



MERCY BURLINGAME Summer Athletics

- Tennis • Soccer • Lacrosse
- Water Polo • Cross Country
- Strength & Conditioning
- Song Pom & Cheer Clinics/Tryouts

All Mercy 9-12 Graders are invited to Mercy Summer Sports Camps & Clinics. [Please register online at www.mercyhsb.com](http://www.mercyhsb.com) by July 1, 2014. Payment can be made online or sent to Mercy High School, Attn: Daniella Matteucci. (Make checks payable to Mercy High School.

PLEASE VISIT WWW.MERCYHSB.COM FOR REGISTRATION TODAY!

Each camp is run by Mercy's Varsity Coaches and will focus on basic fundamentals while building sportsmanship and confidence in a competitive atmosphere. Please get your registration in, as clinics fill up quickly! Do not miss out on the chance to meet other Crusader athletes while learning from the talented Mercy coaching staff! Once the camp date approaches our coaches will reach out to all registrants with more detailed information.

TENNIS:

Location: Mercy High School Burlingame Tennis Courts

COACH: JANICE O'BRIEN, JANICEOBRIEN@MINDSPRING.COM

JULY 14-18, 1PM-3PM (\$150)

JULY 21-25, 1PM-3PM (\$150)

Coach Janice will offer two clinics. Please feel free to sign up for both or just one. Each session has 12 available spots.

LACROSSE:

Location: Franklin Field Burlingame, CA (corner of Trousdale Dr. and Quesada Way).

COACH: JOHN LYONS, SEELYONS@SBCGLOBAL.NET

JULY 14 - 18, 3:00-5:00pm (\$150)

SOCCER:

Location: Franklin Field Burlingame, CA (corner of Trousdale Dr. and Quesada Way).

COACH: JOEL SNYDER, JOEL@SOCCERCOACH.ME

JULY 21 - 24, 3:30-5:30pm (\$150)

WATER POLO:

Location: Mercy High School swimming pool

COACH: ROCIO MEDINA, ROALEJANDRA9@GMAIL.COM

JULY 14 - 18, 21 - 25 10AM-12PM (\$150 total for two weeks)

RUNNING CAMPS - FOR CROSS COUNTRY:

Location: Mercy High School - meet at the fishpond

COACH: MICHAEL GARCIA, MGARCIA@MERCYHSB.COM

TBD - more info to follow

Attendance at a Mercy summer camp or clinic does not secure a spot for any participants on a high school team.

Please contact Athletic Director, Daniella Matteucci, with any questions regarding summer sports camps and clinics. She can be reached at dmatteucci@mercyhsb.com or [650-762-1107](tel:650-762-1107).

STRENGTH & CONDITIONING

We will be offering Strength and conditioning sessions on Tuesday's from 1:00-2:00pm, 2:00-3:00pm and Thursday's from 11:00am-12:00pm, 12:00pm-1:00pm during the following weeks:

July 15 - 17 (T & TH)

July 22 - 24 (T & TH)

July 29 - 31 (T & TH)

August 5 - 7 (T & TH)

August 12 - 14 (T & TH)

*Each session will be one hour in length and will be held at Mercy High School in Burlingame. Please note that in order to tryout for a fall, winter, or spring sport each athlete will need to complete 10 full sessions. This program is built to help avoid injury and to teach proper exercise techniques while building strength in our athletes. These sessions are free and we encourage all fall athletes to participate in the first sessions available. More sessions will be offered for winter and spring athletes starting in September. **Please contact Mrs. Matteucci for sign-ups.***

CHEER AND SONG POM TRYOUTS - all tryouts are necessary to attend in order to make a team. Please Contact Athletic Director, Daniella Matteucci if you have a conflict with these dates.

SONG POM TRYOUTS (DANCE):

Clinic Days: June 2, June 3: 3:30-5:30pm @ Mercy Dance Room

Auditions: June 5: 3:30-5:30pm @ Mercy Dance Room

Coach: Gary Ferguson, gferguson@mercyhsb.com

The Mercy Dance Room is located in Grasilli Center by the pool on the Mercy High School Campus.

CHEER TRYOUTS:

Clinic Days: June 2, June 3: 3:30-5:30pm @ Rebels Elite Gym

Tryout Day: June 5: 3:30-5:30pm @ Rebels Elite Gym

Coach: Rebecca Hazen, rebecca_hazen@yahoo.com

Rebels Elite Gym:

389 Oyster Point Blvd. #8F, South San Francisco, CA 94080

Cheer and Dance Camps take place in mid July; only those girls that have made a team will attend camps. Each Coach will share more information once teams have been selected.

Every student on a Mercy High School sports team must be enrolled in our web-based system that collects medical history, Appryse prior to the first work-out. The state mandates student-athletes (including cheerleaders and song pom dancers) to have a comprehensive physical form filled out each year before being allowed to tryout, practice and compete in sports at the high school level. Please note that Mercy will only give clearance to student-athletes that enroll in our web based system for medical history, Appryse. [Please visit the link below for more information on how to enroll online. http://www.mercyhsb.com/page.cfm?p=150](http://www.mercyhsb.com/page.cfm?p=150)

WE HOPE TO SEE YOU OVER SUMMER, GO CRUSADERS!