

# *All Sports & Dryland Training Camp*

- Camp Details: July 22-26 | Ages 8-16 | 9:00am-4:00pm
- Check in begins at 8:30am and all campers must be picked up by 4:30pm from the Sports/Pool complex or Lake Laura
- Bryce Resort Members - \$225 / Non-Members - \$255

## **Camp Description**

Boys and girls will see instruction and game play in basic sports like baseball, basketball, kickball, flag football, soccer, and swimming daily. We will also introduce other dryland training activities and general skills-based games that are designed to promote dynamic and functional movements, develop teamwork and leadership skills, and increase critical thinking. This camp is designed to make young athletes stronger, faster, healthier and more confident in their personal abilities while having fun! Camp activities may include participating in hiking, mountain bike riding, yoga, rock climbing, paddle boarding, kayaking, and swimming. Instruction in skills development and performance strategy will be emphasized.

Highlights of our All Sports & Dryland Training program include:

- Appropriate grouping with players of similar skill levels and team-oriented objectives
- Small group instruction with emphasis on personal athletic development, game strategy sessions and individual practice drills
- Daily conditioning and warm-ups that introduce players to proper stretches and exercises that will improve stamina and protect against injuries
- An end-of-the-week team tournament to promote competition, sportsmanship and comradery
- End of camp evaluations and recommendations for a student's continued improvement

## **Items to Bring to Camp**

- Students must wear sport specific footwear (sneakers, hiking boots, etc.)
- Lunch in a cooler and Snacks: one before lunch, one for after lunch (**NO PEANUT BUTTER or NUTS**)
- Water bottle(s)
- Swimsuit & Towel
- Label all items and Do NOT bring electronics, cash or any other objects that could be lost or go missing. It is not the responsibility of the camp or Bryce Resort if this happens.

## **Lunch/Snacks**

Children must bring lunch and snacks to camp—*please no nuts of any kind.* We will not give out any food/drinks due to allergic conditions some children have.