

Tony's 4-Day Sports Camp



ABOUT THE CAMP

- 4 Day Sports Camp, 9AM-12PM
- Looking for campers Grades 5-7 that enjoy sports and are willing to work hard and have fun!
- I will be taking a maximum of 9 campers per session
- Price: \$100 per camper
- Bottled water / sports drink with cups will be provided
- 4 day camp structure detailed below
- **Enroll in Camp via text or email: (912) 306- 6938**
or email – am10017@auburn.edu

Camp Sessions & Format

June 1-June 4 (Tuesday-Friday)
June 7-June 10 (Monday- Thursday)
June 21- June 24 (Monday-Thursday)



Day 1- Flag Football *bring cleats

- As always, we will begin with a dynamic stretching to warm up.
- Warmup will be followed by several drills focusing on footwork, speed, and quickness.
- The main event of the day will be a flag football game. This will take place after drill work.
- Following the game, we will finish with a cool down dynamic stretch to make sure we are taking care of the body.
- As we will finish every day, we will wrap us with a discussion circle that I call "Talk Time with Tony."
 - We will talk about how the day went and what your children learned. I will also discuss the importance of character, sportsmanship, work ethic, and most importantly making sure to have fun. Each day we will cover different areas – I will try to tie them into things that happened on the field that day and relate them to school life.



Day 2-Basketball- Bring outdoor basketball shoes or tennis shoes

- Dynamic warm-up

- Ball handling and finishing at the rim drills
- 3 vs. 3 basketball tournament
- Cool down dynamic stretch
- Talk Time with Tony



Day 3- Capture the flag and water balloon dodge ball- bring tennis shoes

- Dynamic stretch warm-up
- I will explain the rules of capture the flag and will then play
- Next we will loosen up our shoulders and arms to prepare for water balloon dodgeball.
- After we finish, we will clean up the after ourselves and pick up the balloons off the field.
- We will have a cool down dynamic stretch.
- Talk Time with Tony



Day 4- Pool party- bring a towel, sunscreen, and maybe some sunglasses if you have them!

- Today is the last day of camp and it is focused on having fun.
- We will swim in the pool and play on the pool basketball goal. We will also have cornhole boards to play on.
- I will have popsicles for them as an end of camp treat.
- We will end with our Talk Time with Tony to wrap up the camp!

Camp Rules

- Come with a positive attitude.
- Work hard.
- Be respectful to Tony & all your fellow campers.
- Do not cheat.
- Have fun!

Contact Information

Phone number (912) 306- 6938

Email – ami0017@auburn.edu