

# SUMMER SPORTS CAMPS 2023



## **YOUTH ENTERING 3<sup>RD</sup> - 6<sup>TH</sup> GRADE**

### **Week 1: June 12<sup>th</sup> - 16<sup>th</sup> CrossFit Kids (5<sup>th</sup> & 6<sup>th</sup> Grade ONLY)**

CrossFit Kids Camp is a fitness and exercise camp involving warm-ups, stretching, and exercise mixed in with sports and games. By combining the two, your kids will not only have fun, but also enjoy the added benefit of getting in shape, learning about nutrition, and receive guidance in using good form and body mechanics. CrossFit camp is for 5<sup>th</sup>-6<sup>th</sup> grade students only. Athletes should come prepared to play hard, get sweaty and have fun working out! Athletes need to come wearing athletic clothing and athletic shoes. Please bring a water bottle.

### **Week 2: June 19<sup>th</sup> – 23<sup>rd</sup> Basketball**

Skill based basketball camp for youth athletes looking to improve their skills and basketball knowledge. There will be a focus on offensive and defensive skill development and building positive habits that lead to better efficiency on the basketball court. Players will perform drills that improve their basketball IQ, ball handling skills and teamwork. Athletes should come prepared to play hard, get sweaty and have fun playing basketball. Athletes need to come wearing athletic clothing and athletic shoes. Please bring a water bottle.

### **Week 3: June 26<sup>th</sup> – 30<sup>th</sup> Martial Arts**

Learn the basics of Tae Kwon Do, self-defense and bully prevention, non-contact sparring, and board breaking! Your child will learn blocks, strikes, kicks, and stances while getting fitter and gaining more discipline, self-control, and respect! As part of the camp, at the end of the week, they'll have the opportunity to test for a new belt rank!

### **Week 4: July 5<sup>th</sup> – 7<sup>th</sup> Yard Game Olympics**

Corn hole, ladder golf, spike ball and all the yard games you can try! What to bring: Sneakers, comfortable athletics clothing, a water bottle, hat, sunglasses, and sunscreen as they will be outside in the sun.

### **Week 5: July 10<sup>th</sup> – 14<sup>th</sup> Lacrosse**

Skill based lacrosse camp for youth athletes looking to improve their skills and lacrosse knowledge. Camp will focus on skills such as scooping, passing, catching, and shooting. Athletes should come prepared to play hard, get sweaty and have fun playing lacrosse. Athletes need to come wearing athletic clothing and athletic shoes. Please bring a water bottle and sunscreen as camp will be held outside. Lacrosse gear such as helmets, shoulder pads, sticks and gloves will be provided by the Club for each player.

### **Week 6: July 17<sup>th</sup> – 21<sup>st</sup> Volleyball**

Skill based volleyball camp for youth athletes looking to improve their skills and volleyball knowledge. Camp will focus on fundamental training and concentrate on individual skills. We will teach every athlete the fundamentals of passing, serving, and hitting. Athletes should come prepared to play hard, get sweaty and have fun playing volleyball. Athletes need to come wearing athletic clothing, volleyball knee pads, and athletic shoes. Please bring a water bottle.

### **Week 7: July 24<sup>th</sup> – 28<sup>th</sup> It's Ball Time**

Let's play ball! Basketball, volleyball, kickball, dodgeball, and futsal! Athletes should come prepared to play hard, get sweaty and have fun playing sports. Athletes need to come wearing athletic clothing and athletic shoes. Please bring a water bottle.

**Week 8: July 31<sup>st</sup> – August 4<sup>th</sup> Bike Safety**

Kids need to know how to ride a bike efficiently without training wheels. NO EXCEPTIONS! Safety based bike camp. This camp teaches kids a wide variety of skills to maintain their bicycle, ride on the road safely and fit their helmet properly. What to bring: Sneakers, comfortable athletics clothing, a water bottle, hat, sunglasses, and sunscreen.

**Week 9: August 7<sup>th</sup> – 11<sup>th</sup> Summer Vibes**

**Monday:** T-shirt design day for the glow in the dark party on Friday. Kids will be able to design and paint their own white t-shirt for the party!

**Tuesday:** Field Day at UCC: We will have the UCC OCR and XC team put on modified Track & Field events. Some of the events will be the broad jump, medball throw, and mini hurdles (6" wickets) race! The UCC teams will also put on a 4x100m relay, possibly with 1 UCC athlete per team. UCC athletes will be there to help and support at each station and event. All UCC athletes and coaches will be wearing UCC gear, so they can easily be recognized as helpers.

**Wednesday:** Glow in the Dark Party! A day filled with all the glow in the dark fun! Glow dodgeball, face painting, jewelry and tons of glow sticks!

**Thursday:** UCC Obstacle Course Day: The UCC OCR and XC teams will put on an Obstacle Course Racing day. There will be a shortened obstacle course race, and there will also be separate stations for the obstacles separately after the race. Some of the obstacles will include: tire flips, sled pulls, brick carry, potato sack race, small wall climbs (4-5ft), and more! The UCC athletes will lead and anchor the race, and they will be at each station of the obstacles to help and support. All UCC athletes and coaches will be wearing UCC gear, so they can easily be recognized as helpers.

**Friday:** Water Day! Some fun in the sun with two water slides, two dunk tanks, and one giant slip and slide!

**Week 10: August 14<sup>th</sup> – 18<sup>th</sup> Dance**

Let's Dance! Experience five different styles of dance with instructors from Vibe Dance Company. Athletes need to bring sneakers and wear comfortable athletics clothing. Please bring a water bottle.