

Skyhawks Summer Camp Olympics (FULL-DAY)

Friday CAT (Circuit Allocation Table): Ages 7-12

1 Free Director, 2 Coaches

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|-----------------|--|----------------------|-----------------|--|
| 8:00am-8:45am | Pre-Camp - Coaches Meeting & Set-up | | | |
| 8:45am-9:05am | Sign-In & Warm-up | | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | Check-In | Check-In | 2 QB Drill |
| | Group | All Groups | All Groups | All Groups |
| | Focus | | | Route Combinations: CoCo, Wolf |
| 9:05am-9:15am | Daily Preview - Review (Communication & Teamwork), Daily Preview: Theme: Game Day, Leadership: Comradery, Life Skill: Self-Esteem | | | |
| 9:30am-9:45am | STATION 1.1 | 1ST HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 1 | Camp Favorite 2 |
| | Group | | Red vs. Green | Blue vs. Yellow |
| 9:40am-9:45am | Half-Time | | | |
| 9:45am-10:00am | STATION 1.2 | 2ND HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 1 | Camp Favorite 2 |
| | Group | | Red vs. Green | Blue vs. Yellow |
| 10:00am-10:10am | Water Break | | | |
| 10:10am-10:25am | STATION 2.1 | 1ST HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 1 | Camp Favorite 2 |
| | Group | | Blue vs. Yellow | Red vs. Green |
| 12:25am-10:30am | Half-Time | | | |
| 10:30am-10:45am | STATION 2.2 | 2ND HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 1 | Camp Favorite 2 |
| | Group | | Blue vs. Yellow | Red vs. Green |
| 10:45am-10:55am | SNACK BREAK (Reward stickers/stamps from Wednesday) | | | |
| 10:55am-11:05am | Late Snack, Bathroom Break, and Agility Ladder | | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Bathroom Breaks | Agility Ladder |
| | Group | | | Anyone not on a bathroom break |
| | Focus | | | Agility Hop Challenge (My Way - Calvin Harris) |
| 11:05am-11:20am | Station 3.1 | 1ST HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 3 | Camp Favorite 4 |
| | Group | | Red vs. Green | Blue vs. Yellow |
| 11:20am-11:25am | Half-Time | | | |
| 11:25am-11:40am | Station 3.2 | 2ND HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 3 | Camp Favorite 4 |
| | Group | | Red vs. Green | Blue vs. Yellow |
| 11:40am-12:25pm | LUNCH | | | |
| 12:25pm-12:40pm | Station 4.1 | 1ST HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 3 | Camp Favorite 4 |
| | Group | | Blue vs. Yellow | Red vs. Green |
| 12:40pm-12:45pm | Half-Time | | | |
| 12:45pm-1:00pm | Station 4.2 | 2ND HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 3 | Camp Favorite 4 |
| | Group | | Blue vs. Yellow | Red vs. Green |

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|---------------|---|-----------------|---------------------------------|---|
| 1:00pm-1:10pm | Water Break | | | |
| 1:10pm-1:25pm | Station 5.1 | 1ST HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 5 | Camp Favorite 6 |
| | Group | | Red vs. Green | Blue vs. Yellow |
| 1:25pm-1:30pm | Half-Time | | | |
| 1:30pm-1:45pm | Station 5.2 | 2ND HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 5 | Camp Favorite 6 |
| | Group | | Red vs. Green | Blue vs. Yellow |
| 1:45pm-1:55pm | Water Break | | | |
| 1:55pm-2:10pm | Station 6.1 | 1ST HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 5 | Camp Favorite 6 |
| | Group | | Blue vs. Yellow | Red vs. Green |
| 2:10pm-2:15pm | Half-Time | | | |
| 2:15pm-2:30pm | Station 6.2 | 2ND HALF | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | Camp Favorite 5 | Camp Favorite 6 |
| | Group | | Blue vs. Yellow | Red vs. Green |
| 2:30pm-2:35pm | Water Break | | | |
| 2:35pm-2:55pm | Award Ceremony | | | |
| 2:55pm-3:00pm | Camp Close & Sign-Out | | | |
| | Coach | Free Director | Coach 1 | Coach 2 |
| | Activity | | SIGN-OUT | Help campers gather belongings and get in lines |
| | Activity | | Manage Team Lines & Daily Recap | Manage Team Lines & Daily Recap |
| | Focus | | Safety & Organization | Safety & Organization |
| 3:00pm-3:05pm | Post Camp - Tear Down, Load Truck, & Coaches Meeting | | | |