

## Summer Schedule

### What does a day at camp look like?

*Each day of camp will be focused on specific skill building activities and games to advance your child's knowledge and love for sports. Campers will have the opportunity to participate in small and large group settings as well as work through skill stations to help develop each individual into a well-rounded athlete. Our camp will support the Play-Practice-Play model. This model allows young players to experience the game and game-like situations as much as possible.*

#### Monday – Thursday Schedule

##### **10:00am-10:15am:**

**Free Play:** Campers enjoy free time through a variety of sports, activities, and scrimmages.

##### **10:15am-11:30am:**

**Fundamentals & Basics:** Campers will learn proper warm-up and stretching techniques, the fundamentals and basic skills of the sport of the week and participate in low structured small-sided games.

##### **11:30am-11:45am:**

**Snack Break:** Campers enjoy a refreshing and nutritious snack provided by the Arctic Rec Center. Campers may bring additional snacks from home if they choose to do so.

##### **11:45am-12:15pm:**

**Skill Stations & Games:** Campers will develop sport specific skills through skill stations, small group drills, and a variety of fun, fast paced games and activities.

##### **12:15pm-12:45pm:**

**Scrimmage Play:** Campers engage in small-sided games and scrimmages to practice and apply the skills just learned. Scrimmages give campers exposure to what typical game play would look like and are able to practice in a safe and nurturing environment.

##### **12:45pm-1:00pm:**

**Bible Lesson:** Campers engage in a bible value and discussion led by an elder or ministry leader of the church.

#### FUN Friday Schedule

##### **10:00am-10:15am:**

**Free Play:** Campers enjoy free time through a variety of sports, activities, and scrimmages.

##### **10:15am-10:45am:**

**Fundamentals & Basics:** Campers will learn proper warm-up and stretching techniques, the fundamentals and basic skills of the sport of the week and participate in low structured small-sided games.

##### **10:45am-11:30am:**

**Scrimmage Play:** Campers engage in small-sided games and scrimmages to practice and apply the skills just learned. Scrimmages give campers exposure to what typical game play would look like and are able to practice in a safe and nurturing environment.

##### **11:30am-11:45am:**

**Snack Break:** Campers enjoy a refreshing and nutritious snack provided by the Arctic Rec Center. Campers may bring additional snacks from home if they choose to do so.

##### **11:45am-12:45pm:**

##### **Outdoor Fun Day (Weather Permitting):**

Campers will engage in fun-filled activities outdoors. Activities will vary weekly.

##### **12:45pm-1:00pm:**

**Bible Lesson:** Campers engage in a bible value and discussion led by an elder or ministry leader of the church.