

Mini-Hawk Camp (ages 4-6)			
Tuesday 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	Check-In & Warm-up: Lava Rock Challenge
9:00am-9:20am	Camp Introductions		
	Coach	DIRECTOR	COACH
	Activity	Camp Orientation: Recap Monday (Connect, Respect the ROOTS), Daily Preview, Theme (Jersey Day), Leadership Skill (Cheer), Life Skill (Integrity)	
9:20am - 9:40am	Circuit Station 1		
	Coach	DIRECTOR	COACH
	Sport		Baseball
	Activity	FREE DIRECT	Drill - Off the Tee Hitting Game - Avengers Assemble
	Group		Red
	Focus		Front Step & Follow Through
9:40am-9:45am	Water Break		
9:45am-10:05am	Circuit Station 2		
	Coach	DIRECTOR	COACH
	Sport		Track & Field
	Activity	FREE DIRECT	Game - Tower Smash Golf Relay Race
	Group		Red
	Focus		Throwing for power, 3-step gather, cheering!
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	Game - Centipede Hand-offs w/ Jump the River Game - Flag Grab
	Group		Red
	Focus		Leaping, Flag Pulling, perseverance (no crying/pouting!)
10:35am-10:40am	Water Break		
10:40am-11:00am	Circuit Station 4		
	Coach	DIRECTOR	COACH
	Sport		Dodgeball
	Activity	FREE DIRECT	Game - Fire in the Forest
	Group		Red
	Focus		Integrity
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 - The Incredibles
	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/ Snake Pits Game - Lost in Space
	Group		Red
	Focus		Kicking with your shoe laces
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		