

## Skyhawks Sports and Games

Patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete an understanding and overview of different popular sports and games including capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and more. Play 2-4 different games/sports each day.

## Skyhawks Mini Hawk Sports Program

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 at their own pace.

## 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

Multi-Sport programs are 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

All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. Designed for the beginner 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	Grade 2-5	M-Th	9:00 a.m.-3:00 p.m.	June 29-July 2	Buttonball	\$200
		M-F	9:00 a.m.-3:00 p.m.	July 27-31	Buttonball	\$225
Mini Hawk	Grade K-2	M-F	9:00 a.m.-12:00 p.m.	June 22-26	RCC Fairgrounds	\$175
		M-F	9:00 a.m.-12:00 p.m.	July 20-24	Buttonball	\$175
Track and Field	Grade 3-6	M-F	9:00 a.m.-1:00 p.m.	July 20-24	Smith Middle School	\$190
Multi Sports	Grade 3-5	M-F	9:00 a.m.-3:00 p.m.	July 6-10	Naubuc	\$225
	Grade 2-4	M-F	9:00 a.m.-3:00 p.m.	July 13-17	Buttonball	\$225
Flag Football	Grade 1-3	M-F	9:00 a.m.-1:00 p.m.	July 6-10	Buttonball	\$190
	Grade 4-6	M-F	9:00 a.m.-1:00 p.m.	July 13-17	Naubuc	\$190
Volleyball	Grade 6-9	M-F	9:00 a.m.-1:00 p.m.	July 27-31	Smith Middle School	\$190

