

# SPORTS DISCOVERY CAMP



This camp is for beginner to intermediate skill level sports players in Rising Grades 5th through 8th.

Campers will bring their own lunch and a refillable water bottle. Water, electrolyte drink, and a daily healthy snack will be provided.

Students should wear clothing suitable for movement activities and closed-toe, tie shoes suitable for running and jumping.

Each day time will be allotted to focus on mental health, goal setting, and positive choices.

845-9am	REGISTRATION/DROP-OFF				
9-930	ICE BREAKER GAME AND WARM-UP				
930-1015	Basketball Drills	Basketball Drills	Basketball Drills	Volleyball Drills	Volleyball Drills
1015-1020	WATER BREAK and TRANSITION				
1020-1105	<u>Basketball</u> Drills	Basketball Drills	Volleyball Drills	Volleyball Drills	Volleyball Drills
1105 - 1120	SNACK				
1120 - 1215	CORN HOLE	GOLF	BOCCE BALL	BADMINTON	PICKLEBALL
1215-1245	LUNCH				
1245-110	MINDSET TRAINING				
115-145	PING-PONG OR RUNNING	DANCE OR HANDBALL	CHESS OR RUNNING	PING-PONG OR CHESS	DANCE OR HANDBALL
145-150	WATER BREAK and TRANSITION				
150 - 235	<u>WHIFFLE</u> BALL GAME	KICKBALL GAME	BASKETBALL GAME	WATER OLYMPICS	VOLLEYBALL GAME
235-3	STRETCH/COOL-DOWN				
3-315	SIGN-OUT/PICK-UP				