes a range of activities that blend science, engineering, and art, while also learning more about da Vinci's unique approach to learning, life, and greatness.

**Chemistry for Kids** - Chemistry for Kids takes an engaging look at the many ways in which chemistry "reacts" all around us every day. Through a variety of demonstrations and hands-on experiments designed to teach introductory chemical concepts, students will take a beginner's look at sophisticated topics such as acids and bases, reactivity of metals, and more, in fun and intellectually challenging ways.

**Coding and App Development** - First-time coders and aspiring app developers will bring their ideas to life. Campers will learn how to think like developers as they create games and apps

using a number of programs. This is a hands-on interactive course. *Please note, camp will not meet on the June 19 holiday.*

**Engineering** - This camp will focus on problem solving, design and engineering of buildings, bridges, and moving things. Campers will engage in a variety of interactive projects that test their imagination, build skills and conceptual knowledge.

**Little Leonardo (da Vinci)** - Explore, play, and begin to look at the world like renowned artist, inventor, and scientist Leonardo da Vinci! Camp includes a range of activities that blend science, engineering, and art for an amazing week of analytical discovery and creative fun!

**Robotics 1** - Discover the world of robotics with hands-on building experiences, lessons in coding, engineering, and problem-solving, all while collaborating with new friends in CB's state-of-the-art Engineering Lab.

**Robotics 2** - Robotics II will build on concepts and skills discovered during Robotics I. In Robotics II, campers will collaborate while utilizing more sophisticated materials and techniques to accomplish specific challenges.

## Sports Camps

**Athletic Training** - Under the direction of the school's professional strength and conditioning coach, athletes will meet Monday through Thursday to focus on athletic development. Athletes will learn speed training, how to be explosive, and how to develop quick feet. Along with athletic movement development, athletes will develop strength and power. This program is designed to help CB athletes elevate their skill to the next level and compete with greater confidence. All entering freshman and sophomore athletes are strongly encouraged to sign up. Class will not meet week of July 3 - 7.

**Boys' Basketball Camp** - This basketball camp focuses on the fundamentals of basketball and will challenge beginning and experienced players. Campers will work with CB's varsity coaching staff as they participate in a variety of scrimmage games and drills while focusing on teamwork, respect and dedication to the game. Camps are for kids who enjoy basketball, want to have fun, improve their skills and meet new friends.

**Co-ed Soccer (Goal Scoring & Goalkeeping Camp)** - This camp will help all campers improve their crossing, finishing and goal-scoring skills in this "games-only" camp. Led by the CB Soccer Coaching Staff and players, participants will learn skills and techniques to help them create and finish goal-scoring opportunities. Utilizing small-sided games and activities, this camp is guaranteed to help all participants improve their skills and confidence level. Goalkeepers are also invited to attend this camp to work with our goalkeeping coach. All levels are invited to attend this camp.

**Girls' Basketball** - This basketball camp focuses on the fundamentals of basketball and will challenge beginning and experienced players. Campers will work with CB's varsity coaching staff

as they participate in a variety of scrimmage games and drills while focusing on teamwork, respect, and dedication to the game. Camps are for kids who enjoy basketball, want to have fun, improve their skills and meet new friends.

**Girls' Volleyball** - Spend a few days of summer improving individual skills, learning the game of volleyball, and having fun with friends. This volleyball camp focuses on the fundamentals of the game with specialized training in game strategy. This camp will also focus on individual offense and defense.

**Let's Play (All-Sports Camp)** - Campers will participate in a wide-variety of games and activities in this fun and engaging afternoon camp. All participants will learn the rules and skills of many sports including: Basketball, Volleyball, Pickleball, Dodgeball, Flag football, Kickball and Spikeball. This is a “hands-on” activity camp that will give campers an opportunity to play, have fun, and compete with other campers and counselors in a positive leaning environment. No experience required! Anyone interested in getting some exercise and learning some new skills is welcome to attend.