



FLAG FOOTBALL FUNDAMENTALS & FLAG FOOTBALL SKILL DEVELOPMENT

AUG 11-15
AGES 6-9 YRS & 9-12 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Flag Football	Field Sport: Flag Football	Field Sport: Flag Football	Field Sport: Flag Football	Field Sport: Flag Football
SNACK	SNACK	SNACK	SNACK	SNACK
Court Sport: Floorball	Outdoor Court: 3X3 Basketball	Richmond Olympic eXperience	Court Sport: Kinball	Racquet Sport: Weekly Activity
SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT

ITEMS TO BRING TO CAMP:

Snacks & water bottle

Hat & sunscreen

Athletic attire & running shoes

Lunch (for all day campers)



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