

Mini-Hawk Camp (ages 4-6)

Tuesday Camp Schedule (CAT - Circuit Allocation Table) | 1 DIRECTOR

8:00am-8:45am	Coaches Meeting & Set-Up	
8:45am-9:00am	Sign-In	
	Coach	DIRECTOR
	Activity	Check-in & Warm-up: Lava Rock Challenge
9:00am-9:20am	Camp Introductions	
	Coach	DIRECTOR
	Activity	Camp Orientation: Recap Monday (Connect, Respect the ROOTS), Daily Preview, Theme (Jersey Day), Leadership Skill (Cheer), Life Skill (Integrity)
9:20am - 9:40am	Circuit Station 1	
	Coach	DIRECTOR
	Sport	Baseball
	Activity	Drill - Off the Tee Hitting Game - Avengers Assemble
	Group	Red
	Focus	Front Step & Follow Through
9:40am-9:45am	Water Break	
9:45am-10:05am	Circuit Station 2	
	Coach	DIRECTOR
	Sport	Track & Field
	Activity	Drill - N/A Game - Tower Smash Golf Relay Race
	Group	Red
	Focus	Throwing for power, 3-step gather, cheering!
10:05am-10:15am	Water, Snack and Bathroom Break (Give out stickers/stamps from Monday)	
10:15am-10:35am	Circuit Station 3	
	Coach	DIRECTOR
	Sport	Flag Football
	Activity	Game - Centipede Hand-offs w/ Jump the River Game - Flag Grab
	Group	Red
	Focus	Leaping, Flag Pulling, perseverance (no crying/pouting!)
10:35am-10:40am	Water Break	
10:40am-11:00am	Circuit Station 4	
	Coach	DIRECTOR
	Sport	Dodgeball
	Activity	Drill - N/A Game - Fire in the Forest
	Group	Red
	Focus	Integrity
11:00am-11:10am	Water, Snack and Bathroom Break	
11:10am-11:30am	Circuit Station 5	
	Coach	DIRECTOR
	Sport	Baseball/Throwing
	Activity	Drill - Baseball Archery Game - The Incredibles
	Group	Red
	Focus	Leaping, Flag Pulling, perseverance (no crying/pouting!)
11:30am-11:35am	Water Break	
11:35am-11:55am	Circuit Station 6	
	Coach	DIRECTOR
	Sport	Soccer
	Activity	Drill - Feed the T-Rex w/ Snake Pits Game - Lost In Space
	Group	Red
	Focus	Kicking with your Laces
11:55am-12:05pm	PHASE 6 : Camp Close & Sign-Out	
	Coach	DIRECTOR
	Activity	SIGN-OUT
	Activity	MANAGE TEAM LINES & DAILY RECAP
12:05pm-12:30pm	Coaches Meeting & Tear-Down	