

Stars & Stripes Sports Camp Spotlight



Aug. 6-10, 2012 8:30-12:00pm

Day \$29 Week \$99

If your child likes to run and play, then let's get back to basics with everyone's favorite, classic toy: THE BALL. Working with each child's athletic coordination and gross motor development, our staff will introduce the campers to the dynamics of team sports. Focus will be on learning to work together for the success of the whole team while introducing a different sport each day. The daily beginning activity will include cardio exercise, stretching and practicing the featured sport. At the end of each day, our campers will have the opportunity to play a REAL scrimmage game! Camp is guaranteed to increase the cardio exercise for each player, as well as gain basic knowledge for each sport.

MONDAY - Dodgeball! There are many variations of the game, but generally the main objective of each team is to eliminate all members of the opposing team by hitting them with thrown balls, catching a ball thrown by a member of the opposing team, or forcing them to move outside the court boundaries when a ball is thrown at them. This is played in a nice, safe and fun filled environment with very **SOFT** balls.

TUESDAY - Flag Football! After learning about the importance of conditioning and stretching, as it is for every sport, we will start the week out by learning about FLAG FOOTBALL. Basic rules of the game are similar to those of the mainstream game (often called "tackle football" for contrast), but instead of tackling players to the ground, the defensive team must remove a flag. We will learn about the different positions and plays and how to apply them in a game. Then we will finish the day by playing flag football on teams.



WEDNESDAY - Basketball! Campers will develop all of their basketball skills - shooting, passing, dribbling, rebounding and defense. Sports Camp immerses you in the sport, giving you the kind of focused, intensive training that is essential to improvement. Self-confidence will grow along with your skills and overall appreciation of the game.

THURSDAY - Baseball...or T-Ball! Whichever skill level your child is at, campers will participate in a fun, challenging sports camp that will teach basic and advanced skills such as hitting, catching, throwing, and running. Stars & Stripes is a great place to learn the proper fundamentals for all baseball positions.



FRIDAY - Soccer! The Stars & Stripes Sports Camp is a great place for any soccer enthusiast who is looking to improve their skills, work hard, make new friends and have fun! Today we will prioritize individual ball skills as well as fun games to put those skills to practice and develop teamwork. All campers are grouped by ability to ensure the optimal balance of fun, challenge and skill development. Don't forget, today is water day at Stars & Stripes.