



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 Sports of the Week

Week 1: June 10-14 No Sports Camp

Week 2: June 17-21 Football

The camp will introduce your child to the basics of football including throwing, catching, defense and team play. Camp will go over skills and then progress into scrimmages without contact.

Week 3: June 24-28 Basketball

We focus on the basics like dribbling, passing and shooting, but also get into more advanced aspects of the game such as setting screens, teamwork and building our skills to become like our favorite players.

Week 4: July 1-5 (No Camp July 4th) Tennis

This camp is an introduction to Tennis!!! Campers will learn the rules, specific types of shots and different serving techniques. Campers can bring their own equipment if they would like.

Week 5: July 8-12 Sports Sampler

Do you eat, sleep and breathe sports? If you can't seem to get enough sports action, this camp is for you. Football, soccer, basketball and dodgeball are featured in this camp

Week 6: July 15-19 Soccer

Campers progress through the fundamentals of soccer and refine their skills, such as juggling, fakes, heading, scrimmages and more! Special attention is given to instruction in fundamentals and individualized skill development.

Week 7: July 22-26 Basketball

We focus on the basics like dribbling, passing and shooting, but also get into more advanced aspects of the game such as setting screens, teamwork and building our skills to become like our favorite players.

Week 8: July 29-Aug 2 Track and Field

Run, Jump and Throw your way into our 2017 Youth Track & Field Program. Children, ages 6 - 12, will compete in a variety of Track & Field events including: sprints, relays, long distance runs, long jump and many more!

Week 9: Aug 5-9 Sports Fusion

Do you eat, sleep and breathe sports? If you can't seem to get enough sports action, this camp is for you. Football, soccer, basketball and dodgeball are featured in this camp

Week 10: Aug 12-16 Lacrosse

The Kids will learn the basic skills needed to play the sport of lacrosse. The skills include scooping, stick handling, cradling, scoring, passing, and offense/defense. The skills will be applied to fun, age appropriate games. Sneakers, no cleats! Water bottle recommended

Week 11: Aug 19-23 Volleyball

Campers will learn basic skills such as passing, setting, hitting and serving. The older age campers will learn more advanced skills such as blocking and spiking. Campers will learn how to play in a team on a volleyball court. The sport camp will go over volleyball rules and focus on the value of teamwork.

Week 12: Aug 26-30 No Sports Camp

For questions about theme please contact Ben Breuer at bbreuer@kmyymca.org