



SPORTS PROGRAM GRADES 1-9

Session 1:	June 28–July 16 <i>No Camp on Monday, July 5</i>	noon–5:00	\$835
Session 2:	July 19–August 7	noon–5:00	\$900

The Elementary and Middle School Sports Program utilizes the beautiful Concordia College athletic fields, gyms, and facilities. The program focuses on teamwork, sportsmanship, technique, and strategy and encourages an appreciation for all sports with friendly competition. Sports include baseball, soccer, softball, basketball, tennis, lacrosse, volleyball, dodgeball, kickball, badminton, bowling, pickleball, team handball, floor hockey, golf, water-play, and other age-appropriate sports activities, all played in a safe, friendly, and fun-filled environment. Sport-specific coaches are provided for baseball, tennis, basketball, and soccer. All other activities are facilitated by group counselors. Campers participate in four sports activities per day and the schedule of activities changes each day.

The Sports Program for younger campers will continue to emphasize learning the skills and fundamentals of a variety of team and individual sports. For older campers, the program enables the children to improve their skill levels, develop a deeper understanding of strategies in competition, and experience advanced development of each sport.

The Martial Arts Program is taught by professional instructors from the Westchester Martial Arts Academy of Eastchester. Sports campers from first grade and up will be introduced to the basics of Martial Arts as incorporated by Muay Thai Kickboxing and Brazilian Jiu-Jitsu! Muay Thai Kickboxing teaches children effective partner training and teamwork, coordination, self-confidence, and self-discipline. Brazilian Jiu-Jitsu teaches children how to double their physical power with the proper application of leverage and how to escape the most difficult holds.

Optional Swim Program (additional \$80 per session). The swim program provides the opportunity for swimming under the supervision of our certified lifeguards, Assistant Director and counselors at the beautiful Sprain Ridge Pool in Hastings-on-Hudson. The Swim Program involves recreational, not instructional swim in water chest-high or lower. For the safety of all campers, all swimmers are considered non-swimmers, regardless of their swimming proficiency. On their designated swim days, campers are expected to wear their bathing suits to camp and bring their own towel. Campers will be at the pool for half the afternoon and will participate in sports activities during the other part of the day. If it is raining on a scheduled swim day, the campers are taken bowling.

Campers who sign up for this program are taken off-site at least four times in each session for a portion of the afternoon. If campers choose not to participate in swimming, they will remain on the Concordia campus for sporting activities.

Staff: All activities are facilitated and supervised by qualified/trained counselors (age 18–25). Counselors-in-Training (CITs age 15–17) assist each counselor with the group.

Bowling: All campers will go bowling at least once during each session at Homefield Bowl, in Yonkers.

Harris Transport provides yellow school bus transportation with certified drivers for the swim and bowling elements of the Sports Program. Counselors accompany campers on the bus to and from swimming and bowling.

Lunch is provided in the College Commons (cafeteria), where the campers eat with their counselors. Meals include pizza, hamburgers, chicken nuggets, pasta, tacos, hot dogs, cream cheese and jelly or American cheese sandwiches (peanut butter is no longer served). In addition, a fresh salad bar is always available along with beverages and fruit. A mid-afternoon snack is provided, including juice, cookies, Sun Chips, goldfish, pretzels, ice pops, etc.

Sports Director: David Doring (914) 395-4847

David.Doring@concordia-ny.edu