



SUMMER SPORTS CAMPS 2024



YOUTH ENTERING 3RD - 6TH GRADE

Week 1: June 10th - 14th Gymnastics

Gymnastics camp is designed to teach flexibility, strength, coordination, and body awareness using gymnastic skills while building positive self-esteem in a relaxed, fun, yet challenging atmosphere. Athletes need to come wearing athletic clothing and bring a water bottle.

Week 2: June 17th – 21st Martial Arts

Learn the basics of martial arts, self-defense, and non-contact sparring! Your child will learn blocks, strikes, kicks, and stances while getting fitter and gaining more discipline, self-control, confidence, and respect! Athletes need to come wearing athletic clothing and please bring a water bottle.

Week 3: June 24th – 28th 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 4: July 1st – 3rd Yard Games

Your child will have fun getting ready for all the summer games with corn hole, ladder golf, spike ball and all the yard games you can try! Athletes need to come wearing sneakers, comfortable athletics clothing, a water bottle, hat, sunglasses, and sunscreen as they will be outside in the sun.

Week 5: July 8th – 12th Lacrosse (3rd – 8th GRADE)

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 15th – 19th 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 22nd – 26th Olympics Week

Athletes will compete in numerous games based off the Summer Olympics, complete with an opening and closing day ceremony with their own hand made Olympic Torches. 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 29th – August 2nd Bike Safety & Pickleball

Bike Safety: Tuesday/Thursday/Friday - 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. Bikes and helmets will be provided.

Pickleball: Monday/Wednesday – Learn the fun and popular game of pickleball with experienced instructors.

Athletes need to come wearing sneakers, comfortable athletics clothing, a water bottle, hat, sunglasses, and sunscreen for all five days of camp.

Week 9: August 5th – Aug 9th Dance & Cheer

Let's Dance! Experience different styles of dance with professional instructors on Monday/Wednesday/Friday. Learn the art of cheer with local cheer team coaches on Tuesday/Thursday. Athletes need to come wearing comfortable athletics clothing and athletic shoes. Please bring a water bottle.

Week 10: August 12th – 16th Flag Football Skills & Drills

Let's play some football! Athletes will learn skills & drills of flag football (no contact) which will include passing, catching, snap and drop back, happy feet passing, lateral drill and more. Each day will end in a scrimmage to test their skills. Athletes should be prepared to get sweaty and have some fun! Athletes need to wear athletic shoes, athletic clothing, bring a water bottle and wear sunscreen.

Week 11: August 19th – 23rd 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-shirts for the party! Athletes need to come wearing athletic clothing and athletic shoes. White T-shirts will be provided.

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, med ball 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. Athletes need to wear athletic shoes, athletic clothing, a hat, sunscreen, and bring a water bottle.

Wednesday: Water Day! Some fun in the sun with one giant slip and slide and lots of fun water activities! Athletes need to bring a full change of clothing, a bag for change of clothes, swim wear (**NO** two-piece swimsuits allowed), a towel, water shoes or sandals, athletic shoes, a hat, sunglasses, and wear sunscreen.

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. Athletes need to wear athletic shoes, athletic clothing, a hat, sunscreen, and bring a water bottle.

Friday: Glow in the Dark Party! A day filled with all the glow in the dark fun! Glow dodgeball, glow capture the flag, face painting, jewelry, and tons of glow sticks! Athletes need to come wearing comfortable athletics clothing and athletic shoes.