



ATTACK SPORTS

Summer Multi-Sport Camp

Sample Itinerary

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	Pre-Camp Care				
8:45 – 9:00	Athletes Arrival				
9:00 – 9:15	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch	Morning Stretch
9:15 – 10:00	Basketball	Soccer	Basketball	Soccer	Basketball Tourney
10:00 – 10:45	Multi-directional Training	Agility and Speed Training	Multi-directional Training	Agility and Speed Training	Multi-directional Training
10:45 – 11:00	Healthy Snack				
11:00 – 11:45	Small Area Games	Small Area Games	Small Area Games	Small Area Games	Soccer Tourney
11:45 – 12:15	Lunch				
12:15 – 12:45	Yoga	Yoga	Yoga	Yoga	Yoga
12:45 – 1:45	Floorball	Flag Football	Floorball	Flag Football	Floorball Tourney
1:45 – 2:00	Healthy Snack				
2:00 – 3:00	Ultimate Frisbee	Baseball	Ultimate Frisbee	Baseball	Ultimate Frisbee Tourney
3:00 – 3:30	Small Area Games	Small Area Games	Small Area Games	Small Area Games	Kids Choice Small Area Game
3:30-4:30	Post-Camp Care				

All sessions and scheduled times are subject to change without notice.