

## Field House Summer Sports Camp

### Camp Schedule:

Activity	Time	Where
Drop off	8:45am- 9:05am	Field House Lobby
Circle up-word of the day	9:05am-9:15am	Turf Field
Stretching/ Warm up activity	9:15am-9:25am	Turf Field
Lesson on day's sport	9:25am- 9:35am	Turf field
Sport #1 drills	9:35am-9:50am	Turf Field
Water break	9:50am-10am	Corridor/Concessions
Day's sport live game play #1	10am-10:45am	Turf Field
Snack break	10:45-11am	Lobby
Day's sport live game play #2	11am-11:40am	Turf Field
Cool down stretching	11:40am-11:50am	Turf Field
Circle up- Word of the day recap, end of day awards	11:50am-12:00pm	Turf Field
Pick up	12:00pm-12:15pm	Turf to Lobby

Daily Sports included and not limited to:

Soccer/ Kickball, Wiffleball, Football/capture the flag, Dodgeball, gaga ball, handball, pillow pollo!