



Summer Camp Structure

- **Small groups:** Each camper will be assigned a small group of not more than 8 children and they will stay with that small group throughout their time at camp.
- **Each small group will get one coach that will stay with that group the entire camp.**
- **Groups will not mix during camp.**
- **Camper will remain 6 feet apart and will not share equipment.**

1. Camp will be divided up into two sessions:

- a. Morning**
- b. Afternoon**

2. Each session will include:

- a. Exercise:**
 - i. Speed, Agility, Strength, Flexibility, Endurance**
- b. Games/Activities:** All designed to keep kids active but spaced accordingly
 - i. Scooters**
 - ii. Bikes**
 - iii. Playing catch**
 - iv. Basketball shooting**
 - v. Soccer passing**
 - vi. Etc.**
- c. Social time:** - Interaction with other campers on your group but staying 6 feet apart.