

Mini-Hawk Camp (ages 4-6)			
Monday Camp Schedule (CAT - Circuit Allocation Table) Free Director, 1 Coach			
8:00am-8:45am	Coaches Meeting & Set-Up		
8:45am-9:00am	Sign-In		
	Coach	DIRECTOR	COACH
	Activity	Check-In	Warm-up: Jungle Adventure
9:00am-9:20am	Camp Introductions		
	Coach	DIRECTOR	COACH
	Activity	Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Daily Preview (School Pride Day), Leadership (Connect), Life Skill (Respect ROOTS)	
9:20am - 9:40am	Circuit Station 1		
	Coach	DIRECTOR	COACH
	Sport		Baseball
	Activity	FREE DIRECT	Drill - Off the Tee Hitting Game - Guardians of the Galaxy
	Group		Red
	Focus		Bat to the Sky. Chicken Wings Out
9:40am-9:45am	Water Break		
9:45am-10:05am	Circuit Station 2		
	Coach	DIRECTOR	COACH
	Sport		Track & Field
	Activity	FREE DIRECT	Drill - Jungle Adventure Game - Skyhawks Relay Races
	Group		Red
	Focus		Concept of the Relay Race (1-player at a time) & Agility
10:05am-10:15am	Water, Snack and Bathroom Break		
10:15am-10:35am	Circuit Station 3		
	Coach	DIRECTOR	COACH
	Sport		Flag Football
	Activity	FREE DIRECT	Drill - Star Wars Relay Race, Catching drills Game - BB8 vs. R2D2
	Group		Red
	Focus		Catching: Thumbs together/Pinkies together
10:35am-10:40am	Water Break		
10:40am-11:00am	Circuit Station 4		
	Coach	DIRECTOR	COACH
	Sport		Dodgeball
	Activity	FREE DIRECT	Game - Pirates of the Carribean
	Group		Red
	Focus		Respect the ROOTS
11:00am-11:10am	Water, Snack and Bathroom Break		
11:10am-11:30am	Circuit Station 5		
	Coach	DIRECTOR	COACH
	Sport		Baseball/Throwing
	Activity	FREE DIRECT	Drill - Baseball Archery Game - Fruit Smoothie
	Group		Red
	Focus		Flex/Point/Throw
11:30am-11:35am	Water Break		
11:35am-11:55am	Circuit Station 6		
	Coach	DIRECTOR	COACH
	Sport		Soccer
	Activity	FREE DIRECT	Drill - Feed the T-Rex w/Lava Rocks Game - Get out of my Yard
	Group		Red
	Focus		Banana Foot
11:55am-12:05pm	PHASE 6 : Camp Close & Sign-Out		
	Coach	DIRECTOR	COACH
	Activity	SIGN-OUT	MANAGE TEAM LINES & DAILY RECAP
	Group	ALL	
12:05pm-12:30pm	Coaches Meeting & Tear-Down		