

Mini-Hawk Camp (ages 4-6)

Tuesday 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: Lava Rock Challenge	
9:00am-9:20am	Camp Introductions					
	Coach	Director	COACH 1		COACH 2	
	Activity	Camp Orientation: Recap Monday (Respect the ROOTS, Connect), Daily Preview, Theme (Jersey Day), Leadership (Cheer), Life (Integrity)				
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 - Avengers Assemble	Drill - N/A	Game - Tower Smash Golf Relay Race
	Group		Red		Blue	
	Focus		Front Step & Follow Through		Throwing for power, 3-step gather, cheering!	
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 - Avengers Assemble	Drill - N/A	Game - Tower Smash Golf Relay Race
	Group		Blue		Red	
	Focus		Front Step & Follow Through		Throwing for power, 3-step gather, cheering!	
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	Game - Centipede Hand-offs w/ Jump the River	Game - Flag Grab	Drill - N/A	Game - Fire in the Forest
	Group		Red		Blue	
	Focus		Long Jump, Perseverance (no crying/pouting)		Integrity	
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	Game - Centipede Hand-offs w/ Jump the River	Game - Flag Grab	Drill - N/A	Game - Fire in the Forest
	Group		Blue		Red	
	Focus		Long Jump, Perseverance (no crying/pouting)		Integrity	
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 - The Incredibles	Drill - Feed the T-Rex w/ Snake Pits	Game - Lost In Space
	Group		Red		Blue	
	Focus		Grab the Apple, Put it in the basket		Kicking with your Laces	
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 - The Incredibles	Drill - Feed the T-Rex w/ Snake Pits	Game - Lost In Space
	Group		Blue		Red	
	Focus		Grab the Apple, Put it in the basket		Kicking with your Laces	
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					