



YOUR SPORT LEADER:
➤ Kevin

GET SKILLS 8-10
MARCH 22-26 | 9AM-4PM
AGES 8-10



SCHEDULE OF ACTIVITIES

MONDAY: Introductions and Oval rules! Campers will start the week with rugby skills and relays followed by basketball skills. After lunch, campers will play table tennis and running obstacle course.

TUESDAY: Today, campers will play volleyball and flag football relays followed by soccer before visiting the bouldering wall!

WEDNESDAY: To start the day, campers will play table tennis and pickleball. After lunch, campers will do an obstacle course before playing basketball shooting games.

THURSDAY: Today, campers will work on their running and balance skills followed by volleyball skills. After lunch, they will play pickleball and hula hoop games.

FRIDAY: To finish the week they will go over rugby drills and hula hoop games. After lunch they will use their soccer skills from earlier in the week followed by camper's choice activities!

ITEMS TO BRING TO CAMP:

- Snacks, water bottle to last the day and a lunch
- Athletic attire and running shoes
- Extra masks!

A mask must be worn when entering, exiting and moving around the building. While taking part in physical activities, masks are optional and if desired, sport camp leaders will direct participants to remove mask when appropriate.



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OLYMPIC OVAL**

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