



Where Kids Can Be Kids

2023 Instructional Sports

This is one of two available fitness tracks. ALL campers participate in weekly themes that incorporate special events, hands on science activities (STREAM), a young naturalist program, hydroponics, gardening, life skills, character development & spiritual enrichment, and good old-fashioned summer fun rolled into one! This one of a kind camp is in Medina, Ohio and is available to campers 9-13 years old.

Find more info and register online at www.countrylifekidscamp.com

Please check out our guest coaches <https://www.countrylifekidscamp.com/guest-coaches>

Week/Dates	Weekly Theme	Special Event	Instructional Sports (Coaches)
Week 1 June 5-9	Barefoot in the Garden Dig into biodynamic gardening that encompasses the principals of organic gardening while exploring the basic cycles of nature bringing plants, animals, and soil together in harmony. Splash into soilless hydroponic gardening and plant both vertically and horizontally in our lab. Get messy with mud between our fingers and toes discovering who or what uses dirt as their home. Learn about how planting a "life garden" can harvest a lifetime of respect and love.	Butterfly Garden Restoration The "butterfly effect" is a scientific principal that helps us learn that everything we do matters. We will be restoring our CLKC camp butterfly garden! Enjoy planning, mapping and planting a new and improved butterfly garden that will attract many gorgeous winged species.	Pickleball (Net Games) This week's activities will focus on net games to assist in developing individual and team net games. Beginning with the progression of court-awareness and court-positioning to footwork, body-positioning and proper mechanics. Your child will develop and improve their gameplay from pickleball, 4-square at the playground, badminton, and beyond.
	Hook, Line, and Sinker Take a dive in our world's blue waters and discover some of the most interesting life in the aquatic biomes, fish! Use nets to catch minnows, tadpoles, snails, dragonfly nymphs, water striders and more. Work with microscopes and keys to observe the interactions among organisms and assess the pond's health. Did you know we stock our camp ponds with over 100 tilapia each year to help minimize algae organically?	Fishing Derby Get hooked with our annual fishing derby. During this program campers will learn rigging, knot tying, fish handling, fish identification, fish habitat and casting! They will take to the shores and try their hand at fishing for multiple species of both big and small fish in our yearly stocked ponds.	Basketball This week's emphasis will be on developing the skills and the mind-set to be a contributor on the court. Fun and exciting drills and skill-work will establish solid skill acquisition to propel your child's individual game along with challenging lead-up activities that will make them great team players on offense and defense.
Week 3 June 19-23	Spread Your Wings It is time to preserve, protect and restore CLKC's wild school site! We will teach the campers about natural habitat conservation and how they can help preserve environmentally important habitats even in their own backyard. Conservation is an act of stewardship and is a rewarding experience. With the campers as our team, we will be targeting preservation of our blue bird, duck, and bat habitats. After learning about each winged species, we will set out to help them flourish once again through many hands-on projects.	Raptors Up Close Medina Raptor Center will be visiting our camp providing a variety of ways for the campers to see many of the unique and beautiful bird species up close and learn about them through an amazing educational program.	Soccer This week, the total player will be developed with high level coaching and fun, challenging small-sided games to promote foot-skills and tactical development to accelerate each camper to the next level.

Week 4
June
26-30

Molecular Madness

Explore the magical worlds of bubbling beakers, crazy chemistry, and all kinds of radical reactions as you whip up all sorts of molecular madness in this exciting chemistry-themed week! Learn about the many chemical solutions of science and find out how different chemicals react when mixed!

Escape Challenge

What will be your method to finding the key to help you escape from this room of molecular madness in this interactive escape room challenge!

Dynamic Athlete

Participating in a wide variety of sports and various disciplines of athletics allows children to gain different kinds of skills that they can apply from one sport to the next, including hand-eye coordination, balance, endurance, explosion, communication and athletic agility. This week will allow each camper to experience a wide variety of sports skills such as cross country, dodgeball, basketball, kickball, whiffle ball and more. This dynamic opportunity will provide multiple experiences that will motivate them for future athletic achievement.

Week 5
July
10-14

Olympic Decathlon

Become an Olympian and represent a country from around the world. Learn what it takes to jump higher, run faster, and be stronger! Experience the life, history and culture of the countries while enjoying sport festivities, team challenges and an Olympic decathlon. End the week with a closing Olympic ceremony crowning camper and team accomplishments!

Week 6
July
17-21

Earth's Heroes

Learn how to help make a difference in preserving our Earth's resources and protecting our wildlife. Discover wild and incredible ways our eco-friendly wildlife are our planet's most amazing recyclers. Master the art of renewing or reusing old or recycled products to make creative working masterpieces. Be one of Earth's mightiest heroes!

Upcycle Creations

Tackle an abstract project taking recycled products and creating upcycled inspirational pictures and garden planters. Great creative fun and valuable life lessons in store!

Fielding Games

This week's emphasis will be on the technical and tactical components of fielding-games from kickball to baseball/softball. A focus on hand-eye coordination with throwing, catching, fielding, and hitting will be the focus of skill development along with developing the mental components to be a heads-up player in the batter's box, on the bases, and in the field.

Week 7
July
24-28

Jedi Trials

Launch yourself into light years of rocketry. Learn about the space race and our new ambitions that will take us back to the Moon and beyond. Blast into the past and learn about the oldest natural science known as astronomy.

Rockets and the Force

CLKC will become a mission control center for a day connecting space sciences to space engineering while designing fueled model rockets to launch high above CLKC. Now, once in the realms of space, time travel to the age of Yoda and Darth Vader and engage in an epic battle of capture the flag. A new level of fun awaits as lightsaber noodles, nerf guns and dodge balls are incorporated into the rules of engagement. Will the force remain balanced? Try we must!

Basketball

This week's emphasis will be on developing the skills and the mind-set to be a contributor on the court. Fun and exciting drills and skill-work will establish solid skill acquisition to propel your child's individual game along with challenging lead-up activities that will make them great team players on offense and defense.

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Our Mission is to prepare our youth for the future by instilling in them character... values... leadership... and a moral compass by which to lead their lives.

**TUITION
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AVAILABLE**

**See our website for details
about our early registration
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Week 8
July 31 -
Aug 4

Indiana Jones Crusade

Step into the shoes of a geoscientist as the studies of Earth, energy and environmental sciences combine into a fantastic trio of learning and fun tied into one. Journey through the center of the Earth, explore the planet's dynamic systems, dramatic landforms, and learn about the atmosphere that keeps us alive.

Obstacle Adventure

Rock into a series of adventures that replicate the movies. Enter if you dare into the Indiana Jones Obstacle Course Relay that will include bridges, swinging vines, golden shrine climb, and spiderweb infested secret passages. Then let the hunt begin by retrieving an ancient map that will lead you to artifacts and glyphs retrieving clues and evidence to unlock a secret treasure. Will the obstacles stop you in your tracks?

Golf

This week brings the nostalgia, the tradition, the royal feel to sports as we focus on The Open Championship of Golf. The week's sport emphasis will be on introductory golf skills that will culminate in the Club Championship at CLKC. Fun and challenges await as we introduce, develop, and improve on the game of golf and the confidence to challenge each other to compete as first-class athletes with a sense of pride, tradition, and sportsmanship.

Week 9
August
7-11

Festival of Fun! 15 Year Anniversary Celebration

Enjoy a festival of pastimes and popular games that have helped grow Country Life Kids Camp into what it is today. Relive the greatest moments of the last 15 years in a monumental week of good old fashion fun!

All-Sports (Invasion Games)

Participating in a wide variety of sports and various disciplines of athletics allows young children and adolescents to gain different kinds of skills that they can apply from one sport to the next. The final week's emphasis will be on developing important skills and strategies to amp up your child's abilities to contribute and meet the challenges of a variety of competitive games such as basketball, speedball, and ultimate frisbee.



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