

SPORTS & SCHOOL SUMMER CAMP



Athletes Unlimited
Northwest

7961 B 29TH AVE NE
Lacey, WA 98516

Phone: 360.493.0600
E-mail:
info@athletesunlimitednw.com

Athletes Unlimited NW will be offering a "Sports and School" summer camp. The camp will begin June 23, 2008 and run for 8 weeks through August 15, 2008. The camp will run from 7am until 6pm every day. Our goal is to provide a place where kids can come learn the basics about different sports and participate in these sports during the camp. We will also implement academic activities throughout the day, trying to apply the academic aspect of our camp presented to the kids in different competitions and games. Once a week we will bring in a special guest. An example of that might be a dance instructor or a music teacher.

We will have 50 spots available so we can monitor each child and keep the activities organized and running smoothly. The campers will be required to bring their own lunch each day, but we will provide a morning and afternoon snack. On Monday, Wednesday and Friday we will be outside at Bucknell Park and on Tuesday and Thursday we will be inside at the Athletes Unlimited NW complex. If it is raining we will always be inside at the Athletes Unlimited NW complex.

Age of Campers

4 – 14 years of age
* The campers will be broken up into small groups depending on their age

Cost

\$125 per week
\$400 every 4 weeks
\$750 for all 8 weeks

Capacity

*50 campers 10 members per team

Academic Activities

Math games
Art stations
Schedules

Bonus Activities

Salsa dancing
Performance and competition dancing
Reggae/Hip Hop dancing
Water activities
Talent show
Group skits

Sports Activities

Football

- Passing
- Catching
- Route running/running (handling the ball)
- Proper Alignment
- Quarterback drops
- 7 on 7
- 1 on 1
- Cone drills
- Footwork
- Rules

Baseball

- Fielding
- Tee work
- Soft toss
- Live arm
- Infield
- Outfield
- Wiffle ball games
- Rules

Soccer

- Dribbling
- Passing
- Offense
- Defense

- Scrimmages
- Game strategy
- Position specific drills
- Rules

Volleyball

- Setting
- Blocking
- Scrimmages
- Jumping
- Digging
- Rules

Rugby

- Passing
- Kicking
- Proper tackling
- Rules

Basketball

- Dribbling
- Shooting
- Passing
- Scrimmages
- 1 on 1
- 3 on 3
- 5 on 5
- Rules

To register please visit:
Athletesunlimitednw.com