

Circuit Allocation Table (aka the CAT)

Camp: Mini Hawk		Week of Camp:	
8:00am-8:45am	PHASE 1 : Coaches Meeting & Set-Up		
8:45am-9:00am	Sign-In		
	Coach	DIRECTOR	COACH
	Activity	Check-In	Banana Tag and Warmup Stretches
	Activity		
9:00am-9:20am	PHASE 2 : Camp Introductions		
	Coach	DIRECTOR	COACH
	Activity	Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Life Skill of Day (Respect ROOTS), Daily Preview	
	Camp Orientation		
9:20am - 9:40am	PHASE 3 : Circuit Station 1		
	Coach	DIRECTOR	COACH
	Activity	BASEBALL: Baseball Soccer	THROWING: FRUIT SMOOTHIE
	Group	Red/Green	Blue/Yellow
	Focus	Swing Technique	Football Catching
9:40am-9:45am	Water Break		
9:45am-10:05am	PHASE 3 : Circuit Station 2		
	Coach	DIRECTOR	COACH
	Activity	BASEBALL: Baseball Soccer	THROWING: FRUIT SMOOTHIE
	Group	Blue/Yellow	Red/Green
	Focus	Swing Technique	Throwing Technique
10:05am-10:15am	Water, Snack and Bathroom Break		
10:15am-10:35am	PHASE 3 : Circuit Station 3		
	Coach	DIRECTOR	COACH
	Activity	TRACK AND FIELD: Buzz Lightyear's Blastoff	FLAG FOOTBALL: BB8 vs R2D2
	Group	Red/Green	Blue/Yellow
	Focus	Throwing Technique	Football Catching
10:35am-10:40am	Water Break		
10:40am-11:00am	PHASE 3 : Circuit Station 4		
	Coach	DIRECTOR	COACH
	Activity	TRACK AND FIELD: Buzz Lightyear's Blastoff	FLAG FOOTBALL: BB8 vs R2D2
	Group	Blue/Yellow	Red/Green
	Focus	Throwing Technique	Football Catching
11:00am-11:10am	Water, Snack and Bathroom Break		
11:10am-11:30am	PHASE 4 : Group Camp Game/Scrimmage		
	Coach	DIRECTOR	COACH
	Activity	PIRATES OF THE CARIBBEAN DODGEBALL	
	Group	IceHawks & FireHawks	
11:30am-11:35am	Water Break		
11:35am-11:55am	PHASE 5 : Group Endurance Game/Scrimmage		
	Coach	DIRECTOR	COACH
	Activity	GET OUT OF MY YARD SOCCER	
	Group	IceHawks & FireHawks	
11:55pm-12:05pm	PHASE 6 : Camp Close & Sign-Out		
	Coach	DIRECTOR	COACH
	Activity	Closing Ceremony ; Sign-out - Walk kid from Coach to Car	Take Home Assignment ; Entertain Kids/Review Skills and Games
	Group	All	All