

# Mini-Hawk Camp (ages 4-6)

## Wednesday Camp Schedule (CAT - Circuit Allocation Table)

|                 |                                                                         |                                                                                                                                                      |                                 |                                                                                              |
|-----------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------|
| 8:00am-8:45am   | Coaches Meeting & Set-Up                                                |                                                                                                                                                      |                                 |                                                                                              |
| 8:45am-9:00am   | Sign-In                                                                 |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Activity                                                                | Check-In                                                                                                                                             |                                 | Warm-upL Snack Pit Challenge                                                                 |
| 9:00am-9:20am   | Camp Introductions                                                      |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Activity                                                                | Camp Orientation: Recap Tuesday (Integrity, Cheer) Daily Preview, Theme (WACKY WEDNESDAY), Leadership Skill (Confidence), Life Skill (Sportsmanship) |                                 |                                                                                              |
| 9:20am - 9:40am | Circuit Station 1                                                       |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Sport                                                                   | Baseball                                                                                                                                             |                                 | Track & Field                                                                                |
|                 | Activity                                                                | Drill - Off the Tee Hitting                                                                                                                          | Game - Inside Out               | Drill - Jungle Adventure (use course)      Game - Base Chase Relay w/ Tarzan Obstacle Couese |
|                 | Group                                                                   | Red                                                                                                                                                  |                                 | Blue                                                                                         |
|                 | Focus                                                                   | Back Foot - Squish the Bug                                                                                                                           |                                 | Relay Race, Base-Running, Agility                                                            |
| 9:40am-9:45am   | Water Break                                                             |                                                                                                                                                      |                                 |                                                                                              |
| 9:45am-10:05am  | Circuit Station 2                                                       |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Sport                                                                   | Baseball                                                                                                                                             |                                 | Track & Field                                                                                |
|                 | Activity                                                                | Drill - Off the Tee Hitting                                                                                                                          | Game - Inside Out               | Drill - Jungle Adventure (use course)      Game - Base Chase Relay w/ Tarzan Obstacle Couese |
|                 | Group                                                                   | Blue                                                                                                                                                 |                                 | Red                                                                                          |
|                 | Focus                                                                   | Back Foot - Squish the Bug                                                                                                                           |                                 | Relay Race, Base-Running, Agility                                                            |
| 10:05am-10:15am | Water, Snack and Bathroom Break (give out stickers/stamps from Tuesday) |                                                                                                                                                      |                                 |                                                                                              |
| 10:15am-10:35am | Circuit Station 3                                                       |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Sport                                                                   | Flag Football                                                                                                                                        |                                 | Dodgeball                                                                                    |
|                 | Activity                                                                | Game - Pokemon                                                                                                                                       | Game - Rock, Paper Scissors Tag | Drill - N/A      Game - Freeze Tag Dodgeball                                                 |
|                 | Group                                                                   | Red                                                                                                                                                  |                                 | Blue                                                                                         |
|                 | Focus                                                                   | Catching - Diamond Hands. Catch the stripe                                                                                                           |                                 | Sportsmanship, Team Strategy                                                                 |
| 10:35am-10:40am | Water Break                                                             |                                                                                                                                                      |                                 |                                                                                              |
| 10:40am-11:00am | Circuit Station 4                                                       |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Sport                                                                   | Flag Football                                                                                                                                        |                                 | Dodgeball                                                                                    |
|                 | Activity                                                                | Game - Pokemon                                                                                                                                       | Game - Rock, Paper Scissors Tag | Drill - N/A      Game - Freeze Tag Dodgeball                                                 |
|                 | Group                                                                   | Blue                                                                                                                                                 |                                 | Red                                                                                          |
|                 | Focus                                                                   | Catching - Diamond Hands. Catch the stripe                                                                                                           |                                 | Sportsmanship, Team Strategy                                                                 |
| 11:00am-11:10am | Water, Snack and Bathroom Break                                         |                                                                                                                                                      |                                 |                                                                                              |
| 11:10am-11:30am | Circuit Station 5                                                       |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Sport                                                                   | Baseball/Throwing                                                                                                                                    |                                 | Soccer                                                                                       |
|                 | Activity                                                                | Drill - Baseball Archery                                                                                                                             | Game - Move It, Move It         | Drill - Star Wars Dribbling Relay Race      Game - BB8 vs. R2D2 Challenge                    |
|                 | Group                                                                   | Red                                                                                                                                                  |                                 | Blue                                                                                         |
|                 | Focus                                                                   | Footwork - Step to the target, squish the bug                                                                                                        |                                 | Dribbling Moves - Step Over, Scissor, Chop                                                   |
| 11:30am-11:35am | Water Break                                                             |                                                                                                                                                      |                                 |                                                                                              |
| 11:35am-11:55am | Circuit Station 6                                                       |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Sport                                                                   | Baseball/Throwing                                                                                                                                    |                                 | Soccer                                                                                       |
|                 | Activity                                                                | Drill - Baseball Archery                                                                                                                             | Game - Move It, Move It         | Drill - Star Wars Dribbling Relay Race      Game - BB8 vs. R2D2 Challenge                    |
|                 | Group                                                                   | Blue                                                                                                                                                 |                                 | Red                                                                                          |
|                 | Focus                                                                   | Footwork - Step to the target, squish the bug                                                                                                        |                                 | Dribbling Moves - Step Over, Scissor, Chop                                                   |
| 11:55am-12:05pm | PHASE 6 : Camp Close & Sign-Out                                         |                                                                                                                                                      |                                 |                                                                                              |
|                 | Coach                                                                   | DIRECTOR                                                                                                                                             |                                 | COACH                                                                                        |
|                 | Activity                                                                | SIGN-OUT                                                                                                                                             |                                 | Have everyone grab their belongings and bring them to their team line                        |
|                 | Activity                                                                | MANAGE TEAM LINES/TAKE HOME ASSIGNMENT                                                                                                               |                                 |                                                                                              |