

Mini-Hawk Camp (ages 4-6)

Monday Camp Schedule (CAT - Circuit Allocation Table)

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8:00am-8:45am	Coaches Meeting & Set-Up						
8:45am-9:00am	Sign-In						
	Coach	Director	COACH 1			COACH 2	
	Activity	Check-In	Greet Kids. Walk to Team Base/Warm-up			Warm-up: Jungle Adventure	
9:00am-9:20am	Camp Introductions						
	Coach	Director	COACH 1			COACH 2	
	Activity	Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Daily Preview (School Pride Day), Leadership (Connect), Life Skill (Respect ROOTS)					
9:20am - 9:40am	Circuit Station 1						
	Coach	Director	COACH 1			COACH 2	
	Sport		Baseball			Track & Field	
	Activity	Free Director	Drill - Off the Tee Hitting	Game - Guardians of the Galaxy	Drill - Jungle Adventure	Game - Skyhawks Relay Races	
	Group		Red			Blue	
	Focus		Bat to the Sky. Chicken Wings Out			Relay Race Concept	
9:40am-9:45am	Water Break						
9:45am-10:05am	Circuit Station 2						
	Coach	Director	COACH 1			COACH 2	
	Sport		Baseball			Track & Field	
	Activity	Free Director	Drill - Off the Tee Hitting	Game - Guardians of the Galaxy	Drill - Jungle Adventure	Game - Skyhawks Relay Races	
	Group		Blue			Red	
	Focus		Bat to the Sky. Chicken Wings Out			Relay Race Concept	
10:05am-10:15am	Water, Snack and Bathroom Break						
10:15am-10:35am	Circuit Station 3						
	Coach	Director	COACH 1			COACH 2	
	Sport		Flag Football			Dodgeball	
	Activity	Free Director	Drill - Star Wars Relay Race, Catching Drills	Game - BB8 vs. R2D2	Drill - N/A	Game - Pirates of the Carribean	
	Group		Red			Blue	
	Focus		Thumbs Together/Pinkies Together			Resect the ROOTS	
10:35am-10:40am	Water Break						
10:40am-11:00am	Circuit Station 4						
	Coach	Director	COACH 1			COACH 2	
	Sport		Flag Football			Dodgeball	
	Activity	Free Director	Drill - Star Wars Relay Race, Catching Drills	Game - BB8 vs. R2D2	Drill - N/A	Game - Pirates of the Carribean	
	Group		Blue			Red	
	Focus		Thumbs Together/Pinkies Together			Resect the ROOTS	
11:00am-11:10am	Water, Snack and Bathroom Break						
11:10am-11:30am	Circuit Station 5						
	Coach	Director	COACH 1			COACH 2	
	Sport		Baseball/Throwing			Soccer	
	Activity	Free Director	Drill - Baseball Archery	Game - Fruit Smoothie	Drill - Feed the T-Rex w/ Lava Rocks	Game - Get out of my Yard	
	Group		Red			Blue	
	Focus		Flex/Point/Throw			Banana Foot	
11:30am-11:35am	Water Break						
11:35am-11:55am	Circuit Station 6						
	Coach	Director	COACH 1			COACH 2	
	Sport		Baseball/Throwing			Soccer	
	Activity	Free Director	Drill - Baseball Archery	Game - Fruit Smoothie	Drill - Feed the T-Rex w/ Lava Rocks	Game - Get out of my Yard	
	Group		Blue			Red	
	Focus		Flex/Point/Throw			Banana Foot	
11:55am-12:05pm	PHASE 6 : Camp Close & Sign-Out						
	Coach	Director	COACH 1			COACH 2	
	Activity	Sign-Out	Manage Team Lines			Gather Belongings	
	Activity		Camp Recap			Coaches Tunnel	
12:05pm-12:30pm	Coaches Meeting & Tear-Down						