



**Proposed by :** Beau Evans, EP, Acting Athletics Director

**Department:** U-10, U-12, U-14, JV/BVarsity      **Date:** July

**DETAILS**

**Project/Activity Description:** Basketball/Soccer Summer Camp, Where student athletes will be immersed in the sports of basketball and soccer. Students will learn the foundation of skills needed to compete at a higher level in CMAC competition.

**Date of Implementation:** July 5-30 2021, 2 Sessions

- Weeks 1&2 Basketball for G9-12/Soccer for G6-8
- Weeks 3&4 Soccer for G9-12/Basketball for G6-8

**OBJECTIVE**

**This activity/project aims to:**

- Providing student athletes the opportunity to have fun while learning the fundamental techniques necessary to play the game of basketball and soccer. The program is focused at individual skill development with a technical curriculum that is specific to age and ability.

**Camper Packing List**

- Extra Basketball/Soccer socks
- Dry clothes for afternoon training session #2
- Swim suit
- Sunscreen
- Hat
- Pool Towel
- Water Bottle
- Dry Pack for wet clothes
- Cleats & Trainers (Running Shoes)



## PROCEDURES

### Monday- July (Week 1)

9:00- 9:30: Check-In  
9:35- 10:35: Greeting and Welcome ceremony for all campers, counselors, and coaches  
10:40- 11:00: Team Meetings (Team 1, Team2, Team 3, Team 4, Team 5)  
11:05- 12:05: Training Session 1  
12:10- 1:30: Shower, Lunch, Pool, Free Time  
1:40-2:40: Training Session 2  
2:45-3:00: Whole Camp Meeting, Closing points remarks for the day.

### Tuesday- July (Week 1)

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:35: Physical Activity 1: HIIT  
10:40- 11:40: Training Session One  
11:45- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.

### Wednesday- July (Week1)

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:35: Physical Activity 1: Speed & Agility  
10:40- 11:40: Training Session One  
11:45- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.

### Thursday- July (Week 1):

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:35: Physical Activity 1: Flexibility  
10:40- 11:40: Training Session One  
11:45- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.

### Friday- July (Week 1):

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:30: Physical Activity 1: Mental Health  
10:35- 11:35: Training Session One



11:40- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.

Monday- July (Week 2)

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:35: Physical Activity 1: Tabata/Strength  
10:40- 11:40: Training Session One  
11:45- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.

Tuesday- July (Week 2)

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:35: Physical Activity 1: HIIT  
10:40- 11:40: Training Session One  
11:45- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.

Wednesday- July (Week 2)

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:35: Physical Activity 1: Speed & Agility  
10:40- 11:40: Training Session One  
11:45- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.

Thursday- July (Week 2):

9:00- 9:10: Whole group, Check-in and roll call, opening remarks  
9:20- 10:00: Classroom Session 1, snacks for energy for the first session, tactics and technique, drills for "Session One"  
Individual teams meeting  
10:05- 10:35: Physical Activity 1: Flexibility  
10:40- 11:40: Training Session One  
11:45- 1:10: Lunch, Freetime, Pool, Rest time, Individual Team Meetings  
1:15- 2:45: Training Session 2  
2:50- 3:00: Whole Camp Meeting, Closing points remarks for the day.



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**Friday- July (Week 2): Championship Friday**

9:00- 9:10: Whole group, Check-in and roll call, Closing ceremony breakfast

9:15- 10:20: Fun Team Builder Games

10:30- 11:35: Round 1, Round Robin Format Tournament Play

11:40-1:20 Lunch, Rest time, Individual Team Meetings

1:30- 2:45: Round 2,

3:00- 6:30: Closing Ceremony BBQ, Awards Ceremony, Closing Remarks