



First Down Flag Football & Kickin' It Cheer Camp {Cheerleader version}

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5](#)

JUMP START

S P O R T S

Camp Overview	
““First Down Flag Football & Kickin’ It Cheer Camp {Cheerleader version}””	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	“Join us for an action-packed Youth Summer Camp designed for kids in grades 1-6! First Down Flag Football offers fun-filled drills, teamwork, and skill-building on the field, while Kickin’ It Cheer Camp teaches spirited routines, cheers, and confidence-building. Perfect for young athletes and cheer enthusiasts ready to make unforgettable summer memories!”
Theme of each day	Day 1: Introduce Motions & Jumps; First Chant Day 2: Review motions, jumps, and chant; Introduce First Dance Day 3: Review motions, jumps, and chant; Review First Dance Day 4: Review motions, jumps, and chant; Finalize First Dance; learn shorter cheers Day 5: Dance competition!
Source	Kickin It Cheerleading Depository of JSS Camp games Final Camp Themes

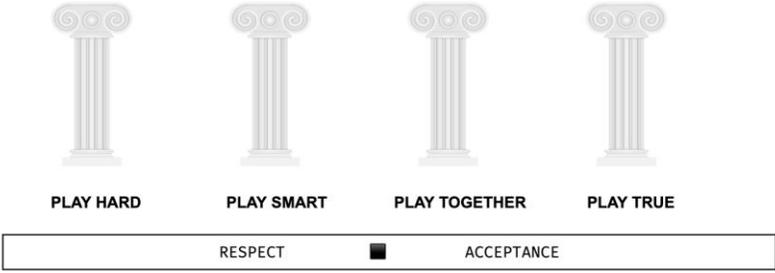
JUMP START SPORTS

Day 1

“Introduce Motions & Jumps; First Chant”

<u>Day 1; Arrival (9-9:15am)</u> : Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<u>Day 1; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> ● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” ●

	 <p>The diagram shows four pillars representing the Four Pillars of Character: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these pillars is a horizontal bar divided into two sections: RESPECT and ACCEPTANCE. A small black square is positioned between the two sections of the bar.</p>
<p>Equipment needed</p>	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
<p>Areas of focus</p>	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
<p>Field/court layout</p>	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True • Coaches will use the following speech at each convocation: • Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes” • Introductions: <ul style="list-style-type: none"> ○ Have each coach introduce themselves ○ Name, favorite sport, favorite team • Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others

	<p>by answering your questions about these concepts.</p> <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ Be nice ■ Don't be mean ■ Never bully another person ■ Be kind ■ Treat others the way you would like to be treated ○ Who should we all be respectful of <ul style="list-style-type: none"> ■ Other campers - your peers ■ The staff - we are here to help you learn and take care of you ■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ■ Treat others the way you would like to be treated ■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ● What does acceptance mean to you <ul style="list-style-type: none"> ○ Be respectful of ALL PEOPLE, even those who are different than you ○ Use examples of being respectful of others who look different or have different skill level than you have. ● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
Script	<p><i>"Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!"</i></p>

Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!

Character:

One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.

Now, let's talk about Acceptance.

What does acceptance mean to you? Let's hear your thoughts.

Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate!

Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."

Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!

Today we will be learning...

- 1) Motions*
- 2) Jumps*
- 3) First Chant*

Day 1 only–Play a “get to know you” game with the group (5 minutes)

	<p><i>Ball Toss Introduction Game for names</i></p> <ul style="list-style-type: none"> • How to Play: Use a soft ball (like a beach ball or foam ball). Toss it to a camper, who says their name and a fun fact about themselves (e.g., "Hi, I'm Emma, and I love pizza!"). They then throw the ball to someone else. • Why It Works: Encourages active participation and quick thinking. <p><i>High-Five Huddle Game</i></p> <ul style="list-style-type: none"> • How to Play: Call out a category (e.g., "favorite color is blue" or "likes basketball"). Campers who match must run to the middle and high-five each other before running back. • Why It Works: Promotes quick thinking and energetic movement.
--	--

<u>Day 1; Session 1 (9:30-10:15am):</u> (Cheerleading fundamentals- motions & jumps)	
Equipment needed	<ul style="list-style-type: none"> • N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Execute the basic motions of cheerleading • Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Safety • Proper technique • Teamwork
Field/court layout	<ul style="list-style-type: none"> • Group can work as one distinct entity • If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Warm-Up</i> (3-5 minutes) 1 minute of high knees 1 minute of arm circles and swings 1 minute of light jogging in place</p> <p>20 minutes for motions <i>Introduction to motions</i> (10 minutes)</p> <ul style="list-style-type: none"> • Director will go through the motions one at a time, while the

campers copy

- Coaches can correct form throughout the group

Synchronization Drill (4 minutes)

- Implement the "Eight Count Drill":
- Teach a simple 8-count sequence using the learned motions
- Count out loud, varying speed from slow to fast
- Emphasize holding each motion until the next count

Placement Drill (4 minutes)

- Use the "Line Drill":
- Arrange participants in lines of 5-10
- Call out motions and check for uniformity down each line
- Make adjustments to ensure consistency across all participants

Motion Technique Game (3 minutes)

- Play "Simon Says" with cheer motions:
- Call out motions for participants to perform
- Occasionally prefix with "Simon says" to keep them alert
- Focus on accuracy and speed of execution

Cool-Down and Review (1 minute)

- Have participants shake out their arms and shoulders
- Briefly recap the motions learned

Motions:

- High V
- Low V
- T
- Broken T
- Candlesticks
- Buckets
- High touchdown
- Low Touchdown
- K
- Other K

25 minutes for jumps

Introduction to jumps (10 minutes)

- Director will go through the jumps one at a time, while the campers copy
- Coaches can correct form throughout the group

Discrete skill work (15 minutes)

- T-Jump Basics
 - Demonstrate the T-Jump
 - Practice arm motions without jumping
 - Practice the jump without arms
 - Full T-Jump practice
- Tuck Jump Introduction
 - Demonstrate the Tuck Jump
 - Practice bringing knees to chest while standing
 - Practice the jump without arm motions
 - Full Tuck Jump practice
- Touch-Up Jump

	<ul style="list-style-type: none"> ○ Demonstrate the Touch-Up Jump ○ Practice arm swing motion ○ Practice timing the jump with arm swing ○ Full Touch-Up Jump practice ● Spread Eagle Introduction <ul style="list-style-type: none"> ○ Demonstrate the Spread Eagle ○ Practice leg spread motion while standing ○ Practice the jump focusing on leg spread ○ Full Spread Eagle practice <p>Jumps:</p> <ul style="list-style-type: none"> ● Left Herkie ● Right Herkie ● Left Hurdler ● Right Hurdler ● Pike ● Toe Touch ● Double Toe Touch
Video clips	<ul style="list-style-type: none"> ● What Are Basic Cheerleading Motions? Cheerleading ● Cheer Motion Technique and Drills ● See visuals on page 5-8 of this doc ● Basics of Cheerleading Jumps Cheerleading ● How to do jumps for cheer : tips, tricks, and drills for beginners

<u>Day 1; Session 2 (10:15-11am)</u> : (First chant and gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Execute the basic motions of cheerleading ● Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Proper technique ● Teamwork
Field/court layout	<ul style="list-style-type: none"> ● Group can work as one distinct entity ● If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly

<p>Activity description</p>	<p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Director go over the basics of chants ● Director model chant best practices <p><i>Simple Chant Practice</i> (15 minutes)</p> <ul style="list-style-type: none"> ● Introduce "Go Go" chant: ● "Go go, G-O, G-O, go go, let's go!"² ● Motion Sequence <ul style="list-style-type: none"> ○ Clap on "Go go" ○ Bow and arrow position on "G-O" ○ Switch sides on second "G-O" ○ Clap again on "go go" ○ Punch up and lunge on "let's go"² ● Vocal Technique <ul style="list-style-type: none"> ○ Practice enunciation and volume ○ Emphasize rhythm and timing ● Putting It All Together (5 minutes) <ul style="list-style-type: none"> ○ Perform the "Go Go" chant with motions ○ Practice in unison, focusing on synchronization <p><i>First Chant Introduction</i> (10 minutes)</p> <ul style="list-style-type: none"> ● Using skills above, introduce the first chant that campers will need to learn and memorize <ul style="list-style-type: none"> ○ I.E. Let's Get Fired Up <p><i>Play group games</i> (10 minutes)</p> <ul style="list-style-type: none"> ● Little Sally Walker <ul style="list-style-type: none"> ○ Setup <ul style="list-style-type: none"> ■ Form a Circle: Gather all participants and have them stand in a circle. Ensure there is enough space for everyone to move around comfortably. ■ Select a "Sally": Choose one person to start in the center of the circle. This person will take on the role of "Little Sally Walker." ○ Game Play <ul style="list-style-type: none"> ■ Start Singing: The group begins to sing the following chant: "Little Sally Walker walking down the street, She didn't know what to do, so she stopped in front of me." ■ Dance Move: When the lyrics reach "so she stopped in front of me," "Sally" stops in front of another participant and performs a dance move or gesture. ○ Switching Places: As the chant continues with: "Hey girl, do your thing, do your thing and switch!" <ul style="list-style-type: none"> ■ The participant who was chosen mimics the dance move performed by "Sally." ■ On the word "switch," both "Sally" and the chosen participant swap places. ○ Continue the Game: The new "Sally" now walks around the inside of the circle, repeating the process with another participant until everyone has had a turn in the center.
-----------------------------	---

	<ul style="list-style-type: none"> ○ Final Round <ul style="list-style-type: none"> ■ After all participants have had their turn as "Sally," conclude the game by singing all verses one last time while everyone joins in on the motions together. ● Rock the Boat <ul style="list-style-type: none"> ○ Gather Participants: Assemble all cheerleaders or participants in a designated area where they can form a circle or stand in rows. ○ Choose a Leader: Select one person to lead the chant. This person will initiate the call and guide the actions. <ul style="list-style-type: none"> ■ Game Play <ul style="list-style-type: none"> ● Start the Chant: <ul style="list-style-type: none"> ○ The leader begins with: "My name is [Name], and I say Rock the boat." ○ The group responds: "Rock the boat!" ■ Follow-Up Lines: <ul style="list-style-type: none"> ● The leader continues: "I'm feeling fine." ● Group responds: "Rock the boat!" ■ Engage with Actions: <ul style="list-style-type: none"> ● The leader adds: "You mess with me," ● Group responds: "Rock the boat!" ■ Final Lines: <ul style="list-style-type: none"> ● The leader concludes with: "I'll blow your mind." ● Group responds: "Rock the boat!" ○ Repeat and Rotate: ○ After one round, allow different participants to take turns being the leader, encouraging them to personalize their lines or actions.
Video clips	<ul style="list-style-type: none"> ● What Are Basic Cheerleading Motions? Cheerleading ● Cheer Motion Technique and Drills ● See visuals on page 5-8 of this doc ● Basics of Cheerleading Jumps Cheerleading ● How to do jumps for cheer : tips, tricks, and drills for beginners

<u>Day 1; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

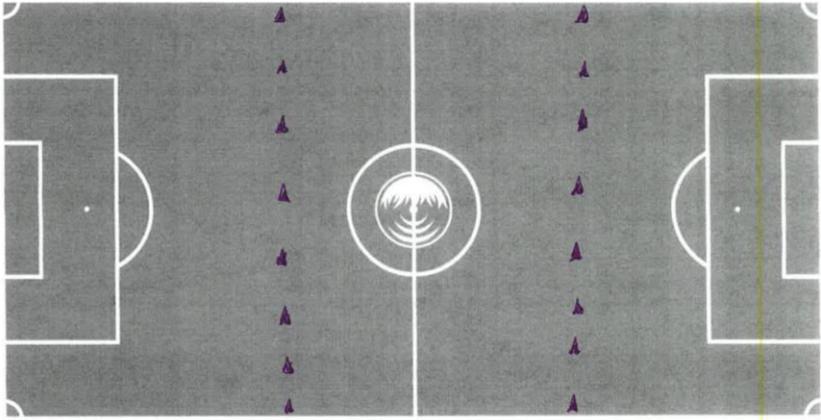
<u>Day 1; Session 3 (11:30-12pm):</u> (Marshmallow Tower)	
Equipment needed	Each group needs a table with the following items on it→ <ul style="list-style-type: none"> ● 1 large marshmallow ● 20 strands of spaghetti ● 1 yard of tape ● 1 yard of string
Learning goals/objectives	<i>Campers will be able to...</i> <ul style="list-style-type: none"> ● Work as a team ● Follow instructions ● Work fairly and honorably
Areas of focus	<i>Coaches will emphasize...</i> <ul style="list-style-type: none"> ● The rules ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● There will be tables with the materials that each group needs on them
Activity description	<p>Director will split up the campers into groups of equal abilities, if possible</p> <p>Director will explain the rules BEFORE the campers are allowed to approach their tables</p> <p>Coaches should be moving around making sure that campers are working together and understand the rules</p> <ul style="list-style-type: none"> ● Campers need to work together in a group to create the tallest freestanding structure with only the given materials. ● They are allowed to use some or all of the materials, however, they may not receive extras. ● The tower must feature the whole marshmallow at the very top.
Video clips	<ul style="list-style-type: none"> ● https://thecolorfulapple.com/team-building-activities-for-back-to/

<u>Day 1; Session 4 (12-1pm):</u> (Kangaroo Hop)	
Equipment needed	<ul style="list-style-type: none"> ● 8-10 gator skin balls or soft playground balls (I.E. Dodgeballs) ● 8-10 cones ● Whistle ● Stopwatch
Learning goals/objectives	<i>Campers will be able to...</i>

	<ul style="list-style-type: none"> ● Run with Balance and coordination ● Maintain Teamwork and encouragement ● Follow instructions ● Persevere
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Following instructions ● Teamwork ● Positive reinforcement ● Time management
Field/court layout	<ul style="list-style-type: none"> ● Divide the gym into 4-5 parallel lanes, each with a start line and a cone placed 15-20 meters away
Activity description	<p><i>Warm-up (8 minutes)</i></p> <ul style="list-style-type: none"> ● Kangaroo hops in place ● Arm circles ● Light jogging with high knees ● Stretching focusing on legs and core ● Simon Says with kangaroo-themed actions <p><i>Skill Introduction (10 minutes)</i></p> <ul style="list-style-type: none"> ● Demonstrate the proper technique for the Kangaroo Hop: ● Ball placement between knees ● Hopping motion with arms in proper position ● Turning around the cone safely <p><i>Practice Rounds (10 minutes)</i></p> <ul style="list-style-type: none"> ● Allow campers to practice the Kangaroo Hop in small groups: ● Each team practices on their lane ● Coaches provide feedback and encouragement <p><i>Kangaroo Hop Challenge (25 minutes)</i></p> <ul style="list-style-type: none"> ● Conduct the main activity: ● Explain the rules clearly ● Run multiple rounds of the race ● Keep track of winning groups for added excitement <p><i>Cool-down and Reflection (5 minutes)</i></p> <ul style="list-style-type: none"> ● End the session with a gentle cool-down and brief discussion: ● Light stretching ● Ask campers what they enjoyed most ● Highlight examples of good sportsmanship observed
Video clips	<ul style="list-style-type: none"> ● How to do a Kangaroo Hop

Day 1; Session 5 (1-2pm): (Flag Football Preseason with Cheer implementation)

Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Clipboard with camp rosters ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Catch a football using proper hand positioning and body alignment to consistently catch the ball ● Throw a football with correct grip, stance, and follow-through to ensure accurate passes ● Handoff the football, transferring the ball between players, with proper timing and coordination ● Pull the flag off an opponent properly and safely ● Drop into a standard defensive position ● Do all of the skills above within a game play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Catching: <ul style="list-style-type: none"> ○ Emphasize the importance of proper hand positioning and body alignment to consistently catch passes. ○ Teach players to use their hands rather than their bodies to secure the ball ● Throwing: <ul style="list-style-type: none"> ○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through. ○ Ensure players understand how to deliver accurate passes ● Running Routes: <ul style="list-style-type: none"> ○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball ● Handoffs: <ul style="list-style-type: none"> ○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays ● Flag Pulling: <ul style="list-style-type: none"> ○ Teach effective flag-pulling techniques ○ Players should learn how to approach the ball carrier and pull flags without making contact ● Angling: <ul style="list-style-type: none"> ○ Emphasize taking an angle on an offensive player rather than running directly at them ○ Use the sideline to push the player to the edge of the field and away from the middle ○ Match their speed ○ Get your toes pointed in the same direction as the offensive player

<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Set up 2 cross field games ● The fields should be about 30 yards wide and go length wise the width of the field (about 74 yards) ● Place cones between each cross field game 
<p>Activity description</p>	<p>Director should be watching and coordinating with coaches to make equal teams that can be “drafted” tomorrow.</p> <ul style="list-style-type: none"> ● Split the campers into two groups of equal sizes, and abilities, if possible ● Give half of each group pinnies ● Reiterate the basic concepts of catching, passing, handoffs, flag pulling, and angling on defense ● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults ● Play two 25 minute halves ● Give a 10 minute water break <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon ● Adjust the teams if mismatches occur ● Continue to emphasize and reinforce the basic skills
<p>Video clips</p>	<ul style="list-style-type: none"> ● A Beginners guide to flag football ● Football handoff ● How to throw a football (first part of the video) ● How to catch a football (first part of the video) ● What Are Basic Cheerleading Motions? Cheerleading ● Cheer Motion Technique and Drills ● See visuals on page 5-8 of this doc ● Basics of Cheerleading Jumps Cheerleading ● How to do jumps for cheer : tips, tricks, and drills for beginners

Day 1; Session 6 (2-2:30pm): (Football and Cheerleading research)

<p>Equipment needed</p>	<ul style="list-style-type: none"> ● Laptop or IPAD ● Wifi access ● Cell phones if no other devices are available ● Poster board ● Markers ● Pens ● Colored pencils
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together to research about the sport of football and cheerleading that they will play this week ● Design a poster that has the most important “fun facts” about this sports ● Color this poster in ● Display this poster at the end of the session and explain it to the other groups
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Accurate sources of information ● The similarities between people around the world ● Respect & Acceptance from Convocation <ul style="list-style-type: none"> ○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ● Be nice ● Don't be mean ● Never bully another person ● Be kind ● Treat others the way you would like to be treated ■ Who should we all be respectful of <ul style="list-style-type: none"> ● Other campers - your peers ● The staff - we are here to help you learn and take care of you ● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ● Treat others the way you would like to be treated ● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ○ What does acceptance mean to you

	<ul style="list-style-type: none"> ■ Be respectful of ALL PEOPLE, even those who are different than you ■ Use examples of being respectful of others who look different or have different skill level than you have.
Field/court layout	<ul style="list-style-type: none"> ● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities ● Each group will have access to a wifi enabled device that they can use ● Each group will have access to posterboard and the drawing utensils listed above
Activity description	<ul style="list-style-type: none"> ● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> ○ Researcher ○ Designer ○ Sketcher ○ Colorer ○ Presenter to the rest of the groups ● Although they will have one official “role”, campers should also take turns getting to do the other roles, such as coloring in <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>RESEARCH</i> (10-15 minutes)</p> <ul style="list-style-type: none"> ● Campers should use academically credible sources to find information out about cheerleading (.gov, .edu, .org and sources that are considered reputable like britannica and national geographic). ● The most interesting information, or “fun facts”, should be assembled ● Campers should aim for 8-12 pieces of information <p><i>DESIGNING & SKETCHING</i> (10-15 minutes)</p> <ul style="list-style-type: none"> ● Campers should design how they want to display this information on their poster board ● They can use an extra piece of poster board, or just plain piece of paper, to make a rough mock up of their final presentation ● The design should be sketched in pencil on the poster board <p><i>COLLECTION</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Coaches will collect all the poster boards as these will be finished later in the week

<u>Day 1; Session 7 (2:30-3pm):</u> “Kickball gameplay & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Kickball ● 4 square bases and one home base if no field is easily accessible
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> ● Be checked out safely ● Play kickball
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● Kickball field (laid out like a baseball diamond) ● 2 teams. <ul style="list-style-type: none"> ○ Coaches split up players as equally as possible without being obvious about skill and size discrepancies of the campers
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the kickball game. ● Director will communicate once all campers have departed.



Day 2
“First Dance”

<u>Day 2; Arrival (9-9:15am):</u> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if

	<ul style="list-style-type: none"> ● needed <ul style="list-style-type: none"> ○ Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<u>Day 2; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> ● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” ● <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> </div> <ul style="list-style-type: none"> ● <div style="text-align: center;">  <p>RESPECT ■ ACCEPTANCE</p> </div>
Equipment needed	<ul style="list-style-type: none"> ● Script (see below) ● Clipboard for script

<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> ● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
<p>Areas of focus</p>	<ul style="list-style-type: none"> ● Campers will be introduced to the convocation and four pillars on Day 1. ● These principles will then be reiterated in the following days of the camp.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers are lined up in rows. ● Coaches will be at the front of the rows. ● coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> ● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. ● The Foundation: Respect and Acceptance ● The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True ● Coaches will use the following speech at each convocation: ● Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes” ● Introductions: <ul style="list-style-type: none"> ○ Have each coach introduce themselves ○ Name, favorite sport, favorite team ● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ Be nice ■ Don't be mean ■ Never bully another person ■ Be kind ■ Treat others the way you would like to be treated ○ Who should we all be respectful of <ul style="list-style-type: none"> ■ Other campers - your peers ■ The staff - we are here to help you learn and take care of you ■ The facility and equipment - we are fortunate to be

	<p>able to use this amazing building/school. We need to be sure we take care of it.</p> <ul style="list-style-type: none"> ■ Treat others the way you would like to be treated ■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. <ul style="list-style-type: none"> ● What does acceptance mean to you <ul style="list-style-type: none"> ○ Be respectful of ALL PEOPLE, even those who are different than you ○ Use examples of being respectful of others who look different or have different skill level than you have. ● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you’d like to share. Great answers, everyone! Being kind, not bullying others, treating others as you’d like to be treated, and don’t forget to respect yourself. And who should</i></p>

	<p><i>we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing...</i></p> <ol style="list-style-type: none"> 1) Reviewing motions, 2) Reviewing jumps, 3) Reviewing chants, 4) Introduce First Dance
--	--

<u>Day 2; Session 1 (9:30-10:15am)</u> (Reviewing cheerleading fundamentals)	
Equipment needed	<ul style="list-style-type: none"> ● N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Execute the basic motions of cheerleading ● Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Proper technique ● Teamwork
Field/court layout	<ul style="list-style-type: none"> ● Group can work as one distinct entity ● If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Warm-Up</i> (3-5 minutes) 1 minute of high knees</p>

1 minute of arm circles and swings
1 minute of light jogging in place

Review of motions (12 minutes)

Introduction to motions (5 minutes)

- Director will go through the motions one at a time, while the campers copy
- Coaches can correct form throughout the group

Synchronization Drill (2 minutes)

- Implement the "Eight Count Drill":
- Teach a simple 8-count sequence using the learned motions
- Count out loud, varying speed from slow to fast
- Emphasize holding each motion until the next count

Placement Drill (2 minutes)

- Use the "Line Drill":
- Arrange participants in lines of 5-10
- Call out motions and check for uniformity down each line
- Make adjustments to ensure consistency across all participants

Motion Technique Game (2 minutes)

- Play "Simon Says" with cheer motions:
- Call out motions for participants to perform
- Occasionally prefix with "Simon says" to keep them alert
- Focus on accuracy and speed of execution

Review of jumps (17 minutes)

Introduction to jumps (5 minutes)

- Director will go through the jumps one at a time, while the campers copy
- Coaches can correct form throughout the group

Discrete skill work (12 minutes)

- T-Jump Basics
 - Demonstrate the T-Jump
 - Practice arm motions without jumping
 - Practice the jump without arms
 - Full T-Jump practice
- Tuck Jump Introduction
 - Demonstrate the Tuck Jump
 - Practice bringing knees to chest while standing
 - Practice the jump without arm motions
 - Full Tuck Jump practice
- Touch-Up Jump
 - Demonstrate the Touch-Up Jump
 - Practice arm swing motion
 - Practice timing the jump with arm swing
 - Full Touch-Up Jump practice
- Spread Eagle Introduction
 - Demonstrate the Spread Eagle
 - Practice leg spread motion while standing
 - Practice the jump focusing on leg spread

	<ul style="list-style-type: none"> ○ Full Spread Eagle practice <p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director go over the basics of chants ● Director model chant best practices <p>Chant review (12 minutes)</p> <p><i>Simple Chant Practice</i></p> <ul style="list-style-type: none"> ● "Go go, G-O, G-O, go go, let's go!"² ● Motion Sequence <ul style="list-style-type: none"> ○ Clap on "Go go" ○ Bow and arrow position on "G-O" ○ Switch sides on second "G-O" ○ Clap again on "go go" ○ Punch up and lunge on "let's go"² ● Vocal Technique <ul style="list-style-type: none"> ○ Practice enunciation and volume ○ Emphasize rhythm and timing ● Putting It All Together (5 minutes) <ul style="list-style-type: none"> ○ Perform the "Go Go" chant with motions ○ Practice in unison, focusing on synchronization <p><i>Chant Practice (5 minutes)</i></p> <ul style="list-style-type: none"> ● Using skills above, introduce the first chant that campers will need to learn and memorize <ul style="list-style-type: none"> ○ I.E. Let's Get Fired Up
Video clips	<ul style="list-style-type: none"> ● What Are Basic Cheerleading Motions? Cheerleading ● Cheer Motion Technique and Drills ● See visuals on page 5-8 of this doc ● Basics of Cheerleading Jumps Cheerleading ● How to do jumps for cheer : tips, tricks, and drills for beginners

<u>Day 2: Session 2 (10:15-11am)</u> (First Dance practice)	
Equipment needed	<ul style="list-style-type: none"> ● N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Execute the basic motions of cheerleading ● Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Proper technique ● Teamwork

Field/court layout	<ul style="list-style-type: none"> ● Group can work as one distinct entity ● If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director go over the basics of chants ● Director model chant best practices <p><i>Full group practice (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director will call out the counts listed below and coaches will fix individual campers techniques <p><i>Small group practice (20 minutes)</i></p> <ul style="list-style-type: none"> ● Break up into as many small groups as there are coaches ● Have the coaches go through the same instructions below to help campers with counts and the eventual dance instruction. ● Mastering Counts <ul style="list-style-type: none"> ○ Counting Basics: Start with counting from 1 to 8 for each segment. For example, you might begin with simple claps or steps on counts 1 and 2, followed by more dynamic movements on counts 3 to 8. ● Basic Dance Steps <ul style="list-style-type: none"> ○ For the first couple of 8-counts, focus on simple yet effective movements: <ul style="list-style-type: none"> ■ Count 1-2: Step right with your right foot while raising your arms overhead (High V). ■ Count 3-4: Step left with your left foot and bring your arms down to a T position. ■ Count 5-6: Clap your hands above your head. ■ Count 7-8: Pivot on your right foot while turning your body to face the opposite direction ● Example Routine for First Two 8-Counts ● Count Movement Description <ul style="list-style-type: none"> ○ 1 Step right with right foot, arms in High V ○ 2 Step left with left foot, arms in T ○ 3 Clap hands above head ○ 4 Hold position (prepare for next move) ○ 5 Step right again, arms down at sides ○ 6 Jump slightly while raising arms up ○ 7 Pivot turn to the left ○ 8 End with arms crossed over chest <p><i>Demo (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director go over the basics of the dance that all campers will be tasked with learning ● Director model chant best practices <p><i>Full group practice (5 minutes)</i></p> <ul style="list-style-type: none"> ● The group will copy the director, learning the dance of the

	week
Video clips	<ul style="list-style-type: none"> • What Are Basic Cheerleading Motions? Cheerleading • Cheer Motion Technique and Drills • See visuals on page 5-8 of this doc • Basics of Cheerleading Jumps Cheerleading • How to do jumps for cheer : tips, tricks, and drills for beginners • What Are Popular Cheers? Cheerleading • Basic Cheerdance Steps P.E Cheerdance Dancing in Tandem

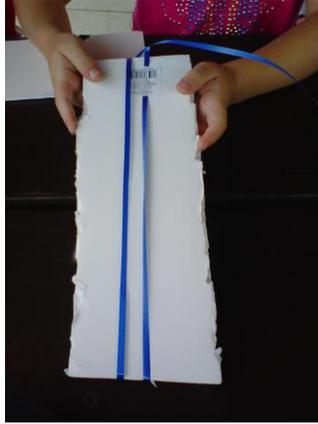
<u>Day 2; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> • Director and coaches should eat with the campers • Monitor to ensure that no one is left out • Monitor to ensure that no bullying is taking place

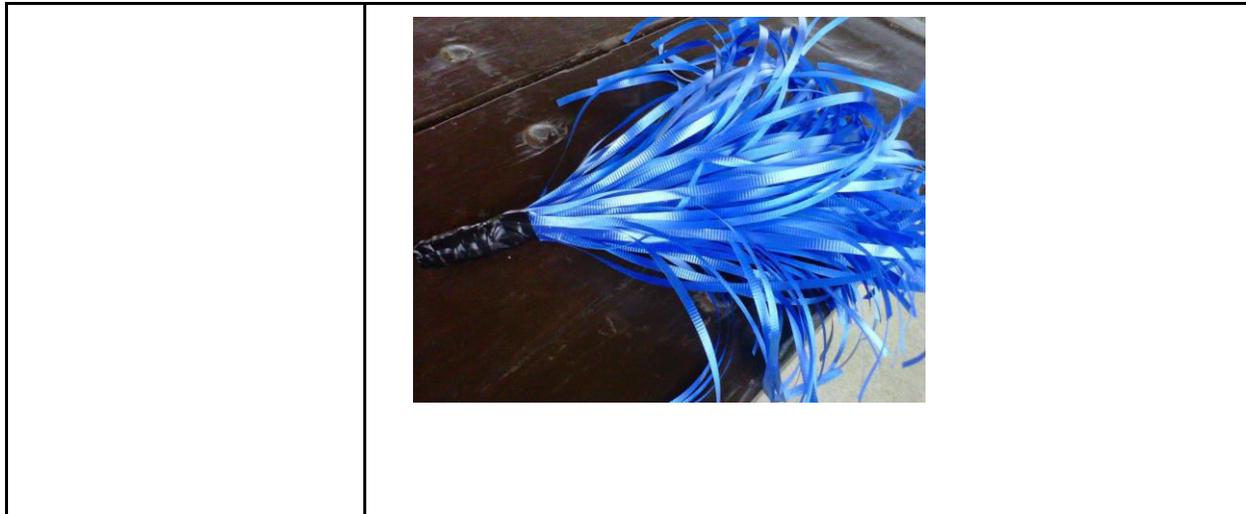
<u>Day 2; Session 3 (11:30-12pm):</u> (Pom-Pom creation)	
Equipment needed	<ul style="list-style-type: none"> • Wrapping ribbon • Cardboard/foam core (cut 12"X5") • Rubber bands • Duct tape/electric tape • Scissors
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Construct two pom-poms
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Teamwork • Following instructions • Positive attitudes • JSS values
Field/court layout	<ul style="list-style-type: none"> • Each table should have enough materials for 3-4 campers. • Enough tables for each camper to have a chair and appropriate materials to make their pom poms
Activity description	<ul style="list-style-type: none"> • Tape on end of the ribbon to the cardboard • Wrap the ribbon around the board 100 times. • You will need to cut one end of the ribbons from the cardboard, while holding to the other end. • You now have a loop of ribbons in your hand and a fray of

ribbons at the other end.

- Wrap 3 rubber bands around the looped end (handle
- Put the duct tape around the rubber bands to act as a handle.

Images



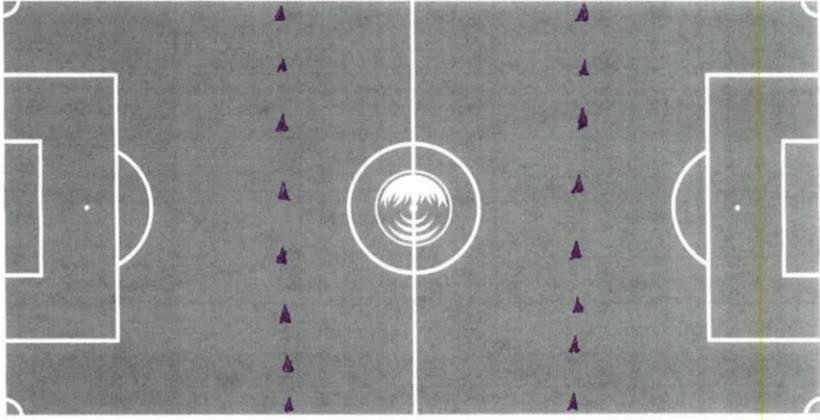


<u>Day 2; Session 4 (12-1pm):</u> (Island Flip)	
Equipment needed	<ul style="list-style-type: none"> ● Large shower curtains/tablecloths (1 per team) ● Large floor markers ● Whistle ● Timer ● Backup large fabric/paper sheets ● Soft floor mats (optional for safety) ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work well in teams ● Use Spatial problem-solving ● Communicate ● Balance ● Work together to develop Collaborative strategy ● Maintain Patience ● Listen
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety monitoring ● Encouraging positive team dynamics ● Providing strategic hints ● Observing team interaction ● Ensuring fair play
Field/court layout	<ul style="list-style-type: none"> ● Divide gym into 3-4 designated team zones ● Each zone has 6-8 feet of clear space ● Mark boundaries with colored tape/cones ● Ensure adequate spacing between team areas

Activity description	<p><i>Warm-Up (7 minutes)</i></p> <ul style="list-style-type: none"> ● Balance games ● Team coordination exercises ● "Freeze dance" with teamwork challenges <p><i>Rules Explagroup (5 minutes)</i></p> <ul style="list-style-type: none"> ● Demonstrate island flipping technique ● Explain safety guidelines ● Show successful and unsuccessful attempts ● Answer camper questions <p><i>Main Challenge (35 minutes)</i></p> <ul style="list-style-type: none"> ● Divide into their preassigned groups ● Place large fabric/curtain on ground ● Teams must: <ul style="list-style-type: none"> ○ Stand entirely on fabric ○ Flip fabric without touching ground ○ Restart if anyone steps off ○ Fastest team wins <p><i>Cool-Down (5 minutes)</i></p> <ul style="list-style-type: none"> ● Team reflection ● Discuss strategies ● Stretch and celebrate
----------------------	---

<u>Day 2; Session 5 (1-2pm):</u> (Flag Football Preseason with Cheer implementation)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Clipboard with camp rosters ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Catch a football using proper hand positioning and body alignment to consistently catch the ball ● Throw a football with correct grip, stance, and follow-through to ensure accurate passes ● Handoff the football, transferring the ball between players, with proper timing and coordination ● Pull the flag off an opponent properly and safely ● Drop into a standard defensive position ● Do all of the skills above within a game play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Catching: <ul style="list-style-type: none"> ○ Emphasize the importance of proper hand positioning and body alignment to consistently

	<ul style="list-style-type: none"> ○ catch passes. ○ Teach players to use their hands rather than their bodies to secure the ball ● Throwing: <ul style="list-style-type: none"> ○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through. ○ Ensure players understand how to deliver accurate passes ● Running Routes: <ul style="list-style-type: none"> ○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball ● Handoffs: <ul style="list-style-type: none"> ○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays ● Flag Pulling: <ul style="list-style-type: none"> ○ Teach effective flag-pulling techniques ○ Players should learn how to approach the ball carrier and pull flags without making contact ● Angling: <ul style="list-style-type: none"> ○ Emphasize taking an angle on an offensive player rather than running directly at them ○ Use the sideline to push the player to the edge of the field and away from the middle ○ Match their speed ○ Get your toes pointed in the same direction as the offensive player
--	---

<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Set up 2 cross field games ● The fields should be about 30 yards wide and go length wise the width of the field (about 74 yards) ● Place cones between each cross field game 
---------------------------	---

<p>Activity description</p>	<p>Director should be watching and coordinating with coaches to make sure teams are equal.</p>
-----------------------------	--

	<p><i>Cheerleading</i></p> <ul style="list-style-type: none"> • Cheerleaders can be working on the cheer skills and routines that they have been practicing in the morning sessions. <p><i>Football</i></p> <ul style="list-style-type: none"> • Split the campers into two groups of equal sizes, and abilities, if possible • Give half of each group pinnies • Reiterate the basic concepts of catching, passing, handoffs, flag pulling, and angling on defense • Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults • Play two 25 minute halves • Give a 10 minute water break <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon • Adjust the teams if mismatches occur • Continue to emphasize and reinforce the basic skills
Video clips	<ul style="list-style-type: none"> • A Beginners guide to flag football • Football handoff • How to throw a football (first part of the video) • How to catch a football (first part of the video) • What Are Basic Cheerleading Motions? Cheerleading • Cheer Motion Technique and Drills • See visuals on page 5-8 of this doc • Basics of Cheerleading Jumps Cheerleading • How to do jumps for cheer : tips, tricks, and drills for beginners • What Are Popular Cheers? Cheerleading

<u>Day 2; Session 6 (2-2:30pm):</u> (Fun gameplay)	
Equipment needed	<ul style="list-style-type: none"> • N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Understand the rules of each game • Explain the rules of the games • Apply the rules in fair and honest play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Fun

	<ul style="list-style-type: none"> ● Fair Play
Field/court layout	<ul style="list-style-type: none"> ● Normal gym or field
Activity description	<p><i>Sharks/Minnows</i> (15 minutes)</p> <ul style="list-style-type: none"> ● Put all campers against one gym wall ● Identify two kids who are the shark ● They say “sharks and Minnows” and the kids run across to the other side of the field/gym. ● If they get tagged they turn into a shark. ● If they do not get tagged they are safe ● Game continues until one last minnow remains <p><i>Pacman</i> (15 minutes)</p> <ul style="list-style-type: none"> ● One players identified as the tagger (Pacman). ● The campers must follow the lines on the gym floor. ● If the tagger (Pacman) tags them, they sit down on the line and become a road block. ● Campers cannot go around roadblocks, except the pacman. ● You cannot “line jump” ● The pacman has to be on the same line in order to tag someone. ● Once all campers are road blocks, then the game restarts.
Video clips	<ul style="list-style-type: none"> ● Elementary P.E. Games: Sharks & Minnows (Flags, but you can just play tagged) ● How to play Pacman

<u>Day 2; Session 7 (2:30-3pm):</u> “Knockout Basketball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked out safely ● Shoot ● Play respectfully and ethically
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.

Field/court layout	<ul style="list-style-type: none"> Multiple balls at the foul line in front of each lowered hoop
Activity description	<ul style="list-style-type: none"> Director and coaches will check out the campers as their guardians arrive. Other coaches will maintain supervision of the knockout games Head coach will communicate once all campers have departed.
	<ul style="list-style-type: none"> How to play knockout

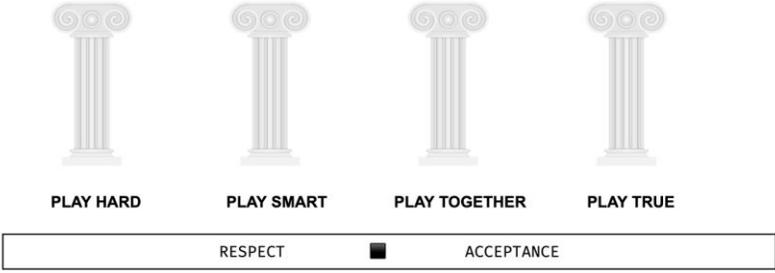


Day 3
 “Review First Dance”

<p><u>Day 3; Arrival (9-9:15am):</u> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> Clipboards Camp Rosters Camp agenda, with ending time to communicate with parents if needed Balls and nets <ul style="list-style-type: none"> 3 mini soccer nets 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> Be checked in Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> Professional demeanor Courteous manner Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> Balls and nets available for unorganized play

Activity description	<ul style="list-style-type: none"> • Director and coaches will check in the campers as they arrive. • Other coaches will maintain supervision of unorganized play. • Director will communicate once all campers have arrived.
----------------------	--

Day 3; Daily Convocation (9:15-9:30am)

Daily Convocation	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;">  <p>The diagram shows four classical columns representing the pillars of character: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these columns is a horizontal bar divided into two sections: RESPECT and ACCEPTANCE.</p> </div> <ul style="list-style-type: none"> •
Equipment needed	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
Field/court layout	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • coaches will be dispersed amongst the rows of campers.
Activity description	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True

- Coaches will use the following speech at each convocation:
- Welcome:
 - High energy greeting of all the kids
 - Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes")
- Introductions:
 - Have each coach introduce themselves
 - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
 - What does RESPECT mean to you? Ask kids to raise their hands to answer
 - Be nice
 - Don't be mean
 - Never bully another person
 - Be kind
 - Treat others the way you would like to be treated
 - Who should we all be respectful of
 - Other campers - your peers
 - The staff - we are here to help you learn and take care of you
 - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
 - Treat others the way you would like to be treated
 - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
 - Be respectful of ALL PEOPLE, even those who are different than you
 - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means.
 - Play Hard: always try your best to win or succeed
 - Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently).
 - Play Together: Be a good teammate: What are good examples of good teamwork (pass to your

	<p>teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</p> <ul style="list-style-type: none"> ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
<p>Script</p>	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) Reviewing motions, 2) Reviewing jumps, 3) Reviewing chants, 4) Review First Dance

--	--

<u>Day 3; Session 1 (9:30-10:15am)</u> (Cheerleading dance fundamental review)	
Equipment needed	<ul style="list-style-type: none"> • N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Execute the basic motions of cheerleading • Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Safety • Proper technique • Teamwork
Field/court layout	<ul style="list-style-type: none"> • Group can work as one distinct entity • If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Warm-Up</i> (3-5 minutes) 1 minute of high knees 1 minute of arm circles and swings 1 minute of light jogging in place</p> <p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> • Director go over the basics of cheerleading dance • Director model cheerleading dance best practices <p><i>Motion Technique Game</i> (2 minutes)</p> <ul style="list-style-type: none"> • Play "Simon Says" with cheer dance steps: • Call out dance steps for participants to perform • Occasionally prefix with "Simon says" to keep them alert • Focus on accuracy and speed of execution <p><i>Full group practice</i> (5 minutes)</p> <ul style="list-style-type: none"> • Director will call out the counts listed below and coaches will fix individual campers techniques <p><i>Small group practice</i> (20 minutes)</p> <ul style="list-style-type: none"> • Break up into as many small groups as there are coaches • Have the coaches go through the same instructions below to help campers with counts and the eventual dance instruction. <ul style="list-style-type: none"> • Mastering Counts <ul style="list-style-type: none"> ○ Counting Basics: Start with counting from 1 to 8 for

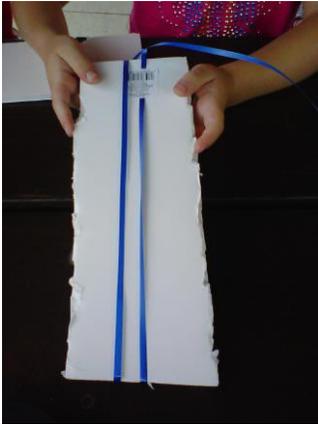
	<p>each segment. For example, you might begin with simple claps or steps on counts 1 and 2, followed by more dynamic movements on counts 3 to 869.</p> <ul style="list-style-type: none"> ● Basic Dance Steps <ul style="list-style-type: none"> ○ For the first couple of 8-counts, focus on simple yet effective movements: <ul style="list-style-type: none"> ■ Count 1-2: Step right with your right foot while raising your arms overhead (High V). ■ Count 3-4: Step left with your left foot and bring your arms down to a T position. ■ Count 5-6: Clap your hands above your head. ■ Count 7-8: Pivot on your right foot while turning your body to face the opposite direction ● Example Routine for First Two 8-Counts ● Count Movement Description <ul style="list-style-type: none"> ○ 1 Step right with right foot, arms in High V ○ 2 Step left with left foot, arms in T ○ 3 Clap hands above head ○ 4 Hold position (prepare for next move) ○ 5 Step right again, arms down at sides ○ 6 Jump slightly while raising arms up ○ 7 Pivot turn to the left ○ 8 End with arms crossed over chest <p><i>Demo (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director go over the basics of the dance that all campers will be tasked with learning ● Director model chant best practices <p><i>Full group practice (5 minutes)</i></p> <ul style="list-style-type: none"> ● The group will copy the director, learning the dance of the week
Video clips	<ul style="list-style-type: none"> ● BEGINNER CHEER DANCE

<u>Day 3; Session 2 (10:15-11am)</u> (Dance review)	
Equipment needed	<ul style="list-style-type: none"> ● N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Execute the basic motions of cheerleading ● Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Proper technique

	<ul style="list-style-type: none"> ● Teamwork
Field/court layout	<ul style="list-style-type: none"> ● Group can work as one distinct entity ● If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director go over the full dance routine for the group ● Director model cheerleading dance best practices <p><i>Full group practice (10 minutes)</i></p> <ul style="list-style-type: none"> ● Director will call out the steps for the full dance and coaches will fix individual campers techniques ● Stop group and model parts of the routine as needed. <p><i>Small group practice (10 minutes)</i></p> <ul style="list-style-type: none"> ● Director will split up campers on skill area focus that each most acutely needs <ul style="list-style-type: none"> ○ I.E. Jumps, claps, steps, cheer, etc. ● Coaches will focus on that skill area in their small group <p><i>Full group practice (20 minutes)</i></p> <ul style="list-style-type: none"> ● Group will try to complete the full dance routine
Video clips	<ul style="list-style-type: none"> ● BEGINNER CHEER DANCE

<u>Day 3; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 3; Session 3 (11:30-12pm):</u> (Finish Pom Poms if necessary)	
Equipment needed	<ul style="list-style-type: none"> ● Wrapping ribbon ● Cardboard/foam core (cut 12"X5") ● Rubber bands ● Duct tape/electric tape ● Scissors
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Construct two pom-poms

<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Teamwork ● Following instructions ● Positive attitudes ● JSS values
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Each table should have enough materials for 3-4 campers. ● Enough tables for each camper to have a chair and appropriate materials to make their pom poms
<p>Activity description</p>	<ul style="list-style-type: none"> ● Tape on end of the ribbon to the cardboard ● Wrap the ribbon around the board 100 times. ● You will need to cut one end of the ribbons from the cardboard, while holding to the other end. ● You now have a loop of ribbons in your hand and a fray of ribbons at the other end. ● Wrap 3 rubber bands around the looped end (handle) ● Put the duct tape around the rubber bands to act as a handle.
<p>Images</p>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%; text-align: center;">  </div> <div style="width: 50%; text-align: center;">  </div> <div style="width: 50%; text-align: center;">  </div> <div style="width: 50%; text-align: center;">  </div> </div>

	<ul style="list-style-type: none"> •  <ul style="list-style-type: none"> •
--	--

<u>Day 3; Session 4 (12-1pm):</u> (Rice Run to Smoke Signal)	
Equipment needed	<ul style="list-style-type: none"> • Wooden spoons (one per team) • Buckets of rice (one per team) • Red collection cups (one per team) • Parachute/bedsheet (one for each group) • 20 dodgeballs • Cones for marking start/finish lines • Whistle • Stopwatch or timer • Measuring cups for rice • Clipboard • Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Work together • Follow instructions • Have fun • Abide by the JSS values
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Teamwork • Fun • Following instructions • The JSS values
Field/court layout	<ul style="list-style-type: none"> • Clear, open space with two parallel lanes for Rice Run • Large open area for the parachute game • Start lines marked with cones for both activities
Activity description	<i>Introduction (5 minutes)</i>

- Gather campers in a circle
- Explain the two games and their objectives
- Have groups assemble

Warm-up (10 minutes)

- Lead campers through light stretching exercises
- Play a quick game of "Red Light, Green Light" to practice starting and stopping

Rice Run Relay (20 minutes)

- Instructions for campers:
 - Form a line behind the start cone
 - First player fills the wooden spoon with rice from the bucket
 - On the whistle, walk quickly (no running) to the red cup 15 feet away
 - Carefully pour rice into the red cup
 - Return to your team and hand the spoon to the next player
 - Continue until all team members have gone or time is called
- Scoring:
 - 5 points for the team that finishes first
 - 5 points for the team with the most rice in their red cup
- Variations:
 - Add obstacles to navigate around
 - Use different utensils (e.g., fork, chopsticks) for added challenge

Director will announce that a PLANE has been spotted, and we need to signal to them!

Smoke Signal Game (20 minutes)

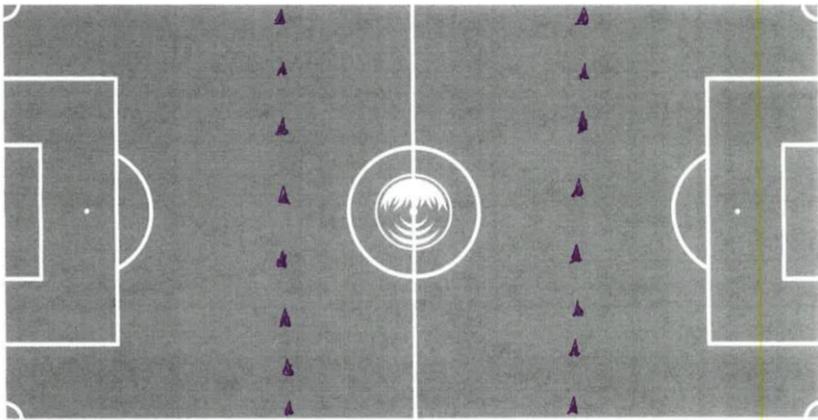
- Instructions for campers:
 - All teams will gather around their parachute, holding the edges
 - Place 3-5 dodgeballs on the parachute
 - On the whistle, work together to bounce the balls off the parachute
 - Game ends when all balls are off the parachute
 - Repeat the game several times, trying to improve speed
- Variations:
 - Add more balls for increased difficulty
 - Designate certain campers who can't use their hands

Cool-down and Reflection (5 minutes)

- Lead campers through gentle stretches
- Discuss teamwork strategies they used
- Highlight positive moments observed during the games

Video clips	<ul style="list-style-type: none"> Physical Education Games - Fitness Relays

<u>Day 3; Session 5 (1-2pm):</u> (Flag Football Regular Season with Cheer implementation)	
Equipment needed	<ul style="list-style-type: none"> 20 pinnies 40 sets of flags 40 cones 20 footballs Clipboard with camp rosters Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> Catch a football using proper hand positioning and body alignment to consistently catch the ball Throw a football with correct grip, stance, and follow-through to ensure accurate passes Handoff the football, transferring the ball between players, with proper timing and coordination Pull the flag off an opponent properly and safely Drop into a standard defensive position Do all of the skills above within a game play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> Catching: <ul style="list-style-type: none"> Emphasize the importance of proper hand positioning and body alignment to consistently catch passes. Teach players to use their hands rather than their bodies to secure the ball Throwing: <ul style="list-style-type: none"> Instruct on the fundamentals of throwing, including grip, stance, and follow-through. Ensure players understand how to deliver accurate passes Running Routes: <ul style="list-style-type: none"> Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball Handoffs: <ul style="list-style-type: none"> Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays Flag Pulling: <ul style="list-style-type: none"> Teach effective flag-pulling techniques Players should learn how to approach the ball

	<p>carrier and pull flags without making contact</p> <ul style="list-style-type: none"> ● Angling: <ul style="list-style-type: none"> ○ Emphasize taking an angle on an offensive player rather than running directly at them ○ Use the sideline to push the player to the edge of the field and away from the middle ○ Match their speed ○ Get your toes pointed in the same direction as the offensive player
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Set up 2 cross field games ● The fields should be about 30 yards wide and go length wise the width of the field (about 74 yards) ● Place cones between each cross field game 
<p>Activity description</p>	<p>Director should be watching and coordinating with coaches to make sure teams are equal and recording wins</p> <p><i>Cheerleading</i></p> <ul style="list-style-type: none"> ● Cheerleaders can be working on the cheer skills and routines that they have been practicing in the morning sessions. <p><i>Football</i></p> <ul style="list-style-type: none"> ● Split the campers into two groups of equal sizes, and abilities, if possible ● Give half of each group pinnies ● Reiterate the basic concepts of catching, passing, handoffs, flag pulling, and angling on defense ● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults ● Play 10 minute games ● Give a 10 minute water break <ul style="list-style-type: none"> ○ Reinforce concepts during the water break ○ Highlight what the campers are doing well and what they can improve upon

	<ul style="list-style-type: none"> ● Record the records ● Try to have every team player each other at least once ● Continue to emphasize and reinforce the basic skills
Video clips	<ul style="list-style-type: none"> ● A Beginners guide to flag football ● Football handoff ● How to throw a football (first part of the video) ● How to catch a football (first part of the video) ● What Are Basic Cheerleading Motions? Cheerleading ● Cheer Motion Technique and Drills ● See visuals on page 5-8 of this doc ● Basics of Cheerleading Jumps Cheerleading ● How to do jumps for cheer : tips, tricks, and drills for beginners ● What Are Popular Cheers? Cheerleading

<u>Day 3; Session 6 (2-2:30pm):</u> (“British Bulldog” Fun gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● Flags and belts (like you would have for flag football)
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the rules of each game ● Explain the rules of the games ● Apply the rules in fair and honest play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Fun ● Fair Play
Field/court layout	<ul style="list-style-type: none"> ● Normal gym or field with cones at the sides and the middle of the gym
Activity description	<p><i>British Bulldog</i> (30 minutes)</p> <ul style="list-style-type: none"> ● Put all campers against one gym wall ● Identify two kids who are the sharks ● They say “British Bulldog” and the kids run across to the other side of the field/gym. ● If they get their flag pulled they turn into a shark. ● If they do not get their flag pulled they are safe ● Game continues until one last minnow remains
Video clips	<ul style="list-style-type: none"> ● Elementary P.E. Games: Sharks & Minnows (Flags)

Day 3; Session 7 (2:30-3pm):“Foursquare & Parent Pick up”

Equipment needed	<ul style="list-style-type: none">● Clipboards● Camp Rosters● 4 bouncy balls● Tape● Cones● Chalk
Learning goals/objectives	<i>Campers will be able to...</i> <ul style="list-style-type: none">● Be checked out safely● Play foursquare fairly and for fun
Areas of focus	<ul style="list-style-type: none">● Professional demeanor● Courteous manner● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none">● With the chalk or tape, draw a large square at least two metres wide● Divide the big square into four equally sized small squares● Number each square one to four
Activity description	<ul style="list-style-type: none">● Director and coaches will check out the campers as their guardians arrive.● Other coaches will maintain supervision of the Foursquare rules<ul style="list-style-type: none">○ Each player stands in one of the four squares○ To start the game, the player in square one serves the ball by bouncing it once in their square and then hitting it toward one of the other squares○ The receiving player, then hits the ball to any other player in one of the other squares○ A player is out if<ul style="list-style-type: none">■ Failing to hit the ball into another square■ Allowing the ball to bounce more than once in their own square■ Hitting the ball out of the squares or hitting a line■ Hitting the ball incorrectly such as by holding, catching, or carrying■ Hitting the ball out of turn or committing interference■ Hitting the ball one handed (in some versions of gameplay)

	<ul style="list-style-type: none"> ○ When a player is out, the other players move up to take their place. The out player moves to the last square ○ Rules can be altered for different types of game play .Some ideas are: <ul style="list-style-type: none"> ■ Everyone must hit underhand ■ The ball can only bounce once in a square ■ Hitting inside lines are "Out" ■ Hitting outside the lines is "Out" ■ If the ball bounces in your square you must hit it ■ You are out if: <ul style="list-style-type: none"> ● The ball bounces two times in your square or you hit it before it bounces ● You hit the ball out of bounds ● You hit the ball to an inside line ● You hit the ball overhand ● Head coach will communicate once all campers have departed.
Images of the activity	<ul style="list-style-type: none"> ● How to Play Four Square A PE Lesson Rules of the Game



Day 4

“Finalize First Dance; learn shorter cheers”

<p><u>Day 4; Arrival (9-9:15am)</u>: Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets

	<ul style="list-style-type: none"> ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<p><u>Day 4; Daily Convocation (9:15-9:30am)</u></p>	
Daily Convocation	<ul style="list-style-type: none"> ● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” ● <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> </div> <ul style="list-style-type: none"> ● <div style="text-align: center;">  <p>RESPECT ■ ACCEPTANCE</p> </div>
Equipment needed	<ul style="list-style-type: none"> ● Script (see below) ● Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> ● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> ● Campers will be introduced to the convocation and four pillars on Day 1. ● These principles will then be reiterated in the following days of the

	camp.
Field/court layout	<ul style="list-style-type: none"> ● Campers are lined up in rows. ● Coaches will be at the front of the rows. ● coaches will be dispersed amongst the rows of campers.
Activity description	<ul style="list-style-type: none"> ● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. ● The Foundation: Respect and Acceptance ● The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True ● Coaches will use the following speech at each convocation: ● Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes" ● Introductions: <ul style="list-style-type: none"> ○ Have each coach introduce themselves ○ Name, favorite sport, favorite team ● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ Be nice ■ Don't be mean ■ Never bully another person ■ Be kind ■ Treat others the way you would like to be treated ○ Who should we all be respectful of <ul style="list-style-type: none"> ■ Other campers - your peers ■ The staff - we are here to help you learn and take care of you ■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ■ Treat others the way you would like to be treated ■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ● What does acceptance mean to you <ul style="list-style-type: none"> ○ Be respectful of ALL PEOPLE, even those who are different than you

	<ul style="list-style-type: none"> ○ Use examples of being respectful of others who look different or have different skill level than you have. ● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you’d like to share. Great answers, everyone! Being kind, not bullying others, treating others as you’d like to be treated, and don’t forget to respect yourself. And who should we all be respectful of? That’s right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let’s talk about Acceptance. What does acceptance mean to you? Let’s hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they’re different from us. We’re all unique, and that’s something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we’ll focus on four important pillars: Play Hard, Play Smart, Play</i></p>

	<p><i>Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) Review motions, 2) Reviewing jumps, 3) Reviewing chants, 4) Finalizing First Dance 5) Learning shorter cheers
--	---

<u>Day 4; Session 1 (9:30-10:15am)</u> (Finalized Dance)	
Equipment needed	<ul style="list-style-type: none"> ● N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Execute the basic motions of cheerleading ● Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Proper technique ● Teamwork
Field/court layout	<ul style="list-style-type: none"> ● Group can work as one distinct entity ● If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Director go over the full dance routine for the group ● Director model cheerleading dance best practices <p><i>Full group practice (10 minutes)</i></p> <ul style="list-style-type: none"> ● Director will call out the steps for the full dance and coaches will fix individual campers techniques ● Stop group and model parts of the routine as needed. <p><i>Small group practice (10 minutes)</i></p>

	<ul style="list-style-type: none"> • Director will split up campers on skill area focus that each most acutely needs <ul style="list-style-type: none"> ◦ I.E. Jumps, claps, steps, cheer, etc. • Coaches will focus on that skill area in their small group <p><i>Full group practice (20 minutes)</i></p> <ul style="list-style-type: none"> • Group will try to complete the full dance routine
Video clips	<ul style="list-style-type: none"> • BEGINNER CHEER DANCE

<u>Day 4; Session 2 (10:15-11am)</u> (Finalized Dance or extra cheers, time permitting)	
Equipment needed	<ul style="list-style-type: none"> • N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Execute the basic motions of cheerleading • Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Safety • Proper technique • Teamwork
Field/court layout	<ul style="list-style-type: none"> • Group can work as one distinct entity • If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Introduction to extra cheers (15 minutes)</i></p> <ul style="list-style-type: none"> • Director will go through the cheers one at a time, while the campers copy • Coaches can correct form throughout the group <p><i>Small group work with extra cheers (15 minutes)</i></p> <ul style="list-style-type: none"> • Campers will have access to a coach who will be practicing 1-3 of the extra cheers • Campers can float as they wish, but need to know all the cheers by the end of the small group work <p><i>Simon Says with extra cheers (15 minutes)</i></p> <ul style="list-style-type: none"> • Director will call out a cheer and the campers must complete • Sample extra cheers <ul style="list-style-type: none"> ◦ Bugaloo ◦ Let's Get Fired Up ◦ L-E-T-S G-O lets go ◦ Blue and white ◦ Go Bananas

	<ul style="list-style-type: none"> ○ Hey Cheerleader! ○ Score, Score, Six More ○ We Want a Touchdown
Video clips	<ul style="list-style-type: none"> ● BEGINNER CHEER DANCE ● CHEER 2019-2020 CHANTS

<u>Day 4; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 4; Session 3 (11:30-12pm):</u> (Sack Races)	
Equipment needed	<ul style="list-style-type: none"> ● 30 Sacks: burlap or large pillowcases work well ● 30 cones ● 2 Stopwatch ● Whistles ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together ● Follow instructions ● Have fun ● Abide by the JSS values
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Teamwork ● Fun ● Following instructions ● The JSS values
Field/court layout	<ul style="list-style-type: none"> ● 4-6 lines with cones at the front ● Burlap sacks at each cone ● Cones across from the front of each line, with 10-15 feet in between them
Activity description	<p><i>Warmup (5 minutes)</i></p> <ul style="list-style-type: none"> ● 5 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks

	<ul style="list-style-type: none"> ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Explain the rules of the sack race. ● Divide participants into teams of 4-5 campers ● Distribute one sack per participant, or have them retrieve from behind the cones ● Instruct teams to line up behind the starting line. <p><i>Relay Races (20 minutes)</i></p> <ul style="list-style-type: none"> ● Format: <ul style="list-style-type: none"> ○ Each team will compete in relay format. ○ The first participant from each team will hop to the designated turnaround point (10-15 feet away), turn around, and hop back to tag the next teammate. ● Rounds: <ul style="list-style-type: none"> ○ Round 1: All teams race simultaneously. ○ Round 2: Winners from Round 1 face off in a final race. ○ Round 3: Participants must hop backward or use one leg! ○ Round 4: 3 legged race. 2 campers put one leg each in a sack and have to hop together.
Video clips	<ul style="list-style-type: none"> ● Potato Sack Race - OFFICE GAMES

<u>Day 4; Session 4 (12-1pm):</u> (Lava Walk Relay)	
Equipment needed	<ul style="list-style-type: none"> ● Newspapers or large sheets of construction paper ● 20 hula hoops ● 20 Cones ● Whistle ● Measuring tape ● Stopwatch ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together ● Follow instructions ● Have fun

	<ul style="list-style-type: none"> ● Abide by the JSS values
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Teamwork ● Fun ● Following instructions ● The JSS values
Field/court layout	<ul style="list-style-type: none"> ● Two parallel lanes approximately 20-25 feet long ● Lanes marked with cones at start and finish ● Hoop Alley lane set up with 8 hula hoops in a straight line ● Newspaper Relay lane clear and flat
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Gather campers in a circle ● Explain the two games and their objectives ● Demonstrate proper technique for each activity ● Divide campers into their groups <p><i>Warm-up (10 minutes)</i></p> <ul style="list-style-type: none"> ● Dynamic stretching ● "Follow the Leader" movement game ● Practice balance and coordination exercises <p><i>Newspaper Relay (20 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for Campers: <ul style="list-style-type: none"> ○ Receive three pieces of newspaper/construction paper ○ Start at beginning of lane ○ Place first paper down and step on it ○ Place second paper in front of first paper, then pick up the first paper ○ Step onto second paper ○ Continue moving forward, always placing paper before stepping, and picking up the previous paper when stepping off it ○ If paper tears, use a new sheet ● Goal is to reach finish line using only papers as walking surface ● Scoring: <ul style="list-style-type: none"> ○ First team to complete relay wins ○ Points for most creative/careful paper placement ○ Bonus points for least number of paper tears ● Variations: <ul style="list-style-type: none"> ○ Increase difficulty by narrowing lane ○ Add small obstacles to navigate around ○ Use different paper types <p><i>Hoop Alley (20 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for Campers: <ul style="list-style-type: none"> ○ Line up at start of hoop lane ○ Step into first hoop ○ Lift hoop over head

	<ul style="list-style-type: none"> ○ Drop hoop behind you ○ Step into next hoop ○ Repeat until reaching finish line ○ Work as a team to complete relay quickly ● Technique Tips: <ul style="list-style-type: none"> ○ Keep body centered in hoop ○ Lift smoothly over head ○ Place hoop carefully behind you ○ Maintain steady, controlled movement ● Variations: <ul style="list-style-type: none"> ○ Race against another team ○ Add small challenges within hoop (e.g., hop on one foot) ○ Reverse direction coming back <p><i>Cool-down and Reflection (5 minutes)</i></p> <ul style="list-style-type: none"> ● Gentle stretching ● Team discussion about teamwork ● Share favorite moments from activities <p>Director should be recording the groups times and allocating points accordingly.</p>
Video clips	<ul style="list-style-type: none"> ● Physical Education Games - Fitness Relays

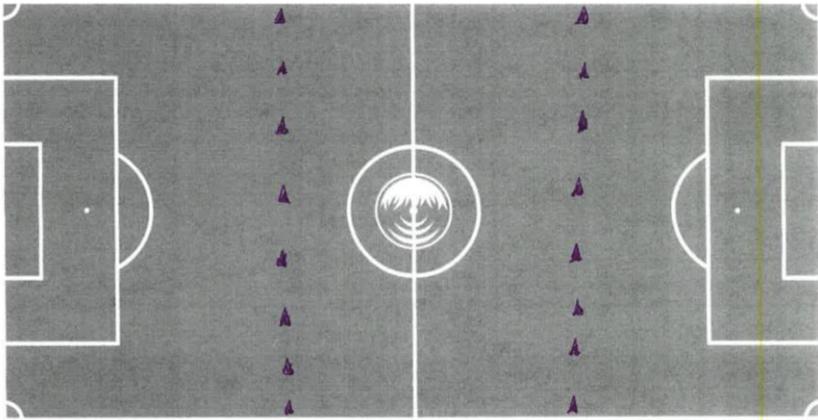
<u>Day 4; Session 5 (1-2pm):</u> (Flag Football Regular Season with Cheer implementation)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Clipboard with camp rosters ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Catch a football using proper hand positioning and body alignment to consistently catch the ball ● Throw a football with correct grip, stance, and follow-through to ensure accurate passes ● Handoff the football, transferring the ball between players, with proper timing and coordination ● Pull the flag off an opponent properly and safely ● Drop into a standard defensive position ● Do all of the skills above within a game play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Catching: <ul style="list-style-type: none"> ○ Emphasize the importance of proper hand

positioning and body alignment to consistently catch passes.

- Teach players to use their hands rather than their bodies to secure the ball
- Throwing:
 - Instruct on the fundamentals of throwing, including grip, stance, and follow-through.
 - Ensure players understand how to deliver accurate passes
- Running Routes:
 - Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball
- Handoffs:
 - Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays
- Flag Pulling:
 - Teach effective flag-pulling techniques
 - Players should learn how to approach the ball carrier and pull flags without making contact
- Angling:
 - Emphasize taking an angle on an offensive player rather than running directly at them
 - Use the sideline to push the player to the edge of the field and away from the middle
 - Match their speed
 - Get your toes pointed in the same direction as the offensive player

Field/court layout

- Set up 2 cross field games
- The fields should be about 30 yards wide and go length wise the width of the field (about 74 yards)
- Place cones between each cross field game



Activity description

Cheerleading

	<ul style="list-style-type: none"> • Cheerleaders can be working on the cheer skills and routines that they have been practicing in the morning sessions. <p><i>Football</i></p> <ul style="list-style-type: none"> • Director will have a prearranged bracket of teams • Give one team in each game pinnies • Reiterate the basic concepts • Play 10 minute games • Have the winners move on to the next game • There can be a losers bracket to keep those campers engaged. • Continue to emphasize and reinforce the basic skills • Champion receives recognition for winning the NFL playoffs
Video clips	<ul style="list-style-type: none"> • A Beginners guide to flag football • How to kick a football • How to long snap for a punt, field goal and extra point • What Are Basic Cheerleading Motions? Cheerleading • Cheer Motion Technique and Drills • See visuals on page 5-8 of this doc • Basics of Cheerleading Jumps Cheerleading • How to do jumps for cheer : tips, tricks, and drills for beginners • What Are Popular Cheers? Cheerleading

<u>Day 4; Session 6 (2-2:30pm):</u> (Football and Cheerleading research)	
Equipment needed	<ul style="list-style-type: none"> • Laptop or IPAD • Wifi access • Cell phones if no other devices are available • Poster board • Markers • Pens • Colored pencils
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Work together to research about the sport of football and cheerleading that they will play this week • Design a poster that has the most important “fun facts” about football and cheerleading • Color this poster in • Display this poster at the end of the session and explain it to the other groups

<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Accurate sources of information ● The similarities between people around the world ● Respect & Acceptance from Convocation <ul style="list-style-type: none"> ○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ● Be nice ● Don't be mean ● Never bully another person ● Be kind ● Treat others the way you would like to be treated ■ Who should we all be respectful of <ul style="list-style-type: none"> ● Other campers - your peers ● The staff - we are here to help you learn and take care of you ● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ● Treat others the way you would like to be treated ● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ○ What does acceptance mean to you <ul style="list-style-type: none"> ■ Be respectful of ALL PEOPLE, even those who are different than you ■ Use examples of being respectful of others who look different or have different skill level than you have.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities ● Each group will have access to a wifi enabled device that they can use ● Each group will have access to posterboard and the drawing utensils listed above
<p>Activity description</p>	<ul style="list-style-type: none"> ● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> ○ Researcher ○ Designer ○ Sketcher ○ Colorer

	<ul style="list-style-type: none"> ○ Presenter to the rest of the groups ● Although they will have one official “role”, campers should also take turns getting to do the other roles, such as coloring in <p>Coaches should hand out each team’s poster board that they designed and sketched out on day 1.</p> <p>Coaches should be walking around helping the campers at each stage of the process</p> <p>COLORING (15-20 minutes)</p> <ul style="list-style-type: none"> ● Using the agreed upon design, campers should color in the poster board according to the pencil sketch ● Campers should take turns getting to color in, as this is likely the most fun part of the process <p>PRESENTATION (15 minutes)</p> <ul style="list-style-type: none"> ● Campers will present to the rest of the groups ● Campers should be respectful and kind to the other nation’s efforts ● Coaches should reinforce the importance of being supportive of each other in all areas
--	--

<u>Day 4; Session 7 (2:30-3pm): “Handball & Parent Pick up”</u>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● 3 handballs (smaller nerf type balls) ● 4 mini soccer nets
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked out safely ● Play handball until they are picked up
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● 2 smaller handball courts with 2 mini soccer nets set up across the court.
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as

	<p>their guardians arrive.</p> <ul style="list-style-type: none"> ● Other coaches will maintain supervision of the handball games. <ul style="list-style-type: none"> ○ Players can only take two steps before they have to pass the ball to their teammate. ○ It is a turnover if the ball is dropped on a pass. ● Head coach will communicate once all campers have departed.
--	--



JUMP START

 SPORTS

Day 5

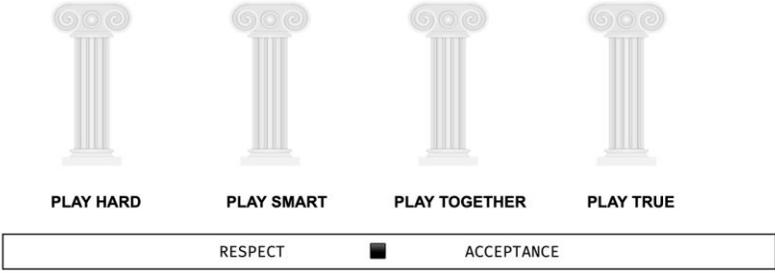
"Jump Start Sports T Shirt Day"

"Dance competition & Tournament Day!"

<p><u>Day 5; Arrival (9-9:15am)</u>: Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play

Activity description	<ul style="list-style-type: none"> • Director and coaches will check in the campers as they arrive. • Other coaches will maintain supervision of unorganized play. • Director will communicate once all campers have arrived.
----------------------	--

Day 5; Daily Convocation (9:15-9:30am)

Daily Convocation	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;">  <p>The diagram shows four classical pillars representing the 'Four Pillars of Character': PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these pillars is a horizontal bar representing the 'Foundation of Character', which is divided into two sections: RESPECT and ACCEPTANCE.</p> </div> <ul style="list-style-type: none"> •
Equipment needed	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
Field/court layout	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • coaches will be dispersed amongst the rows of campers.
Activity description	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True

- Coaches will use the following speech at each convocation:
- Welcome:
 - High energy greeting of all the kids
 - Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes"
- Introductions:
 - Have each coach introduce themselves
 - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
 - What does RESPECT mean to you? Ask kids to raise their hands to answer
 - Be nice
 - Don't be mean
 - Never bully another person
 - Be kind
 - Treat others the way you would like to be treated
 - Who should we all be respectful of
 - Other campers - your peers
 - The staff - we are here to help you learn and take care of you
 - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
 - Treat others the way you would like to be treated
 - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
 - Be respectful of ALL PEOPLE, even those who are different than you
 - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means.
 - Play Hard: always try your best to win or succeed
 - Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently.
 - Play Together: Be a good teammate: What are good examples of good teamwork (pass to your

	<p>teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</p> <ul style="list-style-type: none"> ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
<p>Script</p>	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) Dance competition 2) Tournament Day!

<u>Day 5; Session 1 (9:30-10:15am)</u> (Finalized Dance review)	
Equipment needed	<ul style="list-style-type: none"> • N/A
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Execute the basic motions of cheerleading • Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Safety • Proper technique • Teamwork
Field/court layout	<ul style="list-style-type: none"> • Group can work as one distinct entity • If there is a disparity in ages and/or skills then smaller groups can be broken out accordingly
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> • Director go over the full dance routine for the group • Director model cheerleading dance best practices <p><i>Full group practice (10 minutes)</i></p> <ul style="list-style-type: none"> • Director will call out the steps for the full dance and coaches will fix individual campers techniques • Stop group and model parts of the routine as needed. <p><i>Small group practice (10 minutes)</i></p> <ul style="list-style-type: none"> • Director will split up campers on skill area focus that each most acutely needs <ul style="list-style-type: none"> ◦ I.E. Jumps, claps, steps, cheer, etc. • Coaches will focus on that skill area in their small group <p><i>Full group practice (20 minutes)</i></p> <ul style="list-style-type: none"> • Group will try to complete the full dance routine
Video clips	<ul style="list-style-type: none"> • BEGINNER CHEER DANCE

<u>Day 5; Session 2 (10:15-11am)</u> (Cheerleading skills competition)	
Equipment needed	<ul style="list-style-type: none"> • Clipboard with campers names • Pens

Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Execute the basic motions of cheerleading ● Conduct the basic jumps of cheerleading
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Proper technique ● Teamwork ● Cheering for people, even when you are competing against them.
Field/court layout	<ul style="list-style-type: none"> ● 6 different stations where cheerleaders are scored on the categories being judged.
Activity description	<p><i>Stations:</i> Rotate after each camper is scored. (Approximately 7 minutes)</p> <ul style="list-style-type: none"> ● Highest jump ● Best motions ● Best claps ● Best dance routine ● Most creative routine ● Highest leg kick

<u>Day 5; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 5; Session 3 (11:30-12pm): (Dodgeball)</u>	
Equipment needed	<ul style="list-style-type: none"> ● 10 nerf type dodgeballs ● Cones to separate the two groups
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Play dodgeball ethically and safely ● Understand the rules of the games
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Fair play
Field/court layout	<ul style="list-style-type: none"> ● Coaches should space out an area on the field/gym that is

	<p>approximately 40-50 yards wide</p> <ul style="list-style-type: none"> ● Place cones halfway down the total space ● Place the dodgeballs between the cones
Activity description	<ul style="list-style-type: none"> ● Campers will be split up into groups <p><i>Normal Dodgeball rules (10 minutes)</i></p> <p><i>Army Dodgeball (10 minutes)</i></p> <ul style="list-style-type: none"> ● If you get hit in the arm, you cannot use that arm. ● Hit in the leg, have to hop on one foot. ● If you get hit in the chest or back you are out. ● The coach can yell “first aid” and you get all your parts back <p><i>Doctor Dodgeball (10 minutes)</i></p> <ul style="list-style-type: none"> ● You pick someone on your team to be the doctor (it is a secret to the other team). ● If you get out, you sit down. ● If your doctor tags you you can get back up, but you do not want the other team to know who your doctor is. ● Once the doctor gets hit, they are unable to get back up.
Video clips	<ul style="list-style-type: none"> ● How To Play Dodgeball OFFICIAL RULES

<u>Day 5; Session 4 (12-1pm):</u> (Longball fun Gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● Kickball ● 2 square bases ● 20 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Pitch ● Run ● Kick ● Know the rules ● Play honestly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Fair play ● The rules
Field/court layout	<ul style="list-style-type: none"> ● There are two bases <ul style="list-style-type: none"> ○ Square out of cones or designated spot on the field/court

<p>Activity description</p>	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Intro and throwing warmup</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Director will go over safety and rules of the game ● Campers can do partner throw in order to warm up their arms <p><i>Longball:</i> (45 minutes)</p> <ul style="list-style-type: none"> ● Play for 45 minutes, or 9 innings, whichever comes first. ● Pitching <ul style="list-style-type: none"> ○ The pitcher rolls the ball to home plate from the pitching mound with one foot on the rubber. The ball must bounce or roll twice before reaching home plate to be fair. ● Kicking <ul style="list-style-type: none"> ○ The kicker kicks the ball from behind home plate. ○ When a player kicks, they attempt to get to the other base without getting tagged by the ball from the fielding team. ● Scoring <ul style="list-style-type: none"> ○ When the next kicker goes, the first player can choose to stay on the base or run back home to score a point. ○ If they score a point, they stay on home base and keep trying to earn points until they get out. ○ Once everyone from the kicking team has had a turn to kick then the inning is over. ● Outs <ul style="list-style-type: none"> ○ A kicker is out if they get three strikes or four foul balls. ○ A kicker is also out if the fielding team touches a base with the ball before the kicker arrives. ○ If a player gets out (either by being tagged from the ball or by the other team catching it, they go to the end of their kicking line and are no longer able to earn points for their team). ● Runners <ul style="list-style-type: none"> ○ Runners must stay within the baseline and cannot slide or run into a fielder. Runners must tag up after a kicked ball is caught by the defense.
-----------------------------	--

Video clips	<ul style="list-style-type: none"> • Mrs. Lane's Kickball Video
-------------	--

<u>Day 5; Session 5 (1-2pm):</u> (Super Bowl)	
Equipment needed	<ul style="list-style-type: none"> • 20 pinnies • 40 sets of flags • 40 cones • 20 footballs • Clipboard with camp rosters • Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Catch a football using proper hand positioning and body alignment to consistently catch the ball • Throw a football with correct grip, stance, and follow-through to ensure accurate passes • Handoff the football, transferring the ball between players, with proper timing and coordination • Pull the flag off an opponent properly and safely • Drop into a standard defensive position • Do all of the skills above within a game play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Catching: <ul style="list-style-type: none"> ○ Emphasize the importance of proper hand positioning and body alignment to consistently catch passes. ○ Teach players to use their hands rather than their bodies to secure the ball • Throwing: <ul style="list-style-type: none"> ○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through. ○ Ensure players understand how to deliver accurate passes • Running Routes: <ul style="list-style-type: none"> ○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball • Handoffs: <ul style="list-style-type: none"> ○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays • Flag Pulling: <ul style="list-style-type: none"> ○ Teach effective flag-pulling techniques ○ Players should learn how to approach the ball carrier and pull flags without making contact • Angling:

	<ul style="list-style-type: none"> ○ Emphasize taking an angle on an offensive player rather than running directly at them ○ Use the sideline to push the player to the edge of the field and away from the middle ○ Match their speed ○ Get your toes pointed in the same direction as the offensive player
Field/court layout	<ul style="list-style-type: none"> ● Full football field
Activity description	<p><i>Introductions:</i></p> <ul style="list-style-type: none"> ● Director will have created two equal teams by grouping up the smaller NFL teams ● Director will announce the names of the players and teams while warmup music is playing ● Players will run on to the court before the game begins, like an NBA team would <p><i>Cheerleading</i></p> <ul style="list-style-type: none"> ● Cheerleaders will be showing the cheer skills and routines that they have been practicing throughout the morning sessions. <p><i>Game Play:</i></p> <ul style="list-style-type: none"> ● Full Flag football game ● Two 20-25 minute halves ● 5-10 minute water break
Video clips	<ul style="list-style-type: none"> ● A Beginners guide to flag football ● Football handoff ● How to throw a football (first part of the video) ● How to catch a football (first part of the video) ● What Are Basic Cheerleading Motions? Cheerleading ● Cheer Motion Technique and Drills ● See visuals on page 5-8 of this doc ● Basics of Cheerleading Jumps Cheerleading ● How to do jumps for cheer : tips, tricks, and drills for beginners ● What Are Popular Cheers? Cheerleading

Day 5; Session 6 (2-2:30pm): (Trophy Ceremony)	
Equipment needed	<ul style="list-style-type: none"> ● Trophies

Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Win with humility ● Lose with grace ● Encourage their teammate and competitors
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Proper attitudes ● Good support ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● Table in front with medals ● Director in front of the table with a microphone
Activity description	<ul style="list-style-type: none"> ● Director will announce the winners of the... <ul style="list-style-type: none"> ○ Super Bowl <ul style="list-style-type: none"> ■ Contest 1: 40 yard dash with ball ■ Contest 2: ZigZag sprint ■ Contest 3: 3 catch timed run ■ Contest 4: Rapid fire ■ Contest 1: Throwing Accuracy ■ Contest 2: Farthest throw ■ Contest 3: Most accurate punt ■ Contest 4: Rapid fire ■ Contest 5: Rapid fire field goal kickers ■ Contest 6: Farthest field goal ■ Contest 7: Farthest punt ○ Individual skill competitions (Cheerleading) <ul style="list-style-type: none"> ■ Highest jump ■ Best motions ■ Best claps ■ Best dance routine ■ Most creative routine ■ Highest leg kick
Video clips	<ul style="list-style-type: none"> ● Vince Lombardi Trophy Ceremony for Super Bowl LVIII

<u>Day 5; Session 7 (2:30-3pm):</u> “Picture, unorganized play & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Camera ● Balls and nets <ul style="list-style-type: none"> ○ 3 mini soccer nets ○ 3 footballs

Learning goals/objectives	Campers will be able to... <ul style="list-style-type: none"> ● Be checked out safely ● Line up for a picture
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the unorganized play. ● Coaches will organize the campers into a group so a photo in their JSS shirts can be taken. <ul style="list-style-type: none"> ○ Picture will be taken before the students begin to be picked up to ensure that full numbers are shown in future marketing materials ● Director will communicate once all campers have departed.

[Day 1](#)
[Day 2](#)
[Day 3](#)
[Day 4](#)
[Day 5](#)