



## Olympics Themed Day Camp

### How to Get Started

#### Suggested Description

Whether it is the summer or winter, our 'Olympic Theme' events have participants reaching for the GOLD! This 'field day' program allows participants to set goals and mark their progress. 'Individuals Events' will measure contestants best against their own achievements and 'Team Events' will give the students an opportunity to contribute to the group to reach goals. Some events will even pit all the campers against the OTA instructors, the handicaps placed on the Coaches, always create a lively, competitive and fun environment. Events will incorporate tradition such as sprints, shot put (soft ball), discus, relays, and some lesser-known activities such as the bowling event, the foul shot, and obstacle course. The spirit of the Olympic Games shines bright during this day of games and challenges.

#### Camp Logistics

Half Day or Full Day

Ages/Grade – K-6<sup>th</sup>, 3<sup>rd</sup>-6<sup>th</sup>, 7<sup>th</sup> – 10<sup>th</sup>

Location – Outside Field or Inside Gym

#### Equipment & Gear

Tent, Tablecloth, Table, Yard Sign, Banner

Basketballs, Soccer balls, Footballs, Wiffle balls/bat, Dodgeballs, Flags, Floor Hockey Sticks,

Tennis Balls, Tennis Racquets, Kickballs

Hula Hoops, Bean Bags, Foam Dice, Bowling Pins, Jump Ropes, Frisbees

Running Club equipment – hurdles, ladder, etc.

Cones – stand Up, circle

Jerseys – At least two different colors

Score Board – electronic, flip style

Whiteboard

Whistles

Camp playbook hard copy binder

Water

Duct tape, sharpie markers

Arts & Crafts themed materials (paper, markers, tape, string, scissors, glue, stickers)

Materials to make Country Flags and tin-foil medals (gold, silver, bronze)

Olympic themed giveaways/prizes/awards. Idea: create themed goodie bags for all campers

## 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"

### Field Footprint:

- Use cones to create 40yd x 60yd field(s)
  - Drop circle cones every 5 yds on sideline walking out 60yds
  - Make as many fields as you need based on enrollment
- Use indoor gym
  - Set up station areas

### Coaches & Staff

- Staff onsite 30min prior to camp start to set up
- Make sure staff are in uniform – T-Shirt
- Make sure staff have whistles & a coach folder
- Coaches Folder – Hard Copy in Hand for Each Coach
  - See Example on Page 'X'
- Optional: tell coaches to wear sports jerseys, country jerseys or t-shirts

## Camp Tips

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

Make sure there is a warm-up activity or 'beat the coaches' challenge set up when campers arrive

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

Have Olympic themed music playing on field upon campers' arrival

Create Olympics Trivia questions to ask all day with prizes

## **How to Run Camp**

Before playing any kind of game huddle the entire camp up at mid field and divide them up.

Camp games, skills/drills and scrimmage play should always be grouped by ages.

Create leagues/divisions if you have a wide range of camper ages.

Ex. Camp has 50 kids. 25 are K-3<sup>rd</sup> graders and 25 are 4<sup>th</sup>-6<sup>th</sup> graders.

Make designated fields by age/grade

**Every game, skill or drill outlined and referenced in the following comes directly from Overtime Athletics Curriculum. To locate all games, skills, drills, and instructions use our online resources.**

[www.otathletics.com](http://www.otathletics.com) > Instructor Login Portal > Curriculum Resources

**Marked in RED are the games OTA knows works. You can plug & play any game that fits your camp needs, style or set up. There is a 'Fill In' to add your own games.**