

Skyhawks Sports and Games

This program is designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games including capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and more. Kids will play 2-4 different games/sports each day.

Skyhawks Mini Hawk Sports Program

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development.

Skyhawks Track and Field Program

The fundamentals of body positioning, stride, proper stretching and cool down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary by area). Participants also learn positive life skills such as teamwork and sportsmanship.

Skyhawks Multi-Sports Camps

This multi-Sport program is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork.

Skyhawks Flag Football Camp

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Skyhawks Volleyball Camp

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player and includes a focus on critical life skills such as leadership and teamwork.

Program	Age	Meets	Time	Date	Location	Fee
Sports & Games Session 1	7-12	M-F	9:00 a.m.-3:00 p.m.	June 10-14	SMS Main Gym	\$210
Sports & Games Session 2		M-W		July 1-3	Gideon Gym	\$170
Sports & Games Session 3		M-F		July 29-August 2	Gideon Gym	\$210
Mini Hawk Session 1	4-6	M-F	9:00 a.m.-12:00 p.m.	June 10-14	SMS Aux. Gym	\$160
Mini Hawk Session 2				July 22-26	Gideon Gym	\$160
Track and Field Camp	7-12	M,T,Th,F	9:00 a.m.-1:00 p.m.	June 17-21 (No 6/19)	SMS Track	\$160
Multi-Sport Session 1 (Full)	7-12	M-F	9:00 a.m.-3:00 p.m.	June 24-28	Gideon Gym	\$210
Multi-Sport Session 2 (Half)	7-10	M-F	12:30-3:30 p.m.	July 8-12	Gideon Gym	\$160
Multi-Sport Session 3 (Half)	9-13	M-F	12:30-3:30 p.m.	July 15-19	Gideon Gym	\$160
Multi-Sport Session 4 (Full)	7-12	M-F	9:00 a.m.-3:00 p.m.	July 22-26	SMS Main Gym	\$210
Flag Football Session 1	7-10	M-F	9:00 a.m.-12:00 p.m.	July 8-12	Gideon Gym	\$160
Flag Football Session 2	10-13			July 15-19	Gideon Gym	\$160
Volleyball Camp	10-15	M-F	9:00 a.m.-1:00 p.m.	July 29-Aug. 2	SMS Aux. Gym	\$180