



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

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5](#)

JUMP START

S P O R T S

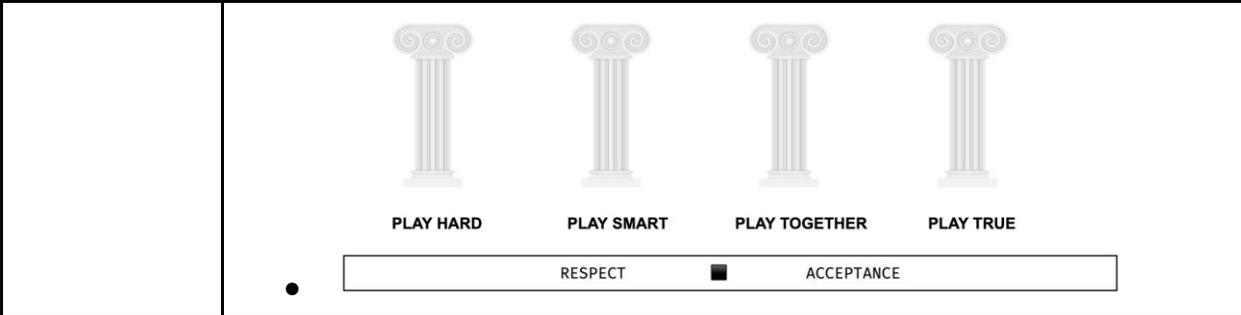
Camp Overview	
“First Down Flag Football & Kickin’ It Cheer Camp {Football version}”	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	“Join us for an action-packed Youth Summer Camp designed for kids in grades 1-6! First Down Flag Football offers fun-filled drills, teamwork, 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: Handoffs & Preseason Games Day 2: Catching & NFL Draft Day 3: Throwing & Regular Season Games Day 4: Kicking & Playoffs Day 5: Super Bowl and Consolation Games
Sources	First Down Flag Football Depository of JSS Camp games Final Camp Themes

JUMP START SPORTS

Day 1 “Handoffs & Preseason Games”

<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.” ●



Equipment needed

- Script (see below)
- Clipboard for script

Learning goals/objectives

- “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

- 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

- 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

- Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.
- The Foundation: Respect and Acceptance
- The Four Pillars
 - 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

	<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) Handoffs*
- 2) Preseason Games*

	<p>Day 1 only–Play a “get to know you” game with the group (5 minutes)</p> <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.
--	--

Day 1; Session 1 (9:30-10:15am): (Football handoff fundamentals)	
Equipment needed	<ul style="list-style-type: none"> • 20 pinnies • 40 sets of flags • 40 cones • 20 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Handoff the football, transferring the ball between players, with proper timing and coordination • Pull the flag off an opponent properly and safely
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • 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
Field/court layout	<ul style="list-style-type: none"> • Use the cones to split up the field into four different stations split by cones. • Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>DYNAMIC WARMUP</i> 10 minute warmup with light jog and then dynamic warmup</p> <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>Introduction:</i> Director will go over the main fundamentals of the handoff (5 minutes) <i>Stations:</i> Rotate after 7 minutes</p> <p><i>Station 1:</i> Quarterback Grip and Stance</p> <ul style="list-style-type: none"> • Players practice proper ball grip with both hands • Focus on stance: feet shoulder-width apart, knees slightly bent • Practice pivoting and stepping towards imaginary running back <p><i>Station 2:</i> Running Back Hand Position</p> <ul style="list-style-type: none"> • Players practice proper hand positioning for receiving handoffs • Inside arm up, outside arm across chest • Practice "pocket" creation for ball security <p><i>Station 3:</i> Basic Handoff Drill</p> <ul style="list-style-type: none"> • Pair up players as quarterback and running back • Practice slow, stationary handoffs focusing on proper technique • Gradually increase speed as players improve <p><i>Station 4:</i> Moving Handoff Relay</p> <ul style="list-style-type: none"> • Set up a short running course with cones • Players practice handoffs while moving, emphasizing timing and ball security • Make it a fun relay race between two teams
Video clips	<ul style="list-style-type: none"> • A Beginners guide to flag football • Football handoff

Day 1; Session 2 (10:15-11am): (Continued handoff fundamental)

<p>Equipment needed</p>	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Handoff the football, transferring the ball between players, with proper timing and coordination ● Pull the flag off an opponent properly and safely
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● 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
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Use the cones to split up the field into five different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
<p>Activity description</p>	<p><i>Sharks and Minnows: (15 minutes)</i></p> <ul style="list-style-type: none"> ● All the campers line up at one end of the field with footballs (Minnows). ● The coach picks one or two kids to be the sharks. The sharks start in the middle of the field. ● The sharks yell, “Sharks and Minnows 1-2-3,” then all the minnows try to dribble to the other side without getting their ball stripped by the shark. ● If the shark strips their ball, and kicks it outside of the cones, they become a shark. ● You can simplify this and just have the sharks have to “tag” the ball, rather than actually strip it. ● You continue to go back and forth adding more sharks and less minnows. ● The last minnow left wins. <p><i>Stations/Games (Rotate every 9 minutes)</i></p> <p><i>Station 1: Ball Switch Handoff Drill</i></p> <ul style="list-style-type: none"> ● Set up three cones 5 yards apart in a line. ● Place groups of 2-3 players at each end, 5 yards behind the first cone. ● The first player runs through the cones, zigzagging and switching the ball between arms to keep it on the outside. ● At the end, they hand off to the first player in the opposite line <p><i>Station 2: Split Backfield Handoff Drill</i></p> <ul style="list-style-type: none"> ● Set up two lines of players behind the quarterback.

	<ul style="list-style-type: none"> • The quarterback takes a few steps back, then hands off to one of the running backs coming from either side. • The other running back tries to chase down the player that received the handoff. • Race to a spot 10 yards forward <p><i>Station 3: Strip the Ball gauntlet</i></p> <ul style="list-style-type: none"> • Set up multiple parallel lanes with two lines of players each. • Have runners go through the gauntlet simultaneously. • Rotate roles frequently, ensuring all players get to be runners, strippers, and quarterbacks. • Keep score for successful strips and successful runs, creating a team-based competition.
Video clips	<ul style="list-style-type: none"> • A Beginners guide to flag football • Football handoff

<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	<p>Each group needs a table with the following items on it→</p> <ul style="list-style-type: none"> • 1 large marshmallow • 20 strands of spaghetti • 1 yard of tape • 1 yard of string
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Work as a team • Follow instructions • Work fairly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <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	<p><i>Campers will be able to...</i></p> <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</i> (8 minutes)</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</i> (10 minutes)</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</i> (10 minutes)</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</i> (25 minutes)</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</i> (5 minutes)</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

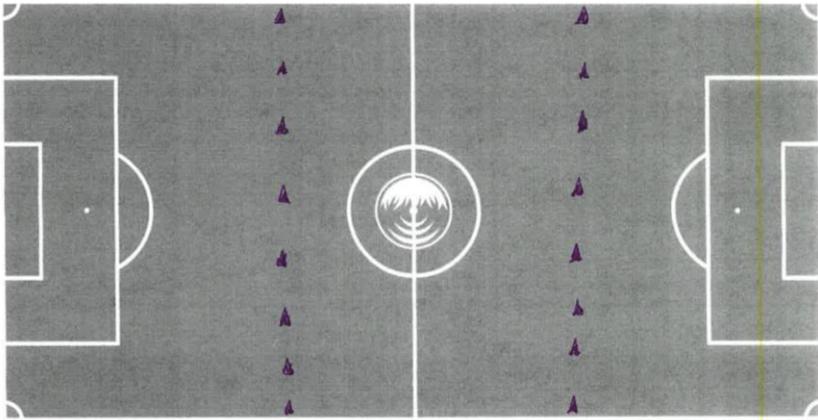
<u>Day 1; Session 5 (1-2pm):</u> (Flag Football Preseason with Cheer implementation)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Clipboard with camp rosters ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <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 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

Director should be watching and coordinating with coaches to

	<p>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
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)

<u>Day 1; 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 this sports ● Color this poster in ● Display this poster at the end of the session and explain it to the other groups
Areas of focus	<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,

	<p>let them help learn and teach to others 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.
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</p>

	<p>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 football and/or 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><i>Campers will be able to...</i></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.
----------------------	--

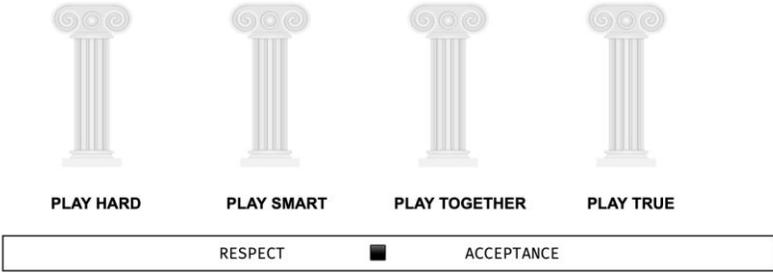
JUMP START

SPORTS

Day 2 “Catching & NFL Draft”

<p><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).</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 2; Daily Convocation (9:15-9:30am)

<p>Daily Convocation</p>	<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> <p>RESPECT ACCEPTANCE</p> </div> <ul style="list-style-type: none"> •
<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:
 - 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 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

	<ul style="list-style-type: none"> ● 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 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) Catching 2) & NFL Draft

<u>Day 2; Session 1 (9:30-10:15am)</u> (Catching fundamentals)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Agility ladders ● Targets (e.g., hula hoops or hanging tires)
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 ● Pull the flag off an opponent properly and safely ● 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 ● 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
Field/court layout	<ul style="list-style-type: none"> ● Use the cones to split up the field into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>DYNAMIC WARMUP</i> 10 minute warmup with light jog and then dynamic warmup</p> <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>Introduction:</i> Director will go over the main fundamentals of catching (5 minutes) <i>Stations:</i> Rotate after 7 minutes <i>Station 1:</i> Hand Positioning</p> <ul style="list-style-type: none"> ● Setup: Cones in a straight line, 5 yards apart ● Drill: "Diamond and Cup"

	<ul style="list-style-type: none"> ○ Players line up behind cones ○ Coach throws high passes for diamond catches, then low passes for cup catches ○ Players rotate after each catch <p>Station 2: Body Alignment</p> <ul style="list-style-type: none"> ● Setup: Two lines facing each other, 10 yards apart ● Drill: "Face the QB" <ul style="list-style-type: none"> ○ One line acts as QBs, the other as receivers ○ QBs throw passes while receivers practice proper stance and alignment ○ Switch roles halfway through <p>Station 3: Eye on the Ball</p> <ul style="list-style-type: none"> ● Setup: Agility ladder ● Drill: "Ladder Focus" <ul style="list-style-type: none"> ○ Players quick-step through the ladder ○ At the end, turn and catch a pass thrown by the coach ○ Emphasize keeping eyes on the ball throughout <p>Station 4: Follow Through and Tucking</p> <ul style="list-style-type: none"> ● Setup: Open area with cones marking a zigzag path ● Drill: "Catch and Tuck Relay" <ul style="list-style-type: none"> ○ Players catch a short pass from the coach ○ Immediately tuck the ball and run through the zigzag path ○ Run the ball back to the line and drop at the coaches feet
Video clips	<ul style="list-style-type: none"> ● A Beginners guide to flag football ● How to catch a football (first part of the video)

<u>Day 2; Session 2 (10:15-11am)</u> (Catching small area games)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs
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 ● Pull the flag off an opponent properly and safely ● 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

	<ul style="list-style-type: none"> ○ and body alignment to consistently catch passes. ○ Teach players to use their hands rather than their bodies to secure the ball ● 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
Field/court layout	<ul style="list-style-type: none"> ● Use the cones to split up the field into five different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>Freeze Tag with Catching</i> (10 minutes)</p> <ul style="list-style-type: none"> ● Players spread out in a small area ● One or two players are "it" ● 2-3 players are quarterbacks on the sides of the game ● When tagged, players freeze with arms outstretched ● To unfreeze, another player must throw a soft foam ball to the frozen player, who must catch it to rejoin the game <p><i>Stations: Rotate after 7 minutes</i></p> <p><i>Station 1: Catch and Count</i></p> <ul style="list-style-type: none"> ● Players in pairs, 5 yards apart ● Each pair has 60 seconds to complete as many successful catches as possible ● Emphasize proper hand positioning (diamond for high balls, cup for low balls) ● Rotate partners after each round <p><i>Station 2: Obstacle Course Relay</i></p> <ul style="list-style-type: none"> ● Divide players into small teams ● Set up a short obstacle course with cones for zigzagging ● Players run through the course, catch a pass from a coach at the end, then run back ● Then the next player will go. ● First team to get all their players through, with a successful catch, wins ● Emphasize keeping eyes on the ball while moving <p><i>Station 3: Robin Hood</i></p> <ul style="list-style-type: none"> ● Set up targets (hula hoops or boxes) at varying distances ● Players take turns throwing footballs at the targets ● If a player hits a target, they retrieve the ball by running to it and catching a return throw from a coach ● Emphasize proper catching technique when receiving the return throw <p><i>Station 4: Tic-Tac-Toe Catch</i></p> <ul style="list-style-type: none"> ● Create a large tic-tac-toe grid using cones ● Divide into two teams ● Players must successfully catch a pass in a square to place their team's marker (use different colored pinnies)

	<ul style="list-style-type: none"> ● First team to get three in a row wins ● Emphasize body alignment when catching <p><i>Station 5: Circle Catch</i></p> <ul style="list-style-type: none"> ● Split into two groups of campers ● Players stand in a circle ● One player starts with the ball and throws it to someone across the circle while saying their first name ● Continue until everyone has caught the ball once ● Briefly review key catching points: hand positioning, eye focus, and ball security
Video clips	<ul style="list-style-type: none"> ● A Beginners guide to flag football ● How to catch a football (first part of the video)

<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

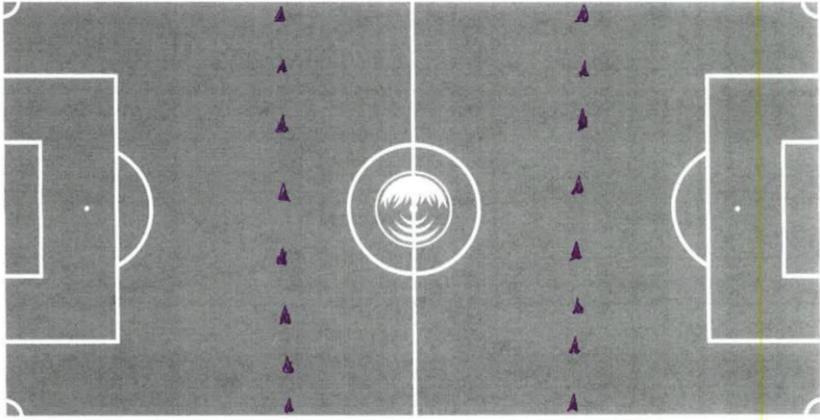
<u>Day 2; Session 3 (11:30-12pm): (NFL draft)</u>	
Equipment needed	<ul style="list-style-type: none"> ● Clipboard with all the campers names ● Director should have split up the campers into 6 separate teams of equal sizes and abilities
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Join a team with enthusiasm ● Clap for their fellow campers
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Fun of the draft experience ● Supporting the other teams and campers
Field/court layout	<ul style="list-style-type: none"> ● Campers standing in front of the Director ● Coaches facing the campers to organize the campers as they are drafted into each team
Activity description	<ul style="list-style-type: none"> ● Director will announce the names of the various teams with great enthusiasm ● Players will then be “drafted” into each team ● Announce the name and hometown of each player with

	enthusiasm
Video clips	<ul style="list-style-type: none"> 2024 NFL Draft 1st round

<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</i> (7 minutes)</p> <ul style="list-style-type: none"> Balance games Team coordination exercises "Freeze dance" with teamwork challenges <p><i>Rules Explained</i> (5 minutes)</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</i> (35 minutes)</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 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)

	<p>and explain their significance in creating space and opportunities for receiving the ball</p> <ul style="list-style-type: none"> ● 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

	<ul style="list-style-type: none"> ● 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)

<u>Day 2; Session 6 (2-2:30pm):</u> (Sharks/Minnows; Pacman)	
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 ● Fair Play
Field/court layout	<ul style="list-style-type: none"> ● Normal gym or field
Activity description	<p><i>Sharks/Minnows (15 minutes)</i></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 (15 minutes)</i></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.

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

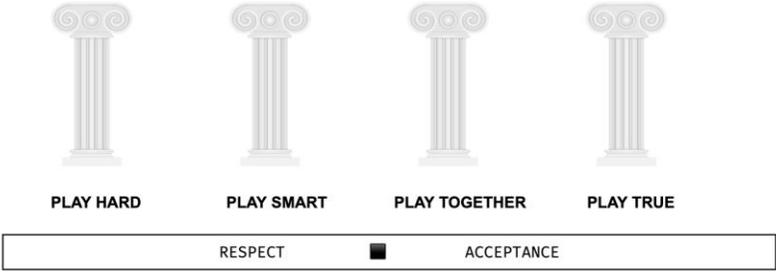
<u>Day 2; Session 7 (2:30-3pm):</u> “Knockout Basketball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: 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
 “Throwing & Regular Season Games”

<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).	
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.

<u>Day 3; 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 doing....

- 1) Throwing
- 2) & Regular Season Games

Day 3; Session 1 (9:30-10:15am) (Throwing fundamentals)

Equipment needed

- 20 pinnies
- 40 sets of flags
- 40 cones
- 20 footballs

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Throw a football with correct grip, stance, and follow-through to ensure accurate passes ● Pull the flag off an opponent properly and safely
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● 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 ● 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
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Could set up stations, or just have the Director run the whole group with coaches positioned around the field.
<p>Activity description</p>	<p><i>DYNAMIC WARMUP</i> 10 minute warmup with light jog and then dynamic warmup</p> <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>Introduction:</i> Director will go over the main fundamentals of throwing (5 minutes) <i>Partner Passing - 20 minutes:</i> Partner the campers up in pairs.</p> <ul style="list-style-type: none"> ● Put campers of similar sizes and abilities together, if you have an idea of skill set. ● Stationary partner passing: <ul style="list-style-type: none"> ○ Players will pass the football to each other while standing still ○ Director and coaches should be correcting form throughout the field ● Beginner Mobile partner passing: <ul style="list-style-type: none"> ○ Players will mimic snapping the ball to themselves and stepping back a few years before throwing to their stationary partner ○ Director and coaches should be correcting form throughout the field ● Mobile partner passing: <ul style="list-style-type: none"> ○ Players will mimic snapping the ball to themselves and

	<p>stepping back a few years before throwing to their partner who is now in movement</p> <ul style="list-style-type: none"> ○ Director and coaches should be correcting form throughout the field <p>PASSING & CATCHING while being DEFENDED (20 minutes)</p> <ul style="list-style-type: none"> ● Coaches should go over the basics of defending <ul style="list-style-type: none"> ○ How to run backwards in a defensive posture ○ How to watch the ball and the player you are defending ○ How to knock the ball down safely ○ How to pull a flag from the player with the ball ○ How to angle towards the sideline ● Split the players up into 8 different groups ● Have three players step up <ul style="list-style-type: none"> ○ One player acts as the QB ○ 1 player is on offense, 1 is on defense ○ The QB hikes the ball and tries to pass to the offensive player who is running 10-20 yards down the field ○ The defensive player tries to disrupt the pass ○ The defensive player pulls the flag if the pass is complete ○ 3 new players step up ○ Ensure that players are alternating positions
Video clips	<ul style="list-style-type: none"> ● A Beginners guide to flag football ● How to throw a football (first part of the video)

<u>Day 3; Session 2 (10:15-11am)</u> (Throwing small area games)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Tires ● Hula Hoops ● Other potential “targets”
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Throw a football with correct grip, stance, and follow-through to ensure accurate passes ● Pull the flag off an opponent properly and safely
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Throwing: <ul style="list-style-type: none"> ○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through.

	<ul style="list-style-type: none"> ○ Ensure players understand how to deliver accurate passes ● 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
Field/court layout	<ul style="list-style-type: none"> ● Use the cones to split up the field into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>Stations (Rotate after 10 minutes)</i></p> <p><i>Station 1: Passing Gates</i></p> <ul style="list-style-type: none"> ● Setup: Place pairs of cones (gates) randomly around the area, spaced about 2 yards apart. ● Instructions: <ul style="list-style-type: none"> ○ Players work in pairs to pass the ball through the gates. ○ Each successful pass through a gate earns a point. ○ After a set time, the pair with the most points wins. <p><i>Station 2: Pass & Move Square</i></p> <ul style="list-style-type: none"> ● Setup: Form a square with four cones; each player stands at a cone. ● Instructions: <ul style="list-style-type: none"> ○ Players pass to each other and then move to the next cone after passing. ○ Encourage players to communicate their movements and keep their heads up. ○ Add a defender after a few minutes to increase difficulty. <p><i>Station 3: Beat the Clock (10 minutes)</i></p> <ul style="list-style-type: none"> ● Setup: Create a circle of cones with players standing around it. ● Instructions: <ul style="list-style-type: none"> ○ The coach passes to one player who must complete two laps around the circle before the coach completes one lap of passing. ○ If the player wins, all others do five jumping jacks; if they lose, they do five together. <p><i>Station 4: Target Toss (10 minutes)</i></p> <ul style="list-style-type: none"> ● Setup: <ul style="list-style-type: none"> ○ Use cones to create a rectangular area (about 10x20 yards). ○ Place various targets (like hula hoops, small cones, or even buckets) at different distances within the area. You can assign point values based on the difficulty of hitting each target (e.g., closer targets = 1 point, further targets = 3 points). ● Instructions:

	<ul style="list-style-type: none"> ○ Players are divided into small teams (2-4 players per team). ○ Each team takes turns trying to hit as many targets as possible within a set time (e.g., 1 minute). ○ Players must pass the ball to each other before attempting to hit a target. ○ Encourage teamwork by allowing players to strategize on who will throw and which targets to aim for. ○ After the time is up, tally the points for each team based on the targets they hit. ● Variations: <ul style="list-style-type: none"> ○ Moving Targets: If space allows, have one player from each team move around with a target (like a small cone) while their teammates try to hit it with a pass. ○ Obstacle Course: Add obstacles (like cones or small hurdles) that players must navigate around before reaching the targets.
Video clips	<ul style="list-style-type: none"> ● A Beginners guide to flag football ● How to throw a football (first part of the video)

<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): (Snakes)</u>	
Equipment needed	<ul style="list-style-type: none"> ● Dodgeballs ● Cones ● Beanbags ● Kickball Mats ● Bag for collection ● Clipboard ● Pen
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Listen to their coaches ● Play fairly and enthusiastically ● Work as a team ● Cheer for the teammates

Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Listening to instructions ● Teamwork ● Fair Play ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● Spread all of the dodgeballs, cones, and kickball mats around the gym floor ● Have cones at the baselines where the groups have to start from
Activity description	<p><i>Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> ● 10 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>Snakes (20 minutes)</i></p> <ul style="list-style-type: none"> ● Have groups form snakes (maybe 4 or 5 players per snake – each snake has a head, body, and tail), ● Give the last person in line (the tail) the collection bag. ● On the starting whistle, all the snakes will travel around trying to collect the objects from the floor. ● Only the HEAD (front person) of the snake is allowed to pick up the objects. <ul style="list-style-type: none"> ○ Then the object MUST be passed down the snake from player to player all the way to the tail, who can then place the object into the bag. ● Play this game for a specified time limit, or until all objects have been collected. ● Create different sizes of snakes. <ul style="list-style-type: none"> ○ As usual, think of ways to modify or spice up this game to suit the needs of your players.
Video clips	<ul style="list-style-type: none"> ● P.E. Games - Snakes

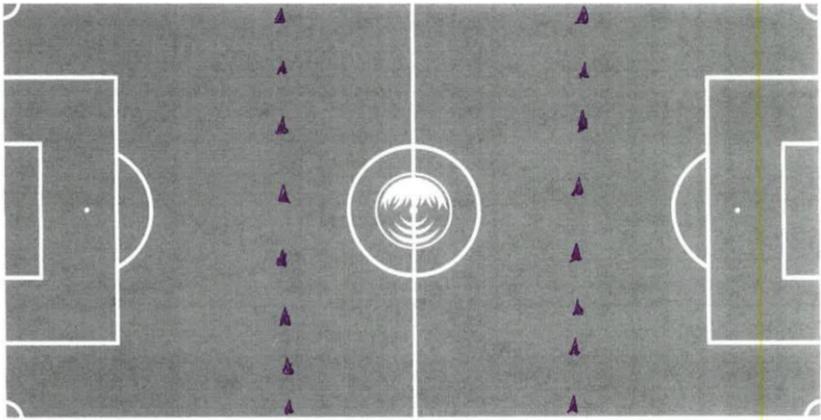
Day 3; Session 4 (12-1pm): (Rice Run to Smoke Signal)

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	<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 ● Have groups assemble <p><i>Warm-up (10 minutes)</i></p> <ul style="list-style-type: none"> ● Lead campers through light stretching exercises ● Play a quick game of "Red Light, Green Light" to practice starting and stopping <p><i>Rice Run Relay (20 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for campers: <ul style="list-style-type: none"> ○ 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: <ul style="list-style-type: none"> ○ 5 points for the team that finishes first

	<ul style="list-style-type: none"> ○ 5 points for the team with the most rice in their red cup ● Variations: <ul style="list-style-type: none"> ○ Add obstacles to navigate around ○ Use different utensils (e.g., fork, chopsticks) for added challenge <p>Director will announce that a PLANE has been spotted, and we need to signal to them!</p> <p><i>Smoke Signal Game (20 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for campers: <ul style="list-style-type: none"> ○ 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: <ul style="list-style-type: none"> ○ Add more balls for increased difficulty ○ Designate certain campers who can't use their hands <p><i>Cool-down and Reflection (5 minutes)</i></p> <ul style="list-style-type: none"> ● 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

	<ul style="list-style-type: none"> ● 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
<p>Areas of focus</p>	<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 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 • Record the records • Try to have every team player each other at least once • 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)

<p><u>Day 3: Session 6 (2-2:30pm):</u> (“British Bulldog” Fun gameplay)</p>	
<p>Equipment needed</p>	<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)

<u>Day 3; Session 7 (2:30-3pm):</u> “Foursquare & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • 4 bouncy balls • Tape • Cones • Chalk
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <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

	<ul style="list-style-type: none"> ● Divide the big square into four equally sized small squares ● Number each square one to four
<p>Activity description</p>	<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) ○ 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.
<p>Images of the activity</p>	<ul style="list-style-type: none"> ● How to Play Four Square A PE Lesson Rules of the

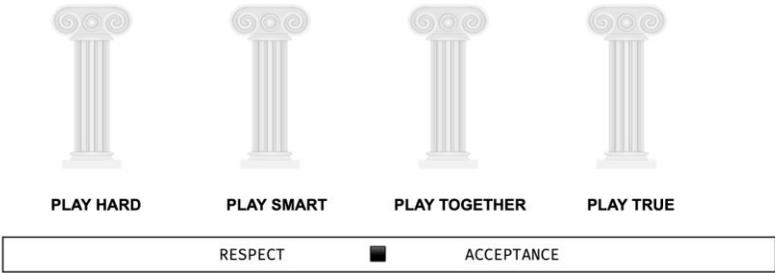
	Game
--	------



Day 4
 “Kicking & Playoffs”

Day 4; Arrival (9-9:15am): 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	<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 4; Daily Convocation (9:15-9:30am)

<p>Daily Convocation</p>	<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. From left to right, they are labeled: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these columns is a horizontal rectangular bar. Inside this bar, the word 'RESPECT' is on the left and 'ACCEPTANCE' is on the right, with a small black square in the center between the two words.</p> </div> <ul style="list-style-type: none"> •
<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

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

"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

	<p><i>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"> <i>1) Kicking</i> <i>2) & Playoffs</i>
--	---

<u>Day 4; Session 1 (9:30-10:15am)</u> (Punting and field goal kicking fundamentals)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones

	<ul style="list-style-type: none"> ● 20 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Kick a football with correct technique, stance, and follow-through to ensure accurate kicks ● Pull the flag off an opponent properly and safely
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Kicks: <ul style="list-style-type: none"> ○ Instruct on the fundamentals of kicks, including grip, stance, and follow-through. ○ Ensure players understand how to deliver accurate kicks ● 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
Field/court layout	<ul style="list-style-type: none"> ● Use the cones to split up the field into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>DYNAMIC WARMUP</i> 10 minute warmup with light jog and then dynamic warmup</p> <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>Introduction:</i> Director will go over the main fundamentals of kicking (5 minutes) <i>Stations:</i> Rotate after 7 minutes <i>Station 1:</i> Punting Practice</p> <ul style="list-style-type: none"> ● Set up: Cones marking distances, footballs ● Drill: "Punt for Points" <ul style="list-style-type: none"> ○ Players practice the punting technique (grip, drop, contact) ○ Aim for distance zones marked by cones ○ Award points based on distance achieved <p><i>Station 2:</i> Field Goal Kicking</p> <ul style="list-style-type: none"> ● Set up: Kicking tee, footballs, mini goal posts or cones as targets ● Drill: "Accuracy Challenge" <ul style="list-style-type: none"> ○ Practice the three-step approach and kicking technique

	<ul style="list-style-type: none"> ○ Aim for targets at various distances ○ Focus on proper foot placement and follow-through <p>Station 3: Snapping 101</p> <ul style="list-style-type: none"> ● Set up: Footballs, cones ● Drill: "Snapping 101" <ul style="list-style-type: none"> ○ Partner up ○ One player snaps and the other player receives and mimics a punt or placement for a kick ○ Coach is emphasizing technique of the snap being on target with the right amount of speed <p>Station 4: Receiving the snap 101</p> <ul style="list-style-type: none"> ● Set up: Footballs, cones ● Drill: "Receiving the snap 101" <ul style="list-style-type: none"> ○ Partner up ○ One player snaps and the other player receives and mimics a punt or placement for a kick ○ Coach is emphasizing technique of the catch and place
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

<u>Day 4; Session 2 (10:15-11am)</u> (Punting and field goal kicking gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Kick a football with correct technique, stance, and follow-through to ensure accurate kicks ● Pull the flag off an opponent properly and safely
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Kicks: <ul style="list-style-type: none"> ○ Instruct on the fundamentals of kicks, including grip, stance, and follow-through. ○ Ensure players understand how to deliver accurate kicks ● 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

<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Use the cones to split up the field into three different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
<p>Activity description</p>	<p><i>Station 1: Ball Handling Relay</i></p> <ul style="list-style-type: none"> ● Set up: Footballs, cones ● Drill: "Quick Hands Relay" <ul style="list-style-type: none"> ○ 2 lines of campers. ○ The first player in line snaps the ball to the second player who has to catch it and fake punt ○ That player then runs up and becomes the snapper ○ Vary it up for snapping to a field goal holder ○ Practice proper ball grips for punting and holding for field goals ○ Incorporate a relay race element to keep it engaging ○ Include quick transitions between holding styles <p><i>Station 2: Kicking Relay</i></p> <ul style="list-style-type: none"> ● Set up: Footballs, cones ● Drill: "Kicking Relay" <ul style="list-style-type: none"> ○ 2 lines of campers. ○ The first player in line snaps the ball to the second player who has to catch it and punt it ○ That player then runs up and becomes the snapper ○ The whole line moves up with the ball after it is kicked ○ Vary it up for snapping to a field goal holder ○ Practice proper ball grips for punting and holding for field goals ○ Incorporate a relay race element to keep it engaging ○ Include quick transitions between holding styles ○ First team to make it all the way down the field wins <p><i>Station 3: Kicker's Agility Course</i></p> <ul style="list-style-type: none"> ● Set up: Cones, hurdles, ladder ● Drill: "Kicker's Obstacle Course" <ul style="list-style-type: none"> ○ Design a course that improves footwork and coordination ○ Include lateral movements, quick stops, and direction changes ○ Finish with a simulated kick or punt action <p><i>Station 4: Target practice</i></p> <ul style="list-style-type: none"> ● Each player gets 5 kicks/punts ● Can use field goal or punting technique ● Must alternate between techniques ● Points accumulate based on target landing ● Scoring Variations <ul style="list-style-type: none"> ○ Beginner Level: <ul style="list-style-type: none"> ■ Shorter distance (10-15 yards) ■ Larger target zones ○ Intermediate Level: <ul style="list-style-type: none"> ■ 15-20 yards

	<ul style="list-style-type: none"> ■ Smaller target zones ○ Advanced Level: <ul style="list-style-type: none"> ■ 20-25 yards ■ Narrow bullseye
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

<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): (Sack Races)</u>	
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</i> (5 minutes)</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 ○ 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</i> (5 minutes)</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</i> (20 minutes)</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

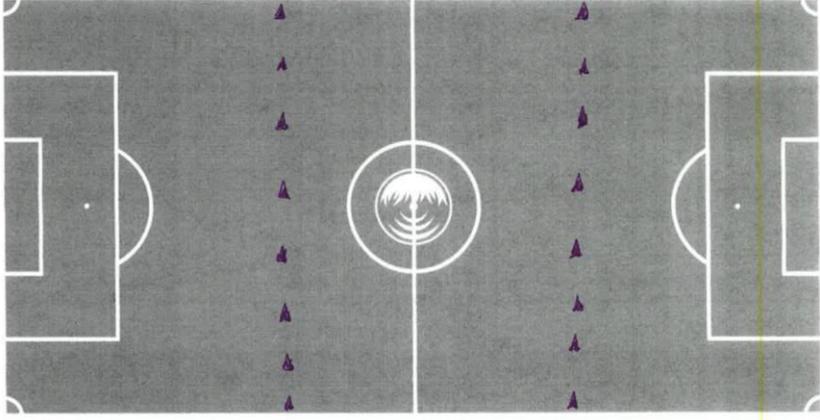
<u>Day 4; Session 4 (12-1pm):</u> (Lava Walk Relay)	
Equipment needed	<ul style="list-style-type: none"> ● Newspapers or large sheets of construction paper ● 20 hula hoops ● 20 Cones ● Whistle ● Measuring tape ● Stopwatch ● Clipboard ● Pens

Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together ● Follow instructions ● Have fun ● 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 ○ 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

<p>Areas of focus</p>	<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

	
Activity description	<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"> • 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

<p><u>Day 4; Session 6 (2-2:30pm):</u> (Football and Cheerleading research)</p>	
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

	<p>cheerleading that they will play this week</p> <ul style="list-style-type: none"> ● 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 ○ 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><i>COLORING</i> (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><i>PRESENTATION</i> (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
-----------------------------	---

<p><u>Day 4; Session 7 (2:30-3pm):</u> “Handball & Parent Pick up”</p>	
<p>Equipment needed</p>	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● 3 handballs (smaller nerf type balls) ● 4 mini soccer nets
<p>Learning goals/objectives</p>	<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
<p>Areas of focus</p>	<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 their guardians arrive. • 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.

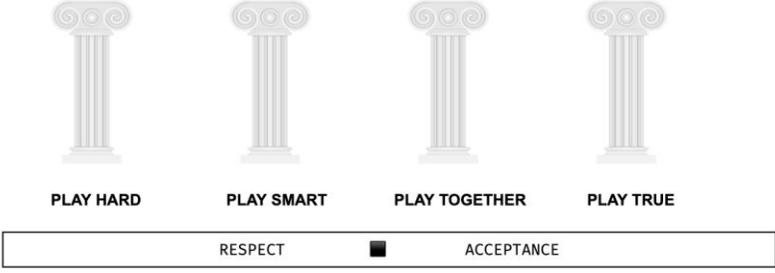


Day 5

"Jump Start Sports T Shirt Day"
"Super Bowl and Consolation Games"

Day 5; Arrival (9-9:15am): 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	<i>Campers will be able to...</i> <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 5; 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.” 
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
 - 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.

	<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.
<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) Super Bowl 2) Skill contests
--	---

<u>Day 5; Session 1 (9:30-10:15am)</u> (Handoff and Catching skill contests)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Clipboards 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 ● Know how to kick a football accurately and effectively ● 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 ● Kicks:

	<ul style="list-style-type: none"> ○ Instruct on the fundamentals of kicks, including grip, stance, and follow-through. ○ Ensure players understand how to deliver accurate kicks ● 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"> ● Use the cones to split up the field into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>DYNAMIC WARMUP</i> 10 minute warmup with light jog and then dynamic warmup</p> <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>Contest 1: 40 yard dash with ball</i></p> <ul style="list-style-type: none"> ● Player will receive a handoff and run for 40 yards ● Each player can go twice and will be timed <p><i>Contest 2: ZigZag sprint</i></p> <ul style="list-style-type: none"> ● Player will receive a handoff and run for 20 yards, but through cones in a zig zag pattern ● Each player can go twice and will be timed <p><i>Contest 3: 3 catch timed run</i></p> <ul style="list-style-type: none"> ● Player will run 5 yards, turn, receive a pass from a coach ● Do this 3 times ● Then they need to do a touchdown celebration ● If they drop a pass, add 2 seconds ● Each player can go twice and will be timed <p><i>Contest 4: Rapid fire</i></p> <ul style="list-style-type: none"> ● Camper will catch as many throws as possible from the coach in 20 seconds ● Each player can go twice and will be scored

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)

<u>Day 5; Session 2 (10:15-11am)</u> (Throwing and Kicking skill contests)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 40 sets of flags ● 40 cones ● 20 footballs ● Clipboards 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 ● Know how to kick a football accurately and effectively ● 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

	<ul style="list-style-type: none"> ● Kicks: <ul style="list-style-type: none"> ○ Instruct on the fundamentals of kicks, including grip, stance, and follow-through. ○ Ensure players understand how to deliver accurate kicks ● 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"> ● Use the cones to split up the field into four different stations split by cones. ● Label these stations and place instructions for each station so that coaches can refer back to when needed.
Activity description	<p><i>Contest 1: Throwing Accuracy</i></p> <ul style="list-style-type: none"> ● There will be targets spread out. ● Camper will have 20 seconds to hit all the targets ● Each player can go twice and will be timed <p><i>Contest 2: Farthest throw</i></p> <ul style="list-style-type: none"> ● Camper can take a crow hop and throw as far as they can ● Each player can go twice and will be scored <p><i>Contest 3: Most accurate punt</i></p> <ul style="list-style-type: none"> ● Player will need to place their punt within 5 yards of a target (like a tire) ● Coach will snap the ball ● Punts will start at 10 yards, and go out from there ● Each player can go four times and will be timed <p><i>Contest 4: Rapid fire</i></p> <ul style="list-style-type: none"> ● Camper will punt as many balls as possible from the coach in 40 seconds ● Each player can go twice and will be scored <p><i>Contest 5: Rapid fire field goal kickers</i></p> <ul style="list-style-type: none"> ● Camper will get as many kicks as possible from the coach snapping in 40 seconds ● Each player can go twice and will be scored <p><i>Contest 6: Farthest field goal</i></p> <ul style="list-style-type: none"> ● Camper will kick an accurate field goal from as far away as possible ● Each player can go twice and will be scored <p><i>Contest 7: Farthest punt</i></p> <ul style="list-style-type: none"> ● Farthest punt wins! ● Each player can go twice and will be scored

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)
-------------	--

<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 approximately 40-50 yards wide • 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.

	<ul style="list-style-type: none"> ● 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
Activity description	<p><i>Warmup (8 minutes)</i></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 (5 minutes)</i></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: (45 minutes)</i></p> <ul style="list-style-type: none"> ● Play for 45 minutes, or 9 innings, whichever comes first.

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

	<p>through to ensure accurate passes</p> <ul style="list-style-type: none"> ● 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
<p>Areas of focus</p>	<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"> ● Full football field
<p>Activity description</p>	<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)

<u>Day 5; Session 6 (2-2:30pm):</u> (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 ○ Individual skill competitions (Football) <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	<p><i>Campers will be able to...</i></p> <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.

