

**Circuit Allocation Table (aka the CAT)**

<b>Camp: Mini Hawk</b>		<b>Week of Camp:</b>	
8:00am-8:45am	PHASE 1 : Coaches Meeting & Set-Up		
8:45am-9:00am	Sign-In		
	Coach	DIRECTOR	COACH
	Activity	Check-In	Ice Breakers
	Activity		
9:00am-9:20am	PHASE 2 : Daily F.A.C. & Camp Introductions		
	Coach	DIRECTOR	COACH
	Activity	Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Life Skill of Day (Teamwork), Daily Preview	
	Camp Orientation		
9:20am - 9:40am	PHASE 3 : Circuit Station 1		
	Coach	DIRECTOR	COACH
	Activity	BASEBALL: Inside Out - using Quik Start Balls	SOCCER: Hunger Games
	Group	Red/Green	Blue/Yellow
	Focus	Fielding Technique	Batting Power
9:40am-9:45am	Water Break		
9:45am-10:05am	PHASE 3 : Circuit Station 2		
	Coach	DIRECTOR	COACH
	Activity	BASEBALL: Inside Out - using Quik Start Balls	SOCCER: Hunger Games
	Group	Blue/Yellow	Red/Green
	Focus	Fielding Technique	Batting Power
10:05am-10:15am	Water, Snack and Bathroom Break		
10:15am-10:35am	5		
	Coach	DIRECTOR	COACH
	Activity	TRACK AND FIELD & FOOTBALL: Centipede Relay Race with Jungle Obstacle Course	BASEBALL: Move it Move it
	Group	Red/Green	Blue/Yellow
	Focus	Rushing Footwork	Throwing Accuracy and Speed
10:35am-10:40am	Water Break		
10:40am-11:00am	PHASE 3 : Circuit Station 4		
	Coach	DIRECTOR	COACH
	Activity	TRACK AND FIELD & FOOTBALL: Centipede Relay Race with Jungle Obstacle Course	BASEBALL: Move it Move it
	Group	Blue/Yellow	Red/Green
	Focus	Rushing Footwork	Throwing Accuracy and Speed
11:00am-11:10am	Water, Snack and Bathroom Break		
11:10am-11:30am	PHASE 4 : Group Camp Game/Scrimmage		
	Coach	DIRECTOR	COACH
	Activity	HEROES VS VILLAINS DODGEBALL	
	Group	IceHawks & FireHawks	
11:30am-11:35am	Water Break		
11:35am-11:55am	PHASE 5 : Group Endurance Game/Scrimmage		
	Coach	DIRECTOR	COACH
	Activity	SOCCER: Frog Catcher	
	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