

# SPORTS CAMP 2025

## Application Form

### St. Matthew's (San Mateo)

**Easter** April 21-25

**1** June 16-20       **3** June 30-July 3\*       **5** Aug 4-8

**2** June 23-27       **4** July 28-Aug 1       **6** Aug 11-15

### St. Gabriel's (San Francisco)

**1** June 9-13       **3** June 23-27       **5** July 28-Aug 1

**2** June 16-20       **4** July 21-25       **6** Aug 4-8

### St. Charles (San Carlos)

**1** July 28-Aug 1       **2** Aug 4-8       **3** Aug 11-15

\*4 DAY CAMP: Cost per week full days \$280; Half days \$200

### Indicate by check mark:

\_\_\_\_\_ Full day    \_\_\_\_\_ Half Day    \_\_\_\_\_ Extended Care

School Attending \_\_\_\_\_

Grade (Fall 2025) \_\_\_\_\_

Child's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Emergency Phone \_\_\_\_\_

EMAIL \_\_\_\_\_

Physician Name & Phone \_\_\_\_\_

Any Allergies or Restrictions \_\_\_\_\_

I hereby grant permission for my child to participate in Downey's Sports Camp (DSC). I relieve and do not hold liable the camp, the school or its employees from claims of any damage or injuries received in activities of the DSC. In the event that I cannot be reached in an emergency, I hereby consent to any examination, x-ray, medication, anesthetic, medical and surgical treatment that may be rendered based upon the recommendation of the nearest physician and medical facility.

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_

Cancellation Fee: \$75. No refunds after June 6.

**Please make check payable to and mail with application to:**

**Alan Downey**

679 Macarthur Drive • Daly City, CA 94015

No confirmation will be sent. Your canceled check is your receipt.

FOR OFFICE USE ONLY

### What Campers Say...

**"Gaelic Football and soccer were cool. We loved the coaches."**

Jennifer and Colleen – St. Veronica's

**"The variety of sports were great and I loved the water fight."**

Amanda – St. Timothy's

**"The warm-up games were awesome and I really enjoyed all the different tournaments."**

Jack – St. Catherine's

**"I made a lot of friends and I loved all the sports, especially lacrosse and roller hockey."**

Bryan – Baywood

**"This camp is the greatest and the coaches are really funny and helpful."**

Kerry – Central School Belmont



### What Parents Say...

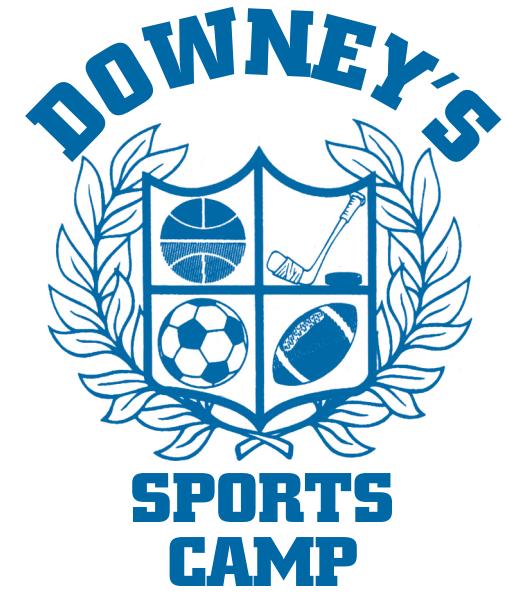
**"The camp has a great atmosphere for kids, where they feel comfortable, have fun, and learn a great deal."**

Kathy – San Mateo

**"This is my son's favorite camp. He gets so excited about it every summer."**

Mark – Burlingame

# 30TH ANNUAL



**CAMPS AT  
St. Matthew's, St. Charles  
& St. Gabriel's**

**St. Matthew's Catholic School, San Mateo, CA**



**Boys & Girls 5-12 Years Old**

**WWW.DOWNEYSSPORTSCAMP.COM**

# 2025 Mr. Downey's Sports Camp

## Boys and Girls Ages 5-12



Downey Camps aims to put fun and freedom of expression into sports. It is a well rounded program, where cooperation, sportsmanship, and fair play are emphasized to coincide with the competitive nature of all the sports involved.

We also foster a "neighborhood" type atmosphere where kids have some supervised free time to play among themselves.

Our professionally trained teachers (physical education specialists, CPR instructors) also strive to promote positive self esteem and personal, physical and emotional growth through maximum participation in a variety of activities and challenges.

Our staff also takes pride in providing an experience that is memorable, enjoyable, and valuable.



### Sports include (subject to change):

- Basketball
- Soccer
- Team Handball
- Lacrosse
- Baseball (T. Ball)
- Gaelic Football
- Flag Football
- Floor Hockey
- Junior Gymnastics
- Parachute Games
- Volleyball
- Capture the Flag

### Other Activities:

- Foosball
- Ping Pong
- Numerous Warm-up
- Air Hockey
- Lego and Board Games
- Scooters
- Just Dance
- Water Wars

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\*4 DAY CAMP: Cost per week full days \$280; Half days \$200

### Fee: Includes Camp Shirt (summer camp only)

\$325 per week (5 full days) 8:00 a.m.-3:00 p.m.

\$225 per week (5 half days) 8:00 a.m.-12:00 noon

Extended care available until 5 pm @ \$15 per hour.

**PAYPAL PAYMENT OPTION AVAILABLE ON WEBSITE.  
5% additional fee for Paypal. All credit cards accepted.**

### Typical Daily Schedule

- 9:00 a.m. Introduce daily schedule
- 9:10 a.m. Camp warm-up
- 9:45 a.m. Break
- 10:00 a.m. Small group skill sessions  
Kindergarten/1st, 2nd/3rd, 4th, 5th
- 10:50 a.m. Mini-tournaments
- 11:45 a.m. Review and cool down
- 12:00 p.m. Lunch (half day ends)



### Special Afternoon Weekly Events\*

- Dodgeball Madness
- Bouncy House
- Movie & Popcorn
- Water Fight & Activities

\*Subject to change

### Alan Downey, Camp Director

- California High School Soccer State Coach of the Year 2018
- Rhythm & Moves Physical Education Programs—Teacher of the Year, 2004
- Soccer Professional in Ireland
- Represented Ireland in World University Games
- Peninsula Soccer Club Coach, S.I. Varsity Coach
- Physical Education Teacher at St. Matthew's Catholic School, 30 years
- CPR Instructor
- Proud Father of Three

### COACHING STAFF



- **Mr. Fong** - 4th grade teacher at St. Charles.
- **Mike Chun Hoon** - Gym director at St. Matthew's; Special Education Teacher.
- **Mr. Figueroa** - Popular junior high science teacher at St. Matt's.
- **Aidan O'Flynn** - Experienced PE teacher and soccer coach.
- **Steve Foy** - Experienced PE teacher and Basketball referee.
- **Sam Bishop** - 7th grade homeroom teacher at St. Matt's, basketball coach at Crystal Springs Uplands.

Coaches are assisted by a number of present senior students and alumni of the various schools.

For more information contact Alan at:  
email: [adowney51@gmail.com](mailto:adowney51@gmail.com)

Or visit [WWW.DOWNEYSSPORTSCAMP.COM](http://WWW.DOWNEYSSPORTSCAMP.COM)