



OTA Traditional Day Camp (Activities and Games)

How to Get Started

Suggested Description

Overtime Athletics Summer Camps are a *little bit of this... and a little bit of that!* Our model, honed over 20 years of providing fun and affordable summer camps, zeroes in on the best parts of traditional day camp like Sports, Games, Contests, Arts and Crafts, Team Building Challenges, and Special Activities, AND also incorporates the latest trends in youth programming to include, Mobile Video Game and Laser Tag Unit, Scavenger Hunts, Bounce Houses, Water Games, Goofy Golf, Brain Buster Projects, and much, much more! Whether you come for a week or the whole summer, our expert team understands how to keep camp fresh and fun. Our proven curriculum and programming formula allows us to roll through the day weaving high intensity and low impact activities together so that every type of kid has their moment to shine. Come get a slice of summer fun!

Camp Logistics

Half Day or Full Day

Ages/Grade – K-6th, 7th – 10th

Location – Customize Program and Activities to match programming environment

Equipment & Gear

(NOTE: not all camps require each of the below. Pre-Camp Planning Meetings will determine what resources are necessary to run a safe and fun program)

Camp Director Checklist
Camp Office
Director Cell Phone
Laptop and Online Capability
Printer/Copier (paper)
Lockbox
Lost and Found (Box and Sign)
Electric Air Pump
HQ Desk
Blank Forms and Paper Trays
Marketing Display
Announcements Display - TEMP
Announcements Display - PERM
Highlight Board
Sign in/out sheet and clipboard

Bin:
scissors
Hole Puncher
Stapler
Staples
Pens
Dry Erase Markers
Envelopes (for payments)
Paperclips
Tape
Yellow Pad
Hand Pump/Needles
Welcome Paddle
Rubber Bands
Staff Gear
Counselor Folders
Uniforms
Name Tags
Whistles
Stopwatches
Clip Boards
OTHER
Large White Board(s)
Boom Box
Tailgate Tent
Tablecloths
Walkie Talkie(s)

Camp Equipment Checklist
Core Equipment
Soccer Balls
Basketballs
Footballs
Kickballs
Dodgeballs
Core Gear
Saucer Cones
Triangle Cones
Flags

Supplemental Equipment
Tennis Balls
Frisbees
Jump Ropes
Special Equipment
Wiffle Ball
Floor Hockey
Lacrosse
Goals
Golf Gear (putter, balls, etc.)
OTHER
Buckets
Bean Bags
Rings
Hulla Hoops
Board Games
Cards
Legos
Crayons
Noodles
Arts/Crafts Supplies

Camp Safety and Health Program Checklist
First Aid
Standard Kit(s)
First Aid Instruction Booklet
Scissors
Ice Packs
Absorbent Compress Dressings
BandAids (various sizes)
Adhesive Cloth Tape
Antiseptic Wipe Packets
Breathing Barrier with 1 Way Valve
Non-Latex Gloves
Roller Bandages
Sterile Gauze Pads
Oral Thermometer (non-mercury/non-glass)
Triangular Bandages
Tweezers

Health Treatment Area
Chair for injured/sick
Footrest
Blanket
Chair/Stool for Adult Supervisor
Health Program Supplies
Paper Towels
Water
Tissues
Zip Lock Plastic Bags
Trash Bags
Disinfectant Wipes
Hand Sanitizer

Set Up Instructions

Camp Check In/Out Footprint & Signage:

- Tent over table w/tablecloth
- Yard sign stuck in ground beside table
- Table displayed with camp flyer, OTA marketing materials and camp binders
- Sign In & Sign Out Sheets
- Whiteboard communicating to parents any camp announcements, contact info, FAQ's or daily "highlights"

Camp Program Areas (Field/Court Footprint):

- Define Camp Meeting Area
- Equipment Storage Area
- High Intensity Sports Playing Areas
- Low Intensity Activities Playing Areas

Coaches & Staff

- Staff onsite prior to camp start to set up
- Make sure staff are in uniform – T-Shirt
- Make sure staff have whistles & a coach folder

Camp Tips

Establish area for campers to drop bags, snacks, lunches, water bottles

At arrival, make sure there is a warm-up activity or 'beat the coaches' challenge set up

Have whiteboard showing a daily camp "highlight" or game of the day

Have music playing upon campers' arrival

Create Trivia questions to ask all day with prizes

***Planning Camp should begin with choosing or creating the Daily and/or Weekly Agenda Format**

****Accessing the OTA Curriculum AND OTA Playbook will generate the strategy and ideas for building out the Camp Agenda**

OTA PLAYBOOK – Table of Contents

- 1. Group – DAILY**
- 2. Group – WEEKLY**
- 3. Sports and Games**
- 4. Camp Contests**
- 5. “RISK” Games**
- 6. THINK TANK**
- 7. PROJECT INC**
- 8. CENTER STAGE**
- 9. GAME SHOW**
- 10. BIG EVENTS / SPECIAL EVENTS**
- 11. ARTS and Crafts**
- 12. Activities Sheets (handouts)**

Overtime Athletics Curriculum Table of Contents

1. Rules of the Game
2. General Games (warm up games):
 - Tag Games/Ball Games/Elementary Games/Motion Games/Big Games
 - Low Intensity/Rainy Day Games
3. Sports Spectacular Variety Program
4. GOtime (Game Play and Scrimmaging)
5. Fast Break Basketball
6. Shooting Stars Soccer
7. Go Long Flag Football
8. Big Swing Wiffle Ball
9. Lax-Tastic Lacrosse
10. Slap Shots Floor Hockey
11. Kids Tennis Club
12. Pitch and Putt Golf
13. Pickleball
14. GaGa Ball
15. Ultimate Handball
16. Kaboom Kickball
17. Heads Up Dodgeball
18. Jump for Joy Jump Rope
19. Cheer-IT With Spir-IT Cheerleading and Jump Rope
20. iSprint Speed and Agility
21. HIGH FIVES Running Club
22. Parachute Play
23. Scooter Dash
24. Countdown (Minute To Win It)
25. Connect 4 vs Checkers
26. OTA Field Day
27. Double Play

Camp Administration – Key Points:

1. Facility/Partnership Liaison Strategy and Responsibility
2. Camp Weekly Reports
3. Parent Customer Service
4. Welcome Emails
5. Rosters / Attendance Teams (Groups)
6. Camp Surveys
7. Camp Paperwork / Forms
8. Camp Equipment / Gear / Supplies
9. Daily / Weekly Agenda Supervision
10. Special Activity Coordination
11. Staffing Assignments (Ratio Management)
12. Staff Payroll
13. Instructor Concerns
14. Camp Observation and Evaluation
15. Incident Report Investigation and Support
16. Lunch Plans
17. Handouts
18. Popsicles

Camp Site Review – Key Points:

1. Camp Staff Files (Instructor Employment Folder)
 - Background Check/Clearance Report
2. CPR/First Aid Staff Certification
3. Staffing Assignments
4. Emergency Contact Top Sheet (Rosters/Attendance Sheet)
5. Extra Parent Forms (Blanks)
6. Uniforms
7. Name Tags
8. Daily Agendas
9. Highlight Board
10. Payroll Log
11. T-Shirt Distribution
12. Movie Capability - DVD (where applicable)
13. Music Capability
14. Weekly Big Event / Weekly Big Idea

Camp Questions: Operational FAQ's

*Be sure to address these questions in the Camp Prep Meetings:

1. Do I get keys to: building, gym, office, etc.?
2. What is the camp phone number/do I tell Parents to call the facility?
3. Do we give any information to front desk?
4. Where do we store equipment and gear?
5. Can we use equipment and gear in the gym (or Phys Ed Closet)?
6. What bathrooms do we use?
7. Where and when do we have lunch?
8. What classrooms can we use?
9. Where can we watch the movie?
10. Can we use the copier?
11. Where do we take trash? Can we get trash cans for our space?
12. Who do I go to if there is a problem? (facility)
13. Who do I go to if there is a conflict with space?
14. What's the procedure for cleaning up a mess? (Supplies? Custodian?)

More Questions to Consider

1. Do you have an "Ideas Board" for your staff to draw from to put together daily and weekly agendas?
 - a. This board should have enough for two weeks at a time (and be updated every two weeks)
 - b. The board should have variety from the previous ideas board
 - c. This board will help you delegate what you need from your team (and what they should know how to do)
2. Are you planning ahead and making sure you have the supplies in place to do desired activities?
3. Segment Review?
 - a. Are you doing "Center Stage"?
 - b. Are you doing "Project INC."?
 - c. Are you doing "Pick'm"?
 - d. Are you doing "Think Tank"?
 - e. Are you doing "BIG EVENT Fridays"?
 - f. Do you have movies planned out?
 - g. Do you have low intensity games prepared?
 - h. Do you have a variety of traditional and non-traditional sports planned?
4. Does camp have a storage system for equipment and gear?
5. Is staff geared with Uniforms and Name Badges?
6. Are you recording the highlights of your camp with pictures and videos?

Bottom Line Questions: Does Camp look “tight”?

1. How does Camp Look? How is the Energy?

- Organization of camp areas?
- Organization and storage of equipment?
- Organization of OTA Marketing Stuff?
- Organization of sign in and dismissal?
- Organization during special activities (Field Trips, Ice Skating, Swimming)?
- Organization of who counselors are working with?