

Mini-Hawk Camp (ages 4-6)

Tuesday 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: Lava Rock Challenge	
9:00am-9:20am	Camp Introductions							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	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		COACH 3	
	Sport		Baseball		Track & Field		Dodgeball	
	Activity	Free Director	Drill - Off the Tee Hitting	Game - Avengers Assemble	Drill - N/A	Game - Tower Smash Golf Relay Race	Drill - N/A	Game - Fire in the Forest
	Group		Red		Blue		Green	
	Focus		Front Step & Follow Through		Throwing for power, 3-step gather, cheering!		Integrity	
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 - Avengers Assemble	Drill - N/A	Game - Tower Smash Golf Relay Race	Drill - N/A	Game - Fire in the Forest
	Group		Green		Red		Blue	
	Focus		Front Step & Follow Through		Throwing for power, 3-step gather, cheering!		Integrity	
10:05am-10:15am	Water, Snack and Bathroom Break (Give out stickers/stamps from Monday)							
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 - Avengers Assemble	Drill - N/A	Game - Tower Smash Golf Relay Race	Drill - N/A	Game - Fire in the Forest
	Group		Blue		Green		Red	
	Focus		Front Step & Follow Through		Throwing for power, 3-step gather, cheering!		Integrity	
10:35am-10:40am	Water Break							
10:40am-11:00am	Circuit Station 4							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		Flag Football		Throwing		Soccer	
	Activity	Free Director	Game - Centipede Hand-offs w/ Jump the River	Game - Flag Grab	Drill - Baseball Archery	Game - The Incredibles	Drill - Feed the T-Rex w/ Snake Pits	Game - Lost In Space
	Group		Blue		Red		Blue	
	Focus		Long Jump, Perseverence (no crying/pouting)		Grab the Apple, Put it in the basket		Kicking with your Laces	
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		Flag Football		Throwing		Soccer	
	Activity	Free Director	Game - Centipede Hand-offs w/ Jump the River	Game - Flag Grab	Drill - Baseball Archery	Game - The Incredibles	Drill - Feed the T-Rex w/ Snake Pits	Game - Lost In Space
	Group		Red		Blue		Blue	
	Focus		Long Jump, Perseverence (no crying/pouting)		Kicking with your Laces		Kicking with your Laces	
11:30am-11:35am	Water Break							
11:35am-11:55am	Circuit Station 6							
	Coach	DIRECTOR	COACH 1		COACH 2		COACH 3	
	Sport		Flag Football		Throwing		Soccer	
	Activity	Free Director	Game - Centipede Hand-offs w/ Jump the River	Game - Flag Grab	Drill - Baseball Archery	Game - The Incredibles	Drill - Feed the T-Rex w/ Snake Pits	Game - Lost In Space
	Group		Blue		Red		Red	
	Focus		Long Jump, Perseverence (no crying/pouting)		Kicking with your Laces		Kicking with your Laces	
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							