 SUMMER

SPORTS CAMPS 2022

Youth entering 3RD- 6th grade

**Week 1 June 13th – 17th Tennis**

Location: Umpqua Valley Tennis Center

What to bring: Sneakers, comfortable athletics clothing, a water bottle, hats, sunglasses, and sunscreen.

Athletes will be participating in tennis skills and drill both inside the tennis center and on the outside courts.

**Week 2 June 20th – 24th Martial Arts**

Location: Dynamic Martial Arts

What to bring: Comfortable athletics clothing and a water bottle.

Athletes will be participating in martial arts skills and drills.

**Week 3 June 27th – July 1st Volleyball**

Location: Boys & Girls Club of the Umpqua Valley Gym

What to bring: Sneakers, volleyball knee pads, comfortable athletic clothing, and a water bottle.

Athletes will be participating in volleyball skills and drills.

**Week 4 July 5th – 8th Cheer**

Location: Boys & Girls Club of the Umpqua Valley

What to bring: Sneakers, comfortable athletic clothing, and a water bottle.

Athletes will be participating in cheer and stunt skills and drills with a performance at the end of the week. Performance details TBD.

**Week 5 July 11th – 15th Golf**

Location: Stewart Park Golf Course

What to bring: Sneakers, comfortable athletic clothing, a water bottle, hats, sunglasses, and sunscreen.

Athletes will be participating in golf skills and drills outside on the golf course.

**Week 6 July 18th – 22nd Basketball**

Location: Boys & Girls Club of the Umpqua Valley Gym

What to bring: Sneakers, comfortable athletic clothing, and a water bottle.

Athletes will be participating in basketball skills and drills.

**Week 7 July 25th – 29th Bike Safety**

 Location: Boys & Girls Club of the Umpqua Valley

What to bring: Sneakers, comfortable athletics clothing, a water bottle, hats, sunglasses, and sunscreen.

\*\*Kids must need to know how to ride a bike efficiently without training wheels. NO EXCEPTIONS!

Athletes will be learning bike skills and safety.

**Week 8 August 1st - 5th Lacrosse**

Location: Boys & Girls Club of the Umpqua Valley Field

What to bring: Sneakers, comfortable athletics clothing, a water bottle, hats, sunglasses, and sunscreen.

Athletes will be participating in lacrosse skills and drills.

**Week 9 August 8th – 12th Summer Vibes**

Location: Boys & Girls Club of the Umpqua Valley

What to bring: Sneakers, comfortable athletics clothing, a water bottle, hats, sunglasses, and sunscreen. On water day please bring a full-coverage swimsuit, water shoes, towel, and dry change of clothing. Athletes will be participating in a variety of different activities. Something different each day from dodgeball days, water fun, and glow in the dark games.

**Week 10 August 15th – 19th CrossFit Kids**

Location: CrossFit FSC

What to bring: Sneakers, comfortable athletics clothing, a water bottle, hats, sunglasses, and sunscreen.

Athletes will be participating in workouts and team games to learn about functional movements.

\*\* 5th and 6th grade athletes only! NO EXCEPTIONS!