

Skyhawks Summer Camp Olympics (FULL-DAY)

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

1 Director, 2 Coaches

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	2 QB Drill	2 QB Drill
	Group	All Groups	All Groups	All Groups
	Focus		Dagger, Slappo	Dagger, Slappo
9:05am-9:15am	Daily Preview - Review (Confidence & Sportsmanship), Daily Preview: Theme: Camp Photo Day, Leadership: Communicate, Life Skill: Teamwork			
9:15am-9:30am	STATION 1.1	TEAM PRACTICE/SKILL DEVELOPMENT		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Star Wars Dodgeball	Dungeons & Dragons Football
	Group		Red vs. Green	Blue vs. Yellow
9:30am-9:40am	STATION 1.2	1ST HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Star Wars Dodgeball	Dungeons & Dragons Football
	Group		Red vs. Green	Blue vs. Yellow
9:40am-9:45am	Half-Time			
9:45am-9:55am	STATION 1.3	2ND HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Star Wars Dodgeball	Dungeons & Dragons Football
	Group		Red vs. Green	Blue vs. Yellow
9:55am-10:05am	Water Break			
10:05am-10:20am	STATION 2.1	TEAM PRACTICE		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Star Wars Dodgeball	Dungeons & Dragons Football
	Group		Blue vs. Yellow	Red vs. Green
10:20am-10:30am	STATION 2.2	1ST HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Star Wars Dodgeball	Dungeons & Dragons Football
	Group		Blue vs. Yellow	Red vs. Green
10:30am-10:35am	Half-Time			
10:35am-10:45am	STATION 2.3	2ND HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Star Wars Dodgeball	Dungeons & Dragons Football
	Group		Blue vs. Yellow	Red vs. Green
10:45am-11:00am	SNACK BREAK			
11:00am-11:10am	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			Double Taps, In/Out (Taps & Jumps)
11:10am-11:25am	Station 3.1	TEAM PRACTICE		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Tic Tac Toe Golf Relay	Hulk Smash Baseball

	Group		Red vs. Green	Blue vs. Yellow
11:25am-11:35am	Station 3.2	1ST HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Tic Tac Toe Golf Relay	Hulk Smash Baseball
	Group		Red vs. Green	Blue vs. Yellow
11:35am-11:40am	Half-Time			
11:40am-11:50am	Station 3.3	2ND HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Tic Tac Toe Golf Relay	Hulk Smash Baseball
	Group		Red vs. Green	Blue vs. Yellow
11:50am-12:35pm	LUNCH			
12:35pm-12:50pm	Station 4.1	TEAM PRACTICE		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Tic Tac Toe Golf Relay	Hulk Smash Baseball
	Group		Blue vs. Yellow	Red vs. Green
12:50pm-1:00pm	Station 4.2	1ST HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Tic Tac Toe Golf Relay	Hulk Smash Baseball
	Group		Blue vs. Yellow	Red vs. Green
1:00pm-1:05pm	Half-Time			
1:05pm-1:15pm	Station 4.3	2ND HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Tic Tac Toe Golf Relay	Hulk Smash Baseball
	Group		Blue vs. Yellow	Red vs. Green
1:15pm-1:25pm	Water Break			
1:25pm-1:40pm	Station 5.1	TEAM PRACTICE		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Flag Football Scrimmage	Volleyball: Catch & Toss Scrimmage
	Group		Red vs. Green	Blue vs. Yellow
1:40pm-1:50pm	Station 5.2	1ST HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Flag Football Scrimmage	Volleyball: Catch & Toss Scrimmage
	Group		Red vs. Green	Blue vs. Yellow
1:50pm-1:55pm	Half-Time			
1:55pm-2:05pm	Station 5.3	2ND HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Flag Football Scrimmage	Volleyball: Catch & Toss Scrimmage
	Group		Red vs. Green	Blue vs. Yellow
2:05pm-2:15pm	Water Break			
2:15pm-2:30pm	Station 6.1	TEAM PRACTICE		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Flag Football Scrimmage	Volleyball: Catch & Toss Scrimmage
	Group		Blue vs. Yellow	Red vs. Green
	Station 6.2	1ST HALF		
	Coach	Free Director	Coach 1	Coach 2

2:30pm-2:40pm	Activity		Flag Football Scrimmage	Volleyball: Catch & Toss Scrimmage
	Group		Blue vs. Yellow	Red vs. Green
2:40pm-2:45pm	Half-Time			
2:45pm-2:55pm	Station 6.3	2ND HALF		
	Coach	Free Director	Coach 1	Coach 2
	Activity		Flag Football Scrimmage	Volleyball: Catch & Toss Scrimmage
	Group		Blue vs. Yellow	Red vs. Green
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	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			