

## **Sports Spectacular Camp – KEY NOTES**

\*Make sure the first few games/activities of the day are set up and ready to go when the campers arrive.

### **Summary Format:**

#### **Arrival:**

- Check in
- Announcement Board: Daily Highlights
- Beat the Coach Stations (White Board Scores):
- Huddle Up Attendance and Morning Announcements
  1. Welcome
  2. Introductions
  3. Rules
  4. Bathrooms / Water Fountain Location
  5. Preview

#### **AM Segments:**

- Blow Out Warm-Up Game
- Water break
- Warm Up Exercise
- Game
- Skills introduction of Sport of the Day
- Skills Stations
- **Snack and Drink Break**
- Sport of the Day Stations Games
- Water break
- Scrimmage

#### **Lunch** (Gazebo, Tent, Picnic Benches, Shade)

- Pick Up Trash

#### **GameTime Segment:**

- All Group activity at Lunch location
- Low intensity

### **Free Play:**

- Only 20 – 30 min.
- Station Staff at each playing area

### **PM Segments:**

- Non Traditional Game
  - Water break
  - Skills Review – *Just an opportunity for kids to demonstrate what they learned*
  - Water Activity
  - **Drink Break**
  - Scrimmage
  - Daily Theme Talk (must be inclusive)
  - **Popsicle Break**
  - Blow Out Game
  - Clean – Up and Dismissal
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### Categories:

\*Below are lists of activities for the categories above. These are ideas. We expect you (and the staff) to add to what is listed below.

### **Blow Out Game (AM and PM Segment):**

1. Dodgeball
2. Capture the Flag
3. Knock Out
4. Bump and Bite
5. Tag Tournament
6. Tiger Tag
7. Obstacle Course (Could be a daily Challenge, use different areas of the site)
8. Numbers Game w/ defense
9. One on One Tournament (or two on two at each hoop)
10. Hand Ball
11. Kickball

### **Warm Up Exercise:**

1. Jingle Jangle
2. True Sprints
3. Hurdles

4. Relay Races
5. Whistle Stop
6. Zig Zag
7. Defensive Drill
8. Park Walk and Run
9. Baseball Diamond Race
10. Dice Calisthenics
11. Speed Ball

### **AM Game/PM Non-Traditional Game:**

1. See OTA Curriculum
2. Assess participants and make decision

### **Sport of the Day (Skills)**

1. Basketball
2. Soccer
3. Baseball
4. Lacrosse
5. Flag Football
6. Field Hockey

\*For skills stations, see curriculum

\*You can split group into teams and have them rotate to different stations

\*You can keep everyone together and rotate through the stations as one group

### **Station Games:**

- Use games that apply the skills you have just taught
- Regulars include: Numbers Game, World Cup, Skills Competition

### **Scrimmage:**

- Important to have coaches/subs/time limits/breaks/tight field or boundaries
- PM Scrimmage
  - Best chances are Basketball, Flag Football, Handball, World Cup
  - Kids stay in same teams all week, score rolls over from day to day
  - Utilize practice jerseys for this.

### **GameTime Segment:**

1. Rock Paper Scissors Tournament
2. Thumb Wrestling/Arm Wrestling Tournament
3. Limbo Contest

4. Staring Contest
5. Pictionary
6. Memory
7. Spelling B
8. Human Tic Tac Toe
9. Trivia Challenge
10. Heads Up Seven Up
11. Stump the Coaches Questions
12. Numbers Test (need paper and pens)
13. Thanks Note (need paper and pens)
14. Musical Mats (need boom box)

### **Water Activity:**

1. Water Balloon Battle (could do it everyday)
2. Water Balloon Toss (could do it everyday)
3. Water Balloon Bombs Away (could do it everyday)
4. Water Balloon Instructor Target Competition (could do it everyday)
5. Slip and Slide (need hose)
6. Squirt Gun Battle
7. Bump and Bite with super soakers (instructors are armed only)

### **Daily Theme Talk:**

1. Sportsmanship/Having Fun with your teammates
2. Healthy Choices vs. Unhealthy Choices
3. Fitness and Nutrition
4. How to be a good practice player
5. What a coach is looking for in tryouts and during the season

### **Special Activities**

1. Scavenger Hunt
2. Field Day