

2023 EMERALD BAY SUMMER SPORTS CAMP

JUNE 12 - AUGUST 18

**Hosted By Down Under Sports with
Coaches Tom Smith and Sean O'Connor**

Location: Drop off and Pickup at Swanson Park

Morning Session: 9:00 am - 12:00 pm \$250 per week

Afternoon Session: 1:00 - 4:00 pm \$250 per week

Full Day: 9:00 am - 4:00 pm \$450 per week

Lunch Supervision: 12:00 - 1:00 pm \$15 per week

Example of Daily Camp Structure:

9:00 am - 9:15 am: Check In & Free play

9:15 am - 10:30 am: Soccer

- Daily topic drills/games with progressions. Two games minimum. Daily kids challenge (shootout/free kicks)

10:30 am - 10:45 am: Snack

10:45 am - 12:00 pm: Beach Volleyball, Basketball or Field Hockey

- Daily topic drills/games with progressions.

12:00 pm: Half day departures.

12:00 pm - 1:00 pm: LUNCH with fun activities added at 12:30 pm

1:00 pm - 2:30 pm: Tennis-Technical drills/games with ability to measure progress over a week

2:30 pm - 2:45 pm: Snack

2:45 pm - 4:00 pm: Group games - Kickball, Frisbee Golf, Bocce Ball, Capture the Flag, Whisperball

4:00 pm: Full day departures.

MORNING CAMP

9 AM - 12 PM

AFTERNOON CAMP

1 PM - 4 PM

AGES: 5 - 13

CAMPERS WILL BE SEPARATED
INTO GROUPS ACCORDING TO AGE

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