

Mini-Hawk Camp (ages 4-6)

Monday Camp Schedule (CAT - Circuit Allocation Table)

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