

Skyhawks Volleyball Camp

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

Free Director + 2 Coaches

8:00am-8:45am	Pre-Camp - Coaches Meeting & Set-up			
8:45am-9:05am	Sign-In & Warm-up			
	Coach	Director	Coach 1	Coach 2
	Activity		Check-IN	Pepper with a Partner
	Focus		Maslow's Heirachry of Needs & Routine	
9:05am-9:15am	Daily Preview - Review (Communication & Teamwork), Daily Preview: Theme: Game Day, Leadership: Comradery, Life Skill: Self-Esteem			
9:15am-9:35am	STATION 1	SKILL REINFORCEMENT GAMES		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct		
	Group		Red/Green vs. Blue/Yellow	
	Focus		Camp Favorite 1	
3:35am-9:40am	Water Break			
9:40am-10:00am	STATION 2	SKILL REINFORCEMENT GAMES		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct		
	Group		Red/Green vs. Blue/Yellow	
	Focus		Camp Favorite 2	
10:00am-10:05am	Water Break			
10:05am-10:25am	STATION 3	SKILL REINFORCEMENT GAMES		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct		
	Group		Red/Green vs. Blue/Yellow	
	Focus		Camp Favorite 3	
10:25am-10:35am	SNACK BREAK (Give out Stickers/Stamps from Thursday)			
10:35am-10:45am	STATION 4	Late Snack, Bathroom Break, and Agility Ladder		
	Coach	Director	Coach 1	Coach 2
	Activity	Bathroom Breaks	Supervise Snack Break	Agility Ladder
	Group	Who has to go to the bathroom?	Anyone still eating	Anyone not on a bathroom break
	Focus			Agility Hop Challenge (My Way - Calvin Harris)
10:45am-11:05am	STATION 5	TOURNAMENT		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	6 V. 6 SCRIMMAGES	
	Group		Red/Green vs. Blue/Yellow	
	Focus		Showcase Volleyball, Leadership, and Life Skills	
11:05am-11:10am	Water Break			
11:10am-11:35am	STATION 6	TOURNAMENT		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	6 V. 6 SCRIMMAGES	
	Group		Red/Green vs. Blue/Yellow	
	Focus		Showcase Volleyball, Leadership, and Life Skills	
11:35am-11:55am	Award Ceremony			
11:55pm-12:05pm	Camp Close & Sign-Out			
	Coach	Director	Coach 1	Coach 2
	Activity	SIGN-OUT	Manage Team Lines	Coaches Tunnel
	Activity		Daily Recap	High Fives and Lookout
	Focus	SAFETY & ORGANIZATION		
12:05pm-12:30pm	Post Camp - Tear Down, Load Truck, & Coaches Meeting			