



Olympic Days

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5](#)

JUMP START SPORTS

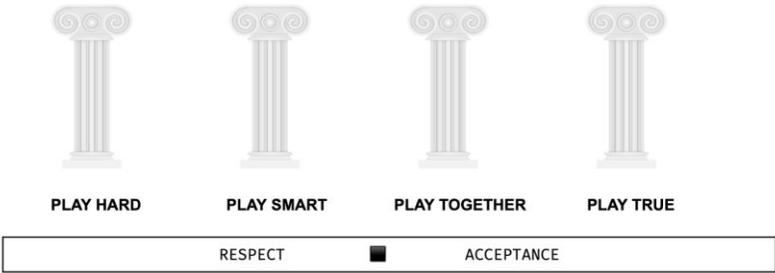
<u>Camp Overview</u> "Olympic Days"	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	<p>"Olympics Camp is a fantastic way for us to promote our mission since the Olympic ideals are completely consistent with our values. Track and Field is the primary sport and there will be instruction and competition in Track and Field every day. In addition, we will play other team sports and games in an Olympic format. Get the kids excited to be playing with their country!"</p> <p>Source</p>
Sources	Olympics Camp Depository of JSS Camp games Final Camp Themes

JUMP START SPORTS

Day 1 Trials

<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 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 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>
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<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 'Four 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, separated by a small black square in the center.</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.
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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

everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!

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) About the Olympics*
- 2) How to spring and run short to mid distances*
- 3) How to long and/or broad jump*
- 4) How to throw the discus and javelin*

Day 1 -Play a "get to know you" game with the group (5 minutes)

	<p><i>Ball Toss Introduction Game for names</i></p> <ul style="list-style-type: none"> ● How to Play: Use a soft ball (like a beach ball or foam ball). Toss it to a camper, who says their name and a fun fact about themselves (e.g., “Hi, I’m Emma, and I love pizza!”). They then throw the ball to someone else. ● Why It Works: Encourages active participation and quick thinking. <p><i>High-Five Huddle Game</i></p> <ul style="list-style-type: none"> ● How to Play: Call out a category (e.g., "favorite color is blue" or "likes basketball"). Campers who match must run to the middle and high-five each other before running back. ● Why It Works: Promotes quick thinking and energetic movement.
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<u>Day 1; Session 1 (9:30-10:15am):</u> (Distance and Mid Distance Running Trials)	
Equipment needed	<ul style="list-style-type: none"> ● 4 Stop watches ● Clipboards with all the campers names and columns for the following events <ul style="list-style-type: none"> ○ Distance Run ○ Mid Distance ○ Sprints ○ Relay Races
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Explain the origins of the Olympics ● Understand the values of the Olympics ● Run short and mid distance races ● Communicate the values of the Olympics and JSS
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Technique and Form <ul style="list-style-type: none"> ○ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed. ○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. ● Foot Strike

	<ul style="list-style-type: none"> ○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency ○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints. ● Breathing- Coaches should explain breathing but do not need to go into a large amount of detail. <ul style="list-style-type: none"> ○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake. ○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence. ○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system. ● Pacing <ul style="list-style-type: none"> ○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.
Field/court layout	<ul style="list-style-type: none"> ● Normal track with cones at the start of the races ● Races paced out with cones at the end of each applicable race
Activity description	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down) ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p>Coaches should record each camper's time in the appropriate column.</p> <p><i>Trials</i> (35 minutes)</p> <ul style="list-style-type: none"> ● Distance Run – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): one mile (four laps on regulation track) ○ 8 yo and younger (Juniors) half mile (two laps on regulation track) ● Give time to rest and drink water in between the two events. ● Mid Distance – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): 400 (one full lap) ○ 8 yo and younger (Juniors) 200 (one half lap)
Video clips	<ul style="list-style-type: none"> ● Womens 1500 Olympics final ● Olympic Mens 400 m final

	<ul style="list-style-type: none"> • Parade of nations screenshot video
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<u>Day 1; Session 2 (10:15-11am):</u> (Short Distance Running trials)	
Equipment needed	<ul style="list-style-type: none"> • 4 Stop watches • Clipboards with all the campers names and columns for the following events <ul style="list-style-type: none"> ○ Distance Run ○ Mid Distance ○ Sprints ○ Relay Races
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Explain the origins of the Olympics • Understand the values of the Olympics • Run short and mid distance races • Communicate the values of the Olympics and JSS
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Technique and Form <ul style="list-style-type: none"> ○ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed. ○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. • Foot Strike <ul style="list-style-type: none"> ○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency ○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints. • Breathing <ul style="list-style-type: none"> ○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake. ○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence. ○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system. • Pacing <ul style="list-style-type: none"> ○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.

Field/court layout	<ul style="list-style-type: none"> ● Normal track with cones at the start of the races ● Races paced out with cones at the end of each applicable race
Activity description	<p>Coaches- Make sure that campers are still sufficiently warmed up after the distance run.</p> <p>Take a longer break, if needed, for more water, rest, and perhaps a snack.</p> <p><i>Warmup (8 minutes) *IF needed*</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>Coaches should record each camper's time in the appropriate column.</p> <p><i>Trials (35 minutes)</i></p> <ul style="list-style-type: none"> ● Sprints – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): 100 yards ○ 8 yo and younger (Juniors): 50 yards ● Give time to rest and drink water in between the two events. ● Relay Races – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): 4 x 400 yards ○ 8 yo and younger (Juniors): 4 x 200 yards
Video clips	<ul style="list-style-type: none"> ● Men's 4x400m Final 🏆 Paris Champions ● Julien Alfred BEATS Sha'Carri Richardson to win 100m; ● USA's Jefferson gets bronze Paris Olympics

<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 <p>Director will spend some of this time breaking the students up into groups:</p> <ul style="list-style-type: none"> ● “In addition to making the teams even in terms of number, gender, and age, you should also be sure to separate any

	<p>children who are potentially a discipline issue. After Morning Convocation on the second day of camp, Make a big deal about announcing the countries. Assign one coach to every team. If possible, the Director should not be assigned to any one team so they can roam and encourage all of the children. Each group should select a country and report their decision to the Director on a first come, first derived basis.”</p>
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<u>Day 1; Session 3 (11:30-12:15pm)</u> “Video and Classroom” (If available)	
Equipment needed	<ul style="list-style-type: none"> ● Projector or TV ● HDMI cable ● Laptop or IPAD ● Wifi access
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the Olympics ● Explain the Olympics ● Apply the values of the Olympics
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● the origins of the Olympics ● the values of the Olympics ● the values of the JSS <p>Director will spend some of this time breaking the students up into groups:</p> <ul style="list-style-type: none"> ● “In addition to making the teams even in terms of number, gender, and age, you should also be sure to separate any children who are potentially a discipline issue. After Morning Convocation on the second day of camp, Make a big deal about announcing the countries. Assign one coach to every team. If possible, the Director should not be assigned to any one team so they can roam and encourage all of the children. Each group should select a country and report their decision to the Director on a first come, first derived basis.”
Field/court layout	<ul style="list-style-type: none"> ● Classroom or empty room ● Desks, chairs, or just have campers sit on the floor
Activity description	<ul style="list-style-type: none"> ● Watch the following clips ● Stop the video to reiterate what the campers learned earlier in the day ● Think/Pair/Share- <ul style="list-style-type: none"> ○ Ask the campers to partner up and explain the most

	<p style="padding-left: 40px;">important part of each video to their partner</p> <ul style="list-style-type: none"> ○ Then have the partners share their ideas out to the rest of the group <p>If there is no possibility to get video access for the History of the Olympics video, one of the coaches can get the kids started on Olympic Fun Facts and have them do some of their own research.</p> <ul style="list-style-type: none"> ● The 2024 Summer Olympic Games were held in Paris, France from Friday, July 26, to Sunday, August 11. Athletes from all over the world will compete in many sports including track and field, basketball, wrestling, boxing, tennis, equestrian (horseback riding), soccer, field hockey, rugby, and much more! Medals are awarded to the winners and to second and third place, but the "Olympic Spirit" is always emphasized. The Olympic Spirit stresses that in sports (and in life) what is most important is to try your best, to play fair, and to respect other people as well as respecting yourself. Be proud when you win without bragging or teasing others. When you lose, be just as proud that you tried your best and try to learn from any mistakes you might have made. Here are some fun facts about the Olympic Games: <ul style="list-style-type: none"> ● The very first Olympics were held on the plain of Olympia in Peloponnesos, Greece over 2700 years ago in 776 B.C. ● The original Olympics lasted for about 1200 years, and the modern Olympic Games returned in 1896 in Athens, Greece. ● Every four years, The Games are held in a different city. Competitors from all over the world meet, share their culture, and make lifelong friendships with people who were strangers from other countries. ● The Marathon Run is the longest race in the track competition. It is always 26.2 miles long, the exact distance from Marathon, Greece to Athens, the site of the first Modern Olympics. The race at the end of the 1896 Olympics was the birthplace of the Marathon Run. ● The Decathlon and Heptathlon are known as the events that determine the best male and female athlete, because these are events that challenge the athlete's strength, endurance, speed, and jumping ability. ● Jesse Owens is known as one of the greatest athletes ever to come from Ohio and from the United States, not only because he won four gold medals, but also because his victory had significance at a very important time in history, right before World War II. ● The flag of the Olympic Games has five interlocking rings (blue, yellow, black, green, and red) on a white background. The rings represent the five parts of the world that were joined together in the Olympic movement: Africa, the Americas, Asia, Australia, and Europe. The flag was first used in Antwerp, Belgium in 1920.
Video clips	<p>HISTORY of the Olympics (12 minutes)</p> <p>RUNNING→</p>

	<ul style="list-style-type: none"> ● Womens 1500 Olympics final ● Olympic Mens 400 m final ● Men's 4x400m Final 🏃 Paris Champions ● Julien Alfred BEATS Sha'Carri Richardson to win 100m; USA's Jefferson gets bronze Paris Olympics <p>THROWING→</p> <ul style="list-style-type: none"> ● How to long jump ● Discus basics ● Discus & Shot put basics ● Javelin basics
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Day 1; Session 4 (12:15-1:30pm): (Throwing trials)

Equipment needed	<ul style="list-style-type: none"> ● 4 Stop watches ● 4 tape measurers ● Clipboards with all the campers names and columns for the following events <ul style="list-style-type: none"> ○ Long Jump ○ Discus ○ Javelin ● Discus – Use a girls discuss (1kg, 2.2 pounds) ● Training Javelin
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Explain the origins of the Olympics ● Understand the values of the Olympics ● Jump the long or broad jump ● Throw the discus safely and properly ● Throw the javelin safely and properly ● Communicate the values of the Olympics and JSS
Areas of focus	<p><i>For discus, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Grip and Handling <ul style="list-style-type: none"> ○ Proper Grip: Campers should hold the discus with four fingers underneath and the thumb on top, ensuring the discus is positioned vertically with the palm facing their leg. ● Swinging Practice: Encourage swinging the discus gently in a small arc (like a "tick-tock" motion) to help them feel its weight and learn how to control it. ● Rolling the Discus <ul style="list-style-type: none"> ○ Discus Roll: Start with a simple rolling exercise where the camp rolls the discus along the ground. This helps them practice releasing the discus off their first finger, which is crucial for a successful throw

	<ul style="list-style-type: none"> ○ Targeted Rolling: Progress to rolling the discus toward targets or through hoops to introduce distance and aim ● Underarm Throwing Technique <ul style="list-style-type: none"> ○ Underarm Throw: They should step forward with their opposite foot while keeping their grip consistent and releasing at about a 90-degree angle ● Standing Throw <ul style="list-style-type: none"> ○ Focus on achieving a controlled standing throw before introducing more complex techniques. The camper should stand side-on, with their feet shoulder-width apart, and practice releasing the discus while maintaining balance. ● Developing Balance and Coordination <ul style="list-style-type: none"> ○ Balance Drills: Incorporate activities that enhance balance, such as standing on one foot or practicing pivoting motions. These skills are foundational for executing more advanced techniques later on. ● Rhythm and Timing: Teach them to use rhythm in their throws by counting or clapping before releasing the discus, which helps in timing their movements effectively. <p><i>For javelin, coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Grip Technique: <ul style="list-style-type: none"> ○ Teach the correct grip to ensure stability and control of the javelin. The javelin should rest along the palm with fingers firmly positioned to facilitate a proper release. ● Stance and Positioning: <ul style="list-style-type: none"> ○ Instruct athletes to stand with feet shoulder-width apart, facing the target. The javelin should be held above the shoulder with the throwing arm bent. ● Throwing Motion: <ul style="list-style-type: none"> ○ Emphasize a smooth, fluid motion where the athlete steps forward onto the opposite foot before throwing. Use cues like "step-throw" to synchronize foot placement with the throwing action. ● Body Mechanics: <ul style="list-style-type: none"> ○ Teach the importance of using the whole body in the throw: initiate from the feet, engage the hips and torso, and finally extend the throwing arm. This sequential movement helps generate power.
Field/court layout	<ul style="list-style-type: none"> ● Use cones to mark off a "NO GO" area for campers, where the discus and javelin will eventually be thrown. ● Have the smaller "GO" area be set up into stations <ul style="list-style-type: none"> ○ 1 area where the discus will be thrown from ○ 1 area where the javelin will be thrown from ○ 1 area for long and/or broad jump

<p>Activity description</p>	<p>COACHES→</p> <ul style="list-style-type: none"> ● Record each camper's scores onto the clipboard. ● Make sure EACH camper has a score recorded by the end of the session ● Split campers up into three separate groups by stations ● First station will step up and throw discus <ul style="list-style-type: none"> ○ Scores will be recorded ○ coaches will retrieve discus and return to the front ● Second station will throw javelins group will have a turn <ul style="list-style-type: none"> ○ Scores will be recorded ○ coaches will retrieve javelin and return to the front ● Give each camper 3 throws with the discus and javelin, respectively. ● Third station will be conducting the long jump (if there is a pit) or the broad jump.
<p>Video clips</p>	<ul style="list-style-type: none"> ● How to long jump ● Discus basics ● Discus & Shot put basics ● Javelin basics

<p><u>Day 1; Session 5 (1:30-2:30pm):</u> (Group sorting and country research)</p>	
<p>Equipment needed</p>	<ul style="list-style-type: none"> ● Clipboard with campers names ● Campers already grouped into their groups
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Explain the origins of the Olympics ● Understand the values of the Olympics ● Communicate the values of the Olympics and JSS
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● “the ideals of the Olympics and explain that they should always try to strive for those ideals no matter how well or how poorly they do.” ● “teamwork, sportsmanship, and the fact that effort is the most

	<p>important aspect of sports.”</p> <ul style="list-style-type: none"> ● “And recognize when kids demonstrate these values.”
Field/court layout	<ul style="list-style-type: none"> ● All campers facing the Director ● Coaches spread out at the head of each line that campers can go to when they are announced as part of each group.
Activity description	<ul style="list-style-type: none"> ● Director will announce the names of the countries that are eligible to be represented (Ensure that there is a mix of continents, types of nations, etc). <ul style="list-style-type: none"> ○ Flags for these nations should have already been procured so they can be handed out tomorrow when campers announce their pick of nations. ● Director will announce the groups with a number. <ul style="list-style-type: none"> ○ Campers should go to their group behind each coach who is lined up in that numerical order. ● Director will pull the numbers out of a hat to see the order of picking nations. <ul style="list-style-type: none"> ○ Make a big deal out of this (ala “Harry Potter”) ● Campers will then spend the rest of the time using Ipads or computers (if available) or phones to research various countries on the list. ● Coaches can help the campers with this research. ● By the end of this research the campers should have a list of the countries, in order, that they want to represent, in case their favorite country is taken by groups who get to pick before them. <ul style="list-style-type: none"> ○ Coaches should help adjudicate any disagreements about which country to pick. ○ Coaches should ensure that all voices are heard in the group.

<u>Day 1; Session 6 (2:30-3pm):</u> “Kickball gameplay & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Kickball ● 4 square bases and one home base if no field is easily accessible
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> ● Be checked out safely ● Play kickball
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who

	have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● Kickball field (laid out like a baseball diamond) ● 2 teams. <ul style="list-style-type: none"> ○ Coaches split up players as equally as possible without being obvious about skill and size discrepancies of the campers
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the kickball game. ● Director will communicate once all campers have departed.



Day 2

“Short Distance Sprints/Javelin/Handball”

Day 2; 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 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived

	already
Field/court layout	<ul style="list-style-type: none"> Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> Director and coaches will check in the campers as they arrive. Other coaches will maintain supervision of unorganized play. Director will communicate once all campers have arrived.

<u>Day 2; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” <p>The diagram shows four classical columns representing the 'Four 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 bar divided into two sections: RESPECT on the left and ACCEPTANCE on the right, with a small black square in the center of the bar.</p>
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.

<p>Activity description</p>	<ul style="list-style-type: none"> ● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. ● The Foundation: Respect and Acceptance ● The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True ● Coaches will use the following speech at each convocation: ● Welcome: <ul style="list-style-type: none"> ○ ○ High energy greeting of all the kids ○ ○ Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes" ● Introductions: <ul style="list-style-type: none"> ○ Have each coach introduce themselves ○ Name, favorite sport, favorite team ● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ Be nice ■ Don't be mean ■ Never bully another person ■ Be kind ■ Treat others the way you would like to be treated ○ Who should we all be respectful of <ul style="list-style-type: none"> ■ Other campers - your peers ■ The staff - we are here to help you learn and take care of you ■ The facility and equipment - we are fortunate to be 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.
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	<p>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.</p> <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 <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.
<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) A parade of nations 2) Short Distance Sprints 3) Javelin Throw 4) Handball 5) Capture the Flag
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<u>Day 2: Session 1 (9:30-10am)</u> (Parade of Nations)	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards with campers sorted into their groups from yesterday. ● Flags of the countries that are eligible to be represented.
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Identify the nations that they will represent ● Parade in an orderly and enthusiastic fashion
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Values of the Olympics ● Patriotism
Field/court layout	<ul style="list-style-type: none"> ● Coaches at the front of the various groups with the various possible flags at the ready
Activity description	<ul style="list-style-type: none"> ● Campers will communicate to the coach at the head of their line what country they will be representing ● Coach will retrieve that nation's flag from the Director ● Director will announce each nation with enthusiasm and suspense ● Campers will cheer for their nation and walk forward to then stand behind the Director
Video clips	<ul style="list-style-type: none"> ● Parade of nations screenshot video

<u>Day 2: Session 2 (10-11am)</u> (Individual Sprints)

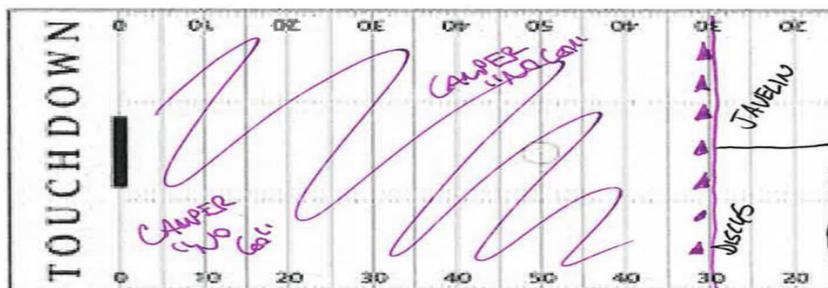
Equipment needed	<ul style="list-style-type: none"> ● 4 Stop watches ● Clipboards with all the campers names and columns for the following events ● Cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Explain the origins of the Olympics ● Understand the values of the Olympics ● Run short distance races ● Communicate the values of the Olympics and JSS
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Technique and Form <ul style="list-style-type: none"> ○ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed. ○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. ● Foot Strike <ul style="list-style-type: none"> ○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency ○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints. ● Breathing <ul style="list-style-type: none"> ○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake. ○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence. ○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system. ● Pacing <ul style="list-style-type: none"> ○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.
Field/court layout	<ul style="list-style-type: none"> ● Track with distances marked off by cones ● 9 yo and older (Seniors): <ul style="list-style-type: none"> ○ 100 yard sprint ● 8 yo and younger (Juniors): <ul style="list-style-type: none"> ○ 50 yard sprint
Activity description	<ul style="list-style-type: none"> ● Director will announce each team as the players assume their positions on the track. ● Each nation will have one sprinter in each race ● The races will be broken by by ages, starting with the youngest

	<ul style="list-style-type: none"> ● Coaches should record the times for their group with the associated clipboard <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>Coaches should record each camper's time in the appropriate column.</p> <p><i>Initial Sprints (20 minutes)</i></p> <ul style="list-style-type: none"> ● Sprints – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): <ul style="list-style-type: none"> ■ 100 yard sprint ○ 8 yo and younger (Juniors): <ul style="list-style-type: none"> ■ 50 yard sprint ● Give time to rest and drink water throughout the event. <p><i>Medal Round (20 minutes)</i></p> <ul style="list-style-type: none"> ● Depending on the number of campers, the winner of each race can advance to the “final” if there are enough campers in similar ages. <ul style="list-style-type: none"> ○ If not, then you can run the race again with the winners from the previous race in the first row and then fanning out. ● Sprints – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): <ul style="list-style-type: none"> ■ 100 yard sprint ○ 8 yo and younger (Juniors): <ul style="list-style-type: none"> ■ 50 yard sprint ● Give time to rest and drink water throughout the event. <p><i>Cooldown and stretch (10 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> ● Julien Alfred BEATS Sha'Carri Richardson to win 100m; ● USA's Jefferson gets bronze Paris Olympics

Day 2; Lunch (11-11:30am)

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
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<u>Day 2; Session 3 (11:30-12:15pm)</u> (Javelin Throw)	
Equipment needed	<ul style="list-style-type: none"> ● 4 tape measurers ● Clipboards with all the campers names and columns for the following events <ul style="list-style-type: none"> ○ Javelin ● Training Javelin
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Explain the origins of the Olympics ● Understand the values of the Olympics ● Throw the javelin safely and properly ● Communicate the values of the Olympics and JSS
Areas of focus	<p><i>For javelin, coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Grip Technique: <ul style="list-style-type: none"> ○ Teach the correct grip to ensure stability and control of the javelin. The javelin should rest along the palm with fingers firmly positioned to facilitate a proper release. ● Stance and Positioning: <ul style="list-style-type: none"> ○ Instruct athletes to stand with feet shoulder-width apart, facing the target. The javelin should be held above the shoulder with the throwing arm bent. ● Throwing Motion: <ul style="list-style-type: none"> ○ Emphasize a smooth, fluid motion where the athlete steps forward onto the opposite foot before throwing. Use cues like "step-throw" to synchronize foot placement with the throwing action. ● Body Mechanics: <ul style="list-style-type: none"> ○ Teach the importance of using the whole body in the throw: initiate from the feet, engage the hips and torso, and finally extend the throwing arm. This sequential movement helps generate power.
Field/court layout	<ul style="list-style-type: none"> ● Use cones to mark off a "NO GO" area for campers, where the javelin will eventually be thrown. ● Have the smaller "GO" area be set up into stations <ul style="list-style-type: none"> ○ 1 area where the discus will be thrown from ○ 1 area where the javelin will be thrown from ○ 1 area for long and/or broad jump



Activity description

- Director will announce each team as the players assume their positions on the field.
- Each nation will have one thrower in each competition
- The competition will be broken by by ages, starting with the youngest
- Coaches should record the throws for their group with the associated clipboard

Warmup (10 minutes)

- 10 minute warmup with light jog and then dynamic warmup
 - 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)
 - Arm swings forward and back
 - Arm swings up and down

Coaches should record each camper's time in the appropriate column.

Initial Throw (20 minutes)

- Javelin throw –
 - 9 yo and older (Seniors):
 - 8 yo and younger (Juniors):
- Give time to rest and drink water throughout the event.

Medal Round (20 minutes)

- Depending on the number of campers, the winner of each throw can advance to the “final” if there are enough campers in similar ages.
 - If not, then you can run the competition again with the winners from the trials getting to choose whether to throw first or last in the medal round
- Javelin throw –
 - 9 yo and older (Seniors):

	<ul style="list-style-type: none"> ○ 8 yo and younger (Juniors): ● Give time to rest and drink water throughout the event. <p><i>Cooldown and stretch (10 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> ● Javelin basics

<u>Day 2: Session 4 (12:15-1:30pm)</u> (Handball)	
Equipment needed	<ul style="list-style-type: none"> ● 3 handballs (smaller nerf type balls) ● 6 mini soccer nets ● Whistles ● Cones ● 20 pinnies
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Verbalize the rules of handball ● Effectively play a game of handball ● Reinforce the rules of handball when a foul occurs ● Dribbling ● Passing and Receiving ● Shooting ● Catching ● Defensive Skills ● Teamwork and Positioning
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling <ul style="list-style-type: none"> ○ "Bounce the ball with your fingertips, not your palm" ○ "Keep your head up while dribbling to see your teammates" ○ "Dribble at waist height, not too high or low" ● Passing and Receiving <ul style="list-style-type: none"> ○ "Make a target with your hands when catching" ○ "Step towards your teammate when passing" ○ "Catch with soft hands, like you're hugging the ball" ● Shooting <ul style="list-style-type: none"> ○ "Aim for the corners of the goal" ○ "Jump and shoot, releasing the ball at the highest point" ○ "Follow through with your throwing arm" ● Catching <ul style="list-style-type: none"> ○ "Create a big target with your hands" ○ "Watch the ball all the way into your hands" ○ "Catch with your hands, not your body" ● Defensive Skills <ul style="list-style-type: none"> ○ "Stay on your toes, ready to move quickly"

	<ul style="list-style-type: none"> ○ "Keep your arms up to block passes and shots" ○ "Stay between your opponent and the goal" ● Teamwork and Positioning <ul style="list-style-type: none"> ○ "Spread out on the court to create space" ○ "Move to open spaces when you don't have the ball" ○ "Talk to your teammates and call for the ball"
Field/court layout	<ul style="list-style-type: none"> ● 3 smaller handball courts with the 6 mini soccer nets set up across the court. ● Cones will be set up in between the courts
Activity description	<ul style="list-style-type: none"> ● Coaches will break up the teams ● One team will wear the pinnies ● Coaches will set a timer of 10 minutes ● Score will be kept ● Teams will be rematched after 10 minutes ● Games will be played until every team has played all the other teams ● The three top records will receive medals- <ul style="list-style-type: none"> ○ Gold ○ Silver ○ Bronze
Video clips	<ul style="list-style-type: none"> ● The rules of handball explained

<u>Day 2; Session 5 (1:30-2:30pm)</u> (Capture the flag with alliances)	
Equipment needed	<ul style="list-style-type: none"> ● 2 "flags" ● Cones to separate the field ● 20 pinnies ● Whistles
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the rules of capture the flag ● Know why nations would make alliances with each other
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"> ● The field will be cut in half by cones <ul style="list-style-type: none"> ○ Each half will have a 10'x10' "jail" which is designated by cones. ● Campers will be split up into groups by nations <ul style="list-style-type: none"> ○ Emphasize that the nations have made alliances with each other and are now on the same team

	<ul style="list-style-type: none"> ● Give one team pinnies
<p>Activity description</p>	<p><i>INSTRUCTIONS and SETUP</i> (10 minutes)</p> <ul style="list-style-type: none"> ● Director will describe alliances between nations. <ul style="list-style-type: none"> ○ Basically countries becoming friends who have each other's back ● The Director will break the group up into 2 different teams where the nations on the same team now have alliances ● Tell the campers the rules of the game <p><i>FIRST GAME PLAY</i> (20 minutes)</p> <ul style="list-style-type: none"> ● Two teams have a mid line of cones to separate the teams. ● Have a flag (Ball, anything) on each side and cones set up around the flag. ● The team tries to get the flag from the other side safely without getting tagged. ● If you are tagged, you go to "jail" <ul style="list-style-type: none"> ○ "Jail" is a coned off 10'x10' that needs to be guarded. ● If your teammate runs in and tags anyone in "jail", they are then free and re-join the game. ● First team to run across and grab the flag and return it to their side (without being tagged)--> Wins ● Replay as many times as possible in 20 minutes ● Team with the most flag retrievals in 20 minutes wins. ● Coaches should record the nations that were on the winning teams and allocate "points" <p><i>Water Break</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Coaches can decide whether they want any nations to break their alliance and switch sides <p><i>SECOND GAME PLAY</i> (20 minutes)</p> <ul style="list-style-type: none"> ● Two teams have a mid line of cones to separate the teams. ● Have a flag (Ball, anything) on each side and cones set up around the flag. ● The team tries to get the flag from the other side safely without getting tagged. ● If you are tagged, you go to "jail" <ul style="list-style-type: none"> ○ "Jail" is a coned off 10'x10' that needs to be guarded. ● If your teammate runs in and tags anyone in "jail", they are then free and re-join the game. ● First team to run across and grab the flag and return it to their side (without being tagged)--> Wins ● Replay as many times as possible in 20 minutes ● Team with the most flag retrievals in 20 minutes wins. ● Coaches should record the nations that were on the winning teams and allocate "points" <p><i>Stretch and RECAP</i> (5 minutes)</p>

Video clips	<ul style="list-style-type: none"> • How to play capture the flag
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<u>Day 2; Session 6 (2:30-3pm):</u> “Unorganized play & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • Balls and nets <ul style="list-style-type: none"> ○ 3 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Be checked out • Conduct unorganized play as all other campers depart
Areas of focus	<ul style="list-style-type: none"> • Professional demeanor • Courteous manner • Maintaining awareness & supervision of campers who have not departed yet
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 out the campers as they exit. • Other coaches will maintain supervision of unorganized play. • Director will communicate once all campers have departed.



Day 3

Flag Day, Mid Distance, Long Jump, Soccer

<p><u>Day 3; Arrival (9-9:15am):</u> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>
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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 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 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.” ● <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> </div> <ul style="list-style-type: none"> ● <div style="text-align: center;">  <p>RESPECT ■ ACCEPTANCE</p> </div>
Equipment needed	<ul style="list-style-type: none"> ● Script (see below) ● Clipboard for script

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

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

	<p><i>we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) Flag Day 2) Mid Distance Sprints 3) Long Jump 4) & Soccer
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<u>Day 3; Session 1 (9:30-10:15am)</u> (Mid Distance Sprints)	
Equipment needed	<ul style="list-style-type: none"> ● 4 Stop watches ● Clipboards with all the campers names and columns for the following events <ul style="list-style-type: none"> ○ Distance Run ○ Mid Distance ○ Sprints ○ Relay Races
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Explain the origins of the Olympics ● Understand the values of the Olympics ● Run mid distance races ● Communicate the values of the Olympics and JSS
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Technique and Form <ul style="list-style-type: none"> ○ Posture: Encourage campers to maintain a

	<p>straight, relaxed upper body with the head up and shoulders relaxed.</p> <ul style="list-style-type: none"> ○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. ● Foot Strike <ul style="list-style-type: none"> ○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency ○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints. ● Breathing <ul style="list-style-type: none"> ○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake. ○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence. ○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system. ● Pacing <ul style="list-style-type: none"> ○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.
Field/court layout	<ul style="list-style-type: none"> ● Normal track with cones at the start of the races ● Races paced out with cones at the end of each applicable race
Activity description	<ul style="list-style-type: none"> ● Director will announce each team as the players assume their positions on the track. ● Each nation will have one sprinter in each race ● The races will be broken by by ages, starting with the youngest ● Coaches should record the times for their group with the associated clipboard <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>Coaches should record each camper's time in the appropriate column.</p> <p><i>Initial Sprints (20 minutes)</i></p> <ul style="list-style-type: none"> ● Sprints – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): <ul style="list-style-type: none"> ■ 400 (one full lap) ○ 8 yo and younger (Juniors) <ul style="list-style-type: none"> ■ 200 (one half lap) ● Give time to rest and drink water after the event. <p><i>Medal Round (20 minutes)</i></p> <ul style="list-style-type: none"> ● Depending on the number of campers, the winner of each race can advance to the “final” if there are enough campers in similar ages. <ul style="list-style-type: none"> ○ If not, then you can run the race again with the winners from the previous race in the first row and then fanning out. ● Sprints – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): <ul style="list-style-type: none"> ■ 400 (one full lap) ○ 8 yo and younger (Juniors) <ul style="list-style-type: none"> ■ 200 (one half lap) ● Give time to rest and drink water throughout the event. <p><i>Cooldown and stretch (10 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> ● Womens 1500 Olympics final ● Olympic Mens 400 m final ● Parade of nations screenshot video

<u>Day 3; Session 2 (10:15-11am)</u> (Long Jump)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pinnies ● 2 tape measures ● Clipboard with campers names to record long jump scores. <p>Encourage students to stay hydrated, giving them water breaks early and often</p>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Execute proper form while jumping

	<ul style="list-style-type: none"> ○ Approach run ○ Takeoff ○ Flight phase ○ Landing
<p>Areas of focus</p>	<p><i>For the long jump, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Approach Run <ul style="list-style-type: none"> ○ Speed Control: Teach athletes to use maximum controllable speed, not just sprinting as fast as possible ○ Rhythm and Cadence: Focus on developing a consistent rhythm, especially in the final steps ○ Progression: Start with shorter approaches (5-8 steps) and gradually increase to full approach ● Takeoff <ul style="list-style-type: none"> ○ Penultimate Step: Emphasize the importance of the second-to-last step in setting up the takeoff ○ Foot Placement: Teach proper foot placement on the board, with the whole foot landing and toe slightly ahead of knees and hips ○ Body Position: Focus on maintaining tall hips at takeoff ○ Arm and Free Leg Action: Teach forceful arm swing and aggressive free leg drive ● Flight Phase <ul style="list-style-type: none"> ○ Body Control: Teach techniques to minimize forward rotation and maintain a tall posture ○ In-Air Mechanics: Focus on proper positioning of arms and legs to maximize time in the air ● Landing <ul style="list-style-type: none"> ○ Preparation: Teach athletes to extend arms and feet forward before impact ○ Technique: Emphasize the importance of landing for maximum distance <p><i>For the broad jump, Coaches will emphasize...:</i></p> <ul style="list-style-type: none"> ● Starting Position Coaching Phrases <ul style="list-style-type: none"> ○ "Plant your feet like you're standing on two pizza slices" ○ "Spread your toes like you're making sand angels" ○ "Stand tall like a superhero" ○ "Imagine roots growing from your feet into the ground" ● Prepare to Jump Coaching Phrases <ul style="list-style-type: none"> ○ "Dip down like you're sitting in an invisible chair" ○ "Swing your arms back like you're pulling a big rubber band" ○ "Load your legs like a spring ready to bounce" ○ "Get low and get ready to fly" ● Jumping Motion Coaching Phrases

	<ul style="list-style-type: none"> ○ "Explode forward like a rocket launching!" ○ "Punch the ground with your feet" ○ "Throw your arms towards the target" ○ "Push the ground away from you" ○ "Imagine a big trampoline launching you forward" ● Landing Coaching Phrases <ul style="list-style-type: none"> ○ "Land soft like a cat" ○ "Bend your knees like you're catching an egg" ○ "Make your legs act like shock absorbers" ○ "Stick the landing like a gymnast" ● Reset Coaching Phrases <ul style="list-style-type: none"> ○ "Freeze like a statue" ○ "Show me your balance" ○ "Stand tall and proud" ○ "Take a breath and get ready for the next jump"
Field/court layout	<ul style="list-style-type: none"> ● Use the long jump pit if there is one and campers can run up to the jumping line. ● If not, you can have the campers do the broad jump from a standing position.
Activity description	<ul style="list-style-type: none"> ● Director will announce each team as the players assume their positions in line for the long jump or across the starting line for the broad jump. ● Each nation will have one jumper in each competition if it is in the broad jump. ● The jumps will be broken by by ages, starting with the youngest ● Coaches should record the distances for their group with the associated clipboard <p><i>Warmup</i> (10 minutes) ** This may not be necessary if the campers are still warmed up from the mid distance run **</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>Coaches should record each camper's time in the appropriate column.</p> <p><i>Initial jumps</i> (15 minutes)</p>

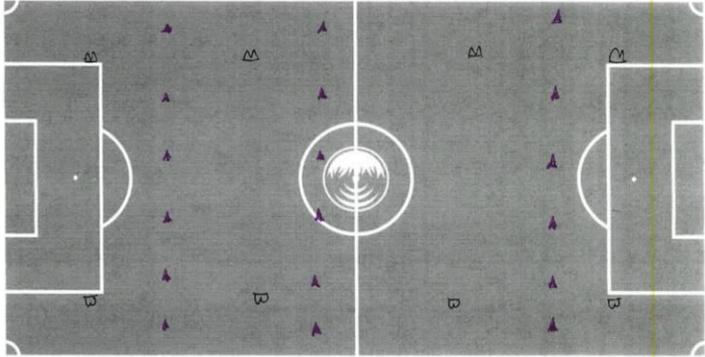
	<ul style="list-style-type: none"> • Long jumps (and/or broad jumps) – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): ○ 8 yo and younger (Juniors) • Jumpers will go one at a time if it is long jumps into a pit. They can go as a small group competing against each other if they are doing the broad jump. • Give time to rest and drink water after the event. <p><i>Medal Round (15 minutes)</i></p> <ul style="list-style-type: none"> • Depending on the number of campers, the winner of each jump if they are doing broad jumps can advance to the “final” if there are enough campers in similar ages. • Jumps – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): ○ 8 yo and younger (Juniors) • Give time to rest and drink water throughout the event. <p><i>Cooldown and stretch (10 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> • How to broad jump • How to long jump

<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 4 (11:30-12:30pm)</u> (Flag Creation)	
Equipment needed	<ul style="list-style-type: none"> • Paints • Brushes • Bedsheets for flags
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Design their flag to match their nation • Work together to create a flag • Design and then paint the bedsheet
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Teamwork • Accuracy • Proper use of the materials

Field/court layout	Campers can spread out outside where they will not disrupt anything if their paint gets somewhat messy.
Activity description	<ul style="list-style-type: none"> ● Members of each country will design a flag for their country. ● Use bed sheets and temper paints to make flags for each country. ● One coach should assist each country. ● Trace the outline of the flag with a pen or pencil and have the kids paint where necessary

<u>Day 3; Session 5 (1:30-2:30pm)</u> (Soccer tournament)	
Equipment needed	<ul style="list-style-type: none"> ● 8 Soccer Balls ● 20 Pinnies ● 8 mini soccer nets ● 40 cones
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Dribble ● Trap a ball from a pass ● Pass to another player from a stationary position ● Shoot from a stationary position ● Conduct all those same skills while in small area game play
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling: <ul style="list-style-type: none"> ○ Keeping the ball close to the feet for improved control ○ Keeping the head up to maintain awareness of surroundings ○ Using both feet ○ Changing pace and direction ○ Employing fakes and feints ● Passing: <ul style="list-style-type: none"> ○ Using the inside of the foot for precision in shorter distances ○ Practicing accurate short and long passes using both feet ○ Controlling the pressure put on the ball to control the “weight” of the pass ● Shooting <ul style="list-style-type: none"> ○ Stance and Approach <ul style="list-style-type: none"> ■ Plant Foot Position: Ensure the non-kicking foot is placed beside the ball, pointing towards the target. ■ Approach Angle: Encourage a smooth

	<p>approach to the ball, avoiding stutter steps.</p> <ul style="list-style-type: none"> ○ Body Positioning <ul style="list-style-type: none"> ■ Head Down: Instruct players to keep their head down and eyes on the ball while striking. ■ Knee Over the Ball: The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful. ○ Contact Technique <ul style="list-style-type: none"> ■ Ankle Locked: Emphasize locking the ankle during the strike to create a solid, firm contact with the ball. ■ Foot Placement: Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball. ○ Follow Through <ul style="list-style-type: none"> ■ Complete Your Kick: Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Set up 4 cross field games with 2 mini nets at each end ● The fields should be about 30 yards wide and go lengthwise the width of the field (about 74 yards) ● Place cones between each cross field game 
<p>Activity description</p>	<ul style="list-style-type: none"> ● Coaches will break up the teams ● One team will wear the pinnies ● Coaches will set a timer of 10 minutes ● Score will be kept ● Teams will be rearranged after 10 minutes ● Games will be played until every team has played all the other teams (if possible)

	<ul style="list-style-type: none"> ● The three top records will receive medals- <ul style="list-style-type: none"> ○ Gold ○ Silver ○ Bronze ● There does not need to be a goalie in the mini nets ● Continue to emphasize and reinforce the basic skills
Video clips	<ul style="list-style-type: none"> ● The Basics of Dribbling ● How to pass a soccer ball for beginners ● How to shoot a soccer ball

<u>Day 3; Session 6 (2:30-3pm):</u> “Robots & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Beanbags
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked out safely ● Play “Robots” fairly and safely
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"> ● Campers spread out with bean bags on their head ● Coaches supervising the game and making sure that rules are being followed
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 “robots” ● Director will communicate once all campers have departed. <p>ROBOTS→</p> <ul style="list-style-type: none"> ● Players are scattered throughout the gym and each is given a beanbag to balance on their head (their battery pack). ● One or two campers are chosen to be the mechanics. ● On the signal, players walk around like robots. <ul style="list-style-type: none"> ○ If their bean bag falls off they must stop moving until a mechanic comes and repairs the robot (puts a bean bag back on their head). ● If you want to make it more competitive, you don’t have to have mechanics. You can also add a ‘villian’ to chase the robots.

Source	<ul style="list-style-type: none"> • http://physedgames.com/robots/#more-681
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Day 4

“Break Away Day” (Track Events; Basketball)

<p><u>Day 4; Arrival (9-9:15am):</u> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • Camp agenda, with ending time to communicate with parents if needed • Balls and nets <ul style="list-style-type: none"> ○ 3 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 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 4; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;"> <p style="text-align: center;"> PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE </p> <p style="text-align: center;"> RESPECT ■ ACCEPTANCE </p> </div> <ul style="list-style-type: none"> •
Equipment needed	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
Field/court layout	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • coaches will be dispersed amongst the rows of campers.
Activity description	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True • Coaches will use the following speech at each convocation: • Welcome: <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
- 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"> <i>1) Olympic Running Events</i> <i>2) Basketball</i>

Day 4; Session 1 (9:30-10:15am) (Distance Runs)

Equipment needed	<ul style="list-style-type: none"> ● 4 Stop watches ● Clipboards with all the campers names and columns for the following events <ul style="list-style-type: none"> ○ Distance Run
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Explain the origins of the Olympics ● Understand the values of the Olympics ● Run mid distance races ● Communicate the values of the Olympics and JSS
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Technique and Form <ul style="list-style-type: none"> ○ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed. ○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. ● Foot Strike <ul style="list-style-type: none"> ○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency ○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints. ● Breathing <ul style="list-style-type: none"> ○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake. ○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence. ○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system. ● Pacing <ul style="list-style-type: none"> ○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.
Field/court layout	<ul style="list-style-type: none"> ● Normal track with cones at the start of the races ● Races paced out with cones at the end of each applicable race
Activity description	<ul style="list-style-type: none"> ● Director will announce each team as the players assume their positions on the track. ● Each nation will have one sprinter in each race ● The races will be broken by by ages, starting with the youngest ● Coaches should record the times for their group with the associated clipboard

	<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>Coaches should record each camper's time in the appropriate column.</p> <p>As this is a distance race, there will only be one race for each camper. You may have to split up the teams if there are too many campers to have them all run at the same time, even split up between “seniors” and “juniors”.</p> <p><i>Medal Rounds (30 minutes)</i></p> <ul style="list-style-type: none"> ● Distance runs – <ul style="list-style-type: none"> ○ 9 yo and older (Seniors): <ul style="list-style-type: none"> ■ one mile (four laps on regulation track) ○ 8 yo and younger (Juniors) <ul style="list-style-type: none"> ■ half mile (two laps on regulation track) ● Give time to rest and drink water after the event. <p><i>Cooldown and stretch (10 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> ● Womens 1500 Olympics final

<u>Day 4; Session 2 (10:15-11am)</u> (Olympic Dodgeball)	
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 ● Be able to articulate the importance of alliances

	between nations
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 by nations <ul style="list-style-type: none"> ○ Emphasize that the nations have made alliances with each other and are now on the same team <p><i>Army Dodgeball (20 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 ● The winning team wins points for the countries that are on that team <p><i>Doctor Dodgeball (20 minutes)</i></p> <ul style="list-style-type: none"> ● You pick someone on your team to be the doctor (it is a secret to the other team). ● If you get out, you sit down. ● If your doctor tags you you can get back up, but you do not want the other team to know who your doctor is. ● Once the doctor gets hit, they are unable to get back up.
Video clips	<ul style="list-style-type: none"> ● How To Play Dodgeball OFFICIAL RULES

<u>Day 4; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Coaches 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 4 (11:30-12:30pm)</u> (Olympic basketball)

Equipment needed	<ul style="list-style-type: none"> ● 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"> ● Dribble in gameplay ● Pass in game situations ● Shoot while under pressure in a game ● Rebound in gameplay ● Play defense in a game
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Dribbling <ul style="list-style-type: none"> ○ Ball Control: Use fingertips, not palms. ○ Head Up: Maintain visual awareness of the court while dribbling. ○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control. ○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc. ● Shooting <ul style="list-style-type: none"> ○ Proper Form: Focus on balanced stance and hand positioning behind the ball. ○ Repetition: Encourage consistent practice from various distances. ○ Game-Like Scenarios: Create drills that simulate shooting with pressure. ● Passing <ul style="list-style-type: none"> ○ Types of Passes: <ul style="list-style-type: none"> ■ Chest, ■ Bounce, ■ Overhead passes. ○ Accuracy: Emphasize precision in passing to teammates. ○ Decision Making: Do not over handle the ball once a player is open. ● Rebounding <ul style="list-style-type: none"> ○ Positioning: Teach players to anticipate where the ball will land. ○ Boxing Out: Stress the importance of using the body to block opponents. ● Defense <ul style="list-style-type: none"> ○ Stance: Maintain a low, balanced defensive position. ○ Hand Activity: Keep hands active to disrupt passes and shots
Field/court layout	<ul style="list-style-type: none"> ● If possible, have six 3v3 games going at the same time. <ul style="list-style-type: none"> ○ Players will go behind the three point game in order to “check” the ball from Defense to

	<ul style="list-style-type: none"> Offense <ul style="list-style-type: none"> ○ Maximize the amount of game play that campers receive. ● 1 coach should ref and supervise each game while reinforcing the teaching points.
<p>Activity description</p>	<p><i>Warmup</i> (10 minutes)</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>Add in a fun <i>basketball warmup</i> that brings together skills that the players can work on. (5 minutes)</p> <ul style="list-style-type: none"> ● Simon Says with basketball movements ● Freeze tag while dribbling <p>Gameplay (45 minutes)</p> <ul style="list-style-type: none"> ● Split the nation's into groups of 3 with equal sizes, and abilities, if possible ● Give some of the nation's pinnies so that they will not play their own nation ● Reiterate the basic concepts of dribbling, passing, shooting, and defense ● Have the coaches spread out to monitor each game ● Play 10 minute games <ul style="list-style-type: none"> ○ Winning teams receive points for their nation ● 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 ● Continue to emphasize and reinforce the basic skills
<p>Video clips</p>	<ul style="list-style-type: none"> ● How to Dribble, Basics <ul style="list-style-type: none"> ○ "How To Dribble A Basketball For Beginners! Basketball Basics [SECRETS]" ● Passing Fundamentals <ul style="list-style-type: none"> ○ 1 ○ 2 ● Shooting ● Rebounding ● Defensive stance

<u>Day 4; Session 4 (12:30-1:30pm)</u> (Olympic KNOCKOUT basketball)	
Equipment needed	<ul style="list-style-type: none"> ● 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"> ● Shoot ● Play respectfully and ethically
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Shooting <ul style="list-style-type: none"> ○ Proper Form: Focus on balanced stance and hand positioning behind the ball.
Field/court layout	<ul style="list-style-type: none"> ● Multiple balls at the foul line in front of each lowered hoop
Activity description	<p>INSTRUCTION (5 minutes)</p> <ul style="list-style-type: none"> ● Director should go over the basics of shooting <p>PRACTICE (10 minutes)</p> <ul style="list-style-type: none"> ● Form shooting close to the basket (no jumping) ● Shoot from designated spots close to the hoop ● Catch and shoot drill with a partner. Switch roles after 1 minute of passing. <p>GAMEPLAY (45 minutes)</p> <p>Split the nations up so there are as few multiple players from the same nation in one line as possible.</p> <ul style="list-style-type: none"> ● Start: <ul style="list-style-type: none"> ○ The first two players in line each receive a basketball. ● Shooting Order: <ul style="list-style-type: none"> ○ The first player shoots from the designated spot. This is usually the free throw line, but you can move it closer if necessary to help the younger players reach the basket with their shots ○ The second player may only shoot after the first player has released their shot. ● Scoring: <ul style="list-style-type: none"> ○ If the first player scores before the second player, they rebound their ball and pass it to the next player in line. ○ If the second player scores first, the first player is eliminated from the game. ● Rebounding: <ul style="list-style-type: none"> ○ If a player misses their shot, they can

	<p>immediately rebound and attempt to score again from anywhere on the court until they make a basket or are eliminated.</p> <ul style="list-style-type: none"> ● Continuity: <ul style="list-style-type: none"> ○ The game continues with players cycling through until only one remains. ● Elimination Process <ul style="list-style-type: none"> ○ Players are eliminated when they fail to score before the shooter behind them does. ○ Eliminated players stand off to the side until the game concludes. <ul style="list-style-type: none"> ● Record the winning nation for each round. ● Complete the process above as many times as possible before the end of the session. ● The top three nations will win medals that can be awarded tomorrow.
Video clips	<ul style="list-style-type: none"> ● How to play knockout

<u>Day 4; Session 5 (1:30-2:30pm)</u> (Nation research and poster creation)	
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 their nation ● Design a poster that has the most important “fun facts” about their nation ● Color this poster in ● Display this poster at the end of the session and explain it to the other nations
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, let them help learn and teach to others by answering your questions about these concepts.

	<ul style="list-style-type: none"> ■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ● Be nice ● Don't be mean ● Never bully another person ● Be kind ● Treat others the way you would like to be treated ■ Who should we all be respectful of <ul style="list-style-type: none"> ● Other campers - your peers ● The staff - we are here to help you learn and take care of you ● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it. ● Treat others the way you would like to be treated ● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others. ○ What does acceptance mean to you <ul style="list-style-type: none"> ■ Be respectful of ALL PEOPLE, even those who are different than you ■ Use examples of being respectful of others who look different or have different skill level than you have.
Field/court layout	<ul style="list-style-type: none"> ● Campers will be broken up by nation ● Each nation will have access to a wifi enabled device that they can use ● Each nation 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 nations ● Although they will have one official "role", campers should also take turns getting to do the other roles, such as coloring in <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>RESEARCH</i> (10-15 minutes)</p> <ul style="list-style-type: none"> ● Campers should use academically credible sources to find

	<p>information out about their nation (.gov, .edu, .org and sources that are considered reputable like britannica and national geographic).</p> <ul style="list-style-type: none"> • 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>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 nations • 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
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<u>Day 4; Session 6 (2:30-3pm):</u> “Pin knock over & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • 20 pins • 10 dodgeballs • Tape
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> • Be checked out safely • Play pin knock over according to the rules and with good spirit
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"> • Gym will be separated in half by cones

	<ul style="list-style-type: none"> • 10 pins will be arranged in the end of each half • Tape a line in front of the pins so that players cannot “guard” their pins
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 pin knock over. • Director will communicate once all campers have departed. <p><i>Pin Knock Over</i></p> <ul style="list-style-type: none"> • Two teams match-up on each side of the gym • Be the first team to knock over all of the opposing teams pins • Create a line/space in front of pins so players can’t “puppy guard” the pins • Use dodgeballs to try to knock over the other teams pins • Players need to stay on their side, behind the cones in the middle of the gym



Day 5

"Jump Start Sports T Shirt Day" & "Closing Ceremonies"
(Team Relays; Olympic Kickball; Closing Ceremonies)

<p><u>Day 5; Arrival (9-9:15am)</u>: Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • Camp agenda, with ending time to communicate with parents if needed • Balls and nets <ul style="list-style-type: none"> ○ 3 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops

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

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

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

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

	<p><i>Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) Relay Races 2) Olympic Kickball 3) & Closing Ceremonies!
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<u>Day 5; Session 1 (9:30-10:30am)</u> (Olympic relays)	
Equipment needed	<ul style="list-style-type: none"> ● Cones ● Batons (or campers can just tag each other)
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Wait until it is their turn to run ● Play fairly and safely ● Run in a fun but competitive manner
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Values of JSS and the Olympics ● Proper running technique <ul style="list-style-type: none"> ○ Technique and Form <ul style="list-style-type: none"> ■ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed. ■ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ■ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. ○ Foot Strike <ul style="list-style-type: none"> ■ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency ■ Foot Placement: Emphasize midfoot or

	forefoot striking to reduce impact forces on joints.
Field/court layout	<ul style="list-style-type: none"> ● Cones should be placed 20 yards away from each other for the shorter back and forth relay race
Activity description	<ul style="list-style-type: none"> ● Director will announce each team as the players assume their positions on the track. ● Each nation will have one sprinter in each race ● The races will be broken by by ages, starting with the youngest ● Coaches should record the times for their group with the associated clipboard ● Have coaches spread out to ensure that campers are not leaving before they receive the baton (or are tagged by their fellow camper) <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>Coaches should record each camper's time in the appropriate column.</p> <p><i>Initial Relays (20 minutes)</i></p> <ul style="list-style-type: none"> ● Short relay Sprints – 100 meters (¼ of a lap) <ul style="list-style-type: none"> ○ 4 sprinters will be placed around the track so they can tag the next person in line ○ Run until a nation completes one full lap first ○ Age groups <ul style="list-style-type: none"> ■ 9 yo and older (Seniors): ■ 8 yo and younger (Juniors) ● Give time to rest and drink water after each relay. <p><i>Medal Round (20 minutes)</i></p> <ul style="list-style-type: none"> ● Depending on the number of campers, the winner of each race can advance to the “final” if there are enough campers in similar ages. <ul style="list-style-type: none"> ○ If not, then you can run the race again with the winners from the previous race in the first row and then fanning out.

	<ul style="list-style-type: none"> ● Short relay Sprints – 100 meters (¼ of a lap) <ul style="list-style-type: none"> ○ 4 sprinters will be placed around the track so they can tag the next person in line ○ Run until a nation completes one full lap first ○ Age groups <ul style="list-style-type: none"> ■ 9 yo and older (Seniors): ■ 8 yo and younger (Juniors) ● Give time to rest and drink water throughout the event.
Video clips	<ul style="list-style-type: none"> ● Men's 4x100m Final Paris Champions

<u>Day 5: Session 2 (10:30-11:15am)</u> (Funny relays)	
Equipment needed	<ul style="list-style-type: none"> ● Balloons ● Spoon and eggs (hard boiled or plastic?) ● Cones ● Scarf or light rope ● Hula Hoops
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Wait until it is their turn to run ● Play fairly and safely ● Run in a fun but competitive manner
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Values of JSS and the Olympics ● Proper running technique <ul style="list-style-type: none"> ○ Technique and Form <ul style="list-style-type: none"> ■ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed. ■ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ■ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. ○ Foot Strike <ul style="list-style-type: none"> ■ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency ■ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints.

Field/court layout	<ul style="list-style-type: none"> ● Create as many lines as there are nations ● Place cones 20 yards apart from each other ● Competitors each have to go there and back, or to the other half of their team that is at the other cone
Activity description	<p><i>FUNNY RELAYS</i> (35 minutes)</p> <ul style="list-style-type: none"> ● Balloon Relay (10 minutes) <ul style="list-style-type: none"> ○ Setup: Each child places a balloon between their knees. ○ Objective: Waddle to the next teammate without dropping the balloon. If it drops, they must return to the start. ○ Winning Team: First team to finish wins. ● Three-Legged Race (10 minutes) <ul style="list-style-type: none"> ○ Setup: Pair up children and tie adjacent legs together using scarves or bands. ○ Objective: Teams race to a designated point and back while coordinating their movements. ○ Winning Team: First team to have all pairs complete the race wins. ● Egg-and-Spoon Race (10 minutes) <ul style="list-style-type: none"> ○ Setup: Each child gets a spoon and an egg (hard boiled or plastic?). ○ Objective: Balance the egg on the spoon while running to the turnaround point and back. If they drop it, they must restart from the beginning. ○ Winning Team: First team to finish wins. ● Hula-Hoop Pass (5 minutes) <ul style="list-style-type: none"> ○ Setup: Teams form a circle holding hands with a hula hoop placed on one person's arm. ○ Objective: Pass the hula hoop around the circle without breaking hand-holds. ○ Winning Team: The team that completes the circuit first wins. <p><i>Cooldown and stretch</i> (10 minutes)</p>

<u>Day 2; Lunch (11:15-11:45am)</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

Day 5; Session 4 (11:45-12:45pm) (Olympic Kickball)

Equipment needed	<ul style="list-style-type: none">● Kickball● 4 square bases and one home base if no field is easily accessible
Learning goals/objectives	<i>Campers will be able to...</i> <ul style="list-style-type: none">● Pitch● Run● Kick● Know the rules● Play honestly and honorably
Areas of focus	<i>Coaches will emphasize...</i> <ul style="list-style-type: none">● Fair play● The rules
Field/court layout	<ul style="list-style-type: none">● Kickball field (laid out like a baseball diamond)
Activity description	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none">● 8 minute warmup with light jog and then dynamic warmup<ul style="list-style-type: none">○ High knees○ Butt kicks○ Side shuffle○ Lunges○ Frankenstein kick○ Open the gate (Lift leg up and bring to the side of the body before placing down)○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Kickball</i> (50 minutes)</p> <ul style="list-style-type: none">● Director will describe alliances between nations. Basically countries becoming friends who have each other's back● The Director will break the group up into 2 different teams where the nations on the same team now have alliances● Tell the campers the rules of the game● Play for 50 minutes, or 9 innings, whichever comes first.● Winning team receives points for their nations.● 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. The kicker must run to first base after kicking the ball.● Scoring<ul style="list-style-type: none">○ A run is scored when a base runner touches all four

	<p>bases in order without being called out.</p> <ul style="list-style-type: none"> ● 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. ● 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 (12:45-1:45pm)</u> (Olympic Warball)	
Equipment needed	<ul style="list-style-type: none"> ● 24 bowling pins, or cones ● 10-15 dodgeballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Roll the dodgeball ● Knock over pins or cones or dodgeball on the cone, etc ● Understand the rules ● Play fairly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Playing fairly ● Rolling the ball rather than throwing it ● Not “guarding” the cones
Field/court layout	<ul style="list-style-type: none"> ● Divide gym into quadrants - <ul style="list-style-type: none"> ○ Each team gets their own quadrant. ● Within each quadrant, about 4-6 cones or bowling pins are set up and spread out.
Activity description	<p><i>Warball (50 minutes)</i></p> <ul style="list-style-type: none"> ● Director will either make alliances between nations, or make sure that each nation gets to play the same amount of times as other nations ● Select the rotation of the four nations that will start and then who will come in and who will come out to rest, etc. ● Tell the campers the rules of the game <ul style="list-style-type: none"> ○ On the whistle, each team tries to use dodgeballs to knock the other team's pins down. ○ Once a pin is down, it stays down. ○ Once a team's pins are all down, they are not the winners but they can still help knock over other pins. ○ The last team with pins up wins. If you are running low

	<p>on time, the team with the most pins at the end wins.</p> <p><i>Cooldown and stretch (10 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> • Warball rules

<u>Day 5; Session 6 (1:45-2pm)</u> (Camp picture with flags and posters)	
Equipment needed	<ul style="list-style-type: none"> • Camera • Flags • Posters • Campers in their JSS shirts
Activity description	<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

<u>Day 5; Session 7 (2-3pm):</u> “Closing Ceremonies & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> • Clipboards <ul style="list-style-type: none"> ○ With winning nations ○ With names for each nation • Camp Rosters • Plastic Medals <ul style="list-style-type: none"> ○ 90 gold ○ 90 silver ○ 90 bronze • Microphone for director • Table
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> • Be checked out safely • <i>Receive at LEAST one type of each medal</i>
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"> • Place for the parents to stand sit • Microphone plugged in for director • Table with medals laid out

	<ul style="list-style-type: none"> ● Flags will be hung up or with each team for them to wave ● Posters will be taped along the table where the medals are
<p>Activity description</p>	<p><i>CLOSING CEREMONIES (45 minutes)</i></p> <ul style="list-style-type: none"> ● Director will congratulate all the campers for their excellent efforts ● Announce each nation, and then each camper who represented that nation <ul style="list-style-type: none"> ○ Campers should wave their flag ○ Point out that the campers made these flags ● Point out the posters, and ONE fun fact from each nation ● Events will then be announced <ul style="list-style-type: none"> ○ Winning teams will be announced and campers can come up to receive their medals ● Remember that there are medals for kickball, handball, 3v3 basketball, handball, warball etc. <p><i>PICTURE</i></p> <ul style="list-style-type: none"> ● Take a picture of the campers in their medals as nations ● Take full camp picture of campers in their medals and with their nation's flag <p><i>CHECK OUT</i></p> <ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Director will communicate once all campers have departed.