



Where Kids Can Be Kids

# 2024 Instructional Sports

This is one of two available fitness tracks. If your child who is 8 years old or over loves sports and physical activity, then this is the fitness track for you! 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 8-13 years old.

**Find more info and register online at [www.countrylifekidscamp.com](http://www.countrylifekidscamp.com)**

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

Attend at least 4 weeks of camp to enroll!

**NEW Pickleball Area**  
with backstops and a resurfaced basketball court to be a multi-sport court, so the play never ends.

**NEW Boot Camp Fitness Program**  
This program will provide the athlete with the necessary knowledge to proactively measure their fitness levels for a lifetime. The process will entail evaluating and assessing the athlete's baseline measurements at the beginning of the first week and the final week of their participation. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress and to reach their goals. The Boot Camp Fitness Program is a program offered only to those camp athletes who participate in four or more weeklong training sessions throughout the entire summer.

Week/Dates	Weekly Theme	Special Event	Instructional Sports (Coaches)
<b>Week 1 June 3-7</b>	<b>Willy Wonka Chef Challenge</b> Unwrap the Golden Ticket and learn how to design and plant a delicious garden like an Oompa Loompa. Indulge in making and eating a variety of sweet recipes like your favorite chef and participate in our candy mania games just like TV's most classic game shows.	<b>Life-size Candy Land Game</b> We will be turning the epic Candy Land board game into a life-size race where you are the game pieces boldly exploring the hills and valleys of the Candy Land World. Who will be the first team to reach their destination?	<b>Pickleball</b> Players will be coached through several fundamental pickleball skills including, serving, ground strokes, dinking and scoring. Beginning with the progression of court-awareness and court-positioning to footwork, body-positioning and proper mechanics. Each player will receive quality instructions by coaches and take part in fun tournament type games. Pickleball is a FUN sport that combines elements of badminton, ping-pong, and tennis. It is a quick, fast-paced, competitive game that is easy to learn. The best part is that Country Life Kids Camp has invested in two NEW pickleball areas with backstops, so the play never ends. The campers will learn the fundamentals, rules, and strategies needed to participate in the game and advance their hand-eye coordination.

<b>Week 2 June 10-14</b>	<b>Dr. Seuss's Imaginarium</b> With Dr. Seuss as our inspiration, we will celebrate a palooza of wild and wacky imaginative wildlife science, technology, engineering and young naturalist fun! Oh! But wait there is even more! One fish, two fish and three fish will be in store as we fish galore!	<b>Thing-A-Ma-Jig STEM Invention and Dr. Seuss Fishing Challenge</b> Become an engineer and develop an invention or inventive idea that can directly help humanity in Dr. Seuss's Thing-A-Ma-Jig STEM adventure. Enjoy the sport of fishing in a competitive atmosphere. Who will reel in the smallest, largest and the most fish in our One Fish, Two Fish, Three Fish Galore Dr. Seuss's Fishing Challenge.	<b>Basketball</b> The first basketball week will focus on the fundamentals of basketball such as shooting, lay-ups, finishing moves, footwork, passing, jump stops, pivoting, blocking out, rebounding, dribbling, ball-handling, foul shooting, and defensive and offensive development. Fundamentals are the key ingredients to master for they will give the athlete the skills to compete and contribute at the next level no matter the competition. Dynamic drills will be used to challenge and excel player's skill sets along with increasing their court IQ. Agility training during the week will focus on basketball specific movements to develop quickness and balance that will benefit the athlete in the transition game and on the offensive and defensive side of the ball.
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**Week 3**  
**June**  
**17-21**

**Marvel**  
**Championship Games**

We all have talents to share that exhibit greatness and it's time to unlock the power within. Put your talents to the test in a week-long adventure of Marvel superhero vs. villain live action role playing games. Then take an active role in learning how to live life like a superhero with good fitness, positive attitude and champion nutrition.

**Avengers**  
**Secret Mission**

Go on a superhero secret mission that will require teamwork, mental toughness, problem solving skills, and physical strength to save those in trouble. Will you find them and rescue them from the villains in time?

**Soccer**

During the first week of soccer the athletes will learn how to play smart and simple one to two touch soccer through fundamental training and small sided games. This type of training will help the athletes show creativity and vision on the field with full control of the ball, give them the ability to anticipate the next play and be able to make quick decisions under pressure elevating them to the next level. They will train to become a master in dribbling, shooting, passing, juggling, crossing, heading, and tackling with precision. Opportunities for each athlete to train both physically and mentally will be planned daily for development of the complete and coachable player. Agility training will focus on strengthening the core for speed, power, and endurance.

**Week 4**  
**June**  
**24-28**

**Toy Story Mayhem**

Our Toy Story friends would be eternally grateful if you could help them escape from Emperor Zurg's capture. This daring journey will take you from planets and galaxies beyond to a wild western frontier in a laser tag adventure. Your engineering skills will be put to the test as you will have to engineer contraptions to escape this mayhem and safely return back to Andy's room!

**Andy's Backyard**  
**Adventure**

Combine nerf and laser guns into one of Woody's classical backyard round-up games as one station of fun. Then travel to Buzz Lightyear's water bottle rocket challenge where water pressure is the fuel to an extraordinary adventure. Don't think that is all, head over to Rex's and RC's racing town where you help build a backyard race track then take it for a spin with RC cars. You can bring your own RC car or borrow one of ours!

**NEW PROGRAMS: Youth Golf, Rugby & Martial Arts**  
**Beginner Complete Athlete**

This week's emphasis will be on developing the complete athlete through exposing them to a variety of sport disciplines, games and athletic contests that will establish skill sets to benefit them on the field, court, or any athletic arena. Such games and contests will include an Olympian Challenge comprised of cross country and field events, a Football Challenge comprised of rugby and soccer games, a World Series Challenge comprised of speedball and baseball games and a U.S. Open Challenge comprised of golf and martial art events.

Medina High School's Head Rugby Coach, Brian Scerca; and Kim's College of Martial Arts, will be bringing their unique programs here to Country Life Kids Camp during week #4 & 7. Total body conditioning will be the focus for agility training this week with an emphasis on specific sport movements and muscle groups to allow the athlete to coordinate skills effectively and efficiently.

**Week 5**  
**July**  
**8-12**

**Hollywood**  
**Extravaganza**

Be a part of the lights, cameras and action as we offer drama, back-stage magic, animation and stand-up comedy fun! Take a deep look into Walt Disney's creative adventure that developed into Mickey Mouse. A conclusion to the week will be a red carpet "My Camp's Got Talent" show where you are center stage!

**My Camp's**  
**Got Talent Show**

Become a part of the theatrical magic as you step center stage into Country Life Kids Camp's first "My Camp's Got Talent Show." Family will be invited through a formal invitation to walk the red carpet and see our show!

**Basketball**

The second basketball week will be an opportunity for our athletes to develop and refine the skill sets that will allow them to compete and contribute at the next level. Dynamic drills that will challenge and excel player's skill set along with increasing their court IQ will be used to develop them as individuals and allow them to be a complete team player.

The final basketball week will give the athletes the ability to challenge their fundamental skills at higher levels of performance where their court awareness, mental toughness, work ethic and attitude will play the biggest role. They will learn team offensive and defensive fundamental strategies and concepts such as moving without the ball, pick and roll execution, screening, pressing, fast break, switching defenses, post play and perimeter play. Learn the skills necessary to become a Champion! Agility training during the week will continue to focus on basketball specific movements to develop quickness and balance that will benefit the athlete in the transition game and on the offensive and defensive side of the ball.

**Week 6**  
**July**  
**15-19**

**Mission Impossible**

Out wit and out play the challenge to unlock the secrets to surviving in the Ohio wilderness through daily Green STEM designed camouflage missions and wildlife exploration.

**Camouflage Mission**

Embark on a mission in full camouflage through our woods needing to utilize every learned mount training skill and survival skill to complete the mission successfully as a team.

**Orienteering NEW**

Orienteering is a high energy competitive sport that combines racing with navigation. Learn the basics of enhanced, two or three-color topographic maps; reading and understanding the orienteering course that consists of navigating using a base plate compass, how to interpret map symbols, colors, land features, trails and how to orient an orienteering map.

Explore nature through this sport using a detailed map to select routes and navigate through the wilderness. Grow your map reading and compass skills through this high energy fun adventure of trail hiking and a timed team competition where you are the navigator.

**Week 7**  
**July**  
**22-26**

**Mad Scientist vs. Wild Investigator**

Live the CSI thrill experiencing both the lab and field work of a CSI agent! Who will solve the case first...the Mad Lab Scientist or Wild Field Investigator? Unravel the mysteries and solve the clues when local mischievous animals ensue chaos and place you in the center of a thrilling investigation!

**Ultimate CSI Investigation**

You have just received your CSI agent badge and are now tasked with a case. Utilize the protocols, field skills and lab skills learned and determine scientific conclusions that will solve the case. Work quickly and cooperatively with a team of agents as you will be working to solve this case under competitive circumstances and within time constraints that will push your critical thinking to the max.

**NEW PROGRAMS: Youth Golf, Rugby & Martial Arts**  
**Advanced Complete Athlete**

This week's emphasis will be on developing the complete athlete through progressive skill sets and advanced sport disciplines utilizing games and athletic contests practiced during Week 4. Such games and contests will include an Olympian Challenge comprised of cross country and field events, a Football Challenge comprised of rugby and soccer games, a World Series Challenge comprised of speedball and baseball games and a U.S. Open Challenge of golf and martial art events. Agility training during the week will be on total body conditioning with an emphasis on specific sport movements and muscle groups to allow the athlete to coordinate skills effectively and efficiently.

**Week 8**  
**July 29 -**  
**Aug 2**

**Storyteller Mania**

Travel through timeless novels and experience the thrill of re-living the tales of Treasure Island and The Wizard of Oz. Go on quests that turn these classic novels into wildlife science and engineering challenges that will task you to build a life-size log raft and produce working puppet models

**Mini-Comic Movie w/ Puppeteering**

Both novels of Treasure Island and Wizard of Oz are classic tales. Relive iconic parts of the novels in live action role playing games and engage in puppeteering scenes that are sure to make the story come to life like a graphic novel. All of the STEM engineering from the week will come together, combined with some imaginative humor, for a grand finale that will be filmed and created as a mini-comic movie!

**Volleyball**

Volleyball week will be a wonderful opportunity for the athlete who has previously played volleyball to improve and refine their skills prior to the start of the Fall volleyball season and a great opportunity for those who have had limited opportunities with the sport to gain new skills and confidence with the sport. Here you will master the fundamentals, develop proper mechanics, and gain game play experience. Players will be coached through several fundamental volleyball skills including, passing, setting, serving, and hitting. Each player will receive quality instructions by coaches. Agility training will focus on abdominal strength to assist athletes with quickness, balance and core stabilization.

**Week 9  
August  
5-9**

**Artful Antics**

Go on a creative adventure exploring the many mediums of art including music! Rock it out with music lessons, body percussion rhythms, rock painting and still-life art.

**PVC Sound Tube Station**

Create a PVC Sound Tube Station at camp that will bring a whole new level of loud fun. Explore different sounds with different sizes and heights of PVC. The kids get inspired from different designs and then as a group vote on the best design, build, and play!

**Advanced Pickleball NEW**

For the second week of pickleball, players will continue the development of individual offensive skills of attack and defensive skills to effectively cover the entire court. Additionally, there will be an emphasis on doubles play that establishes moving in unison with their partner to successfully defend the court through positioning and communication. The week will end with campers participating in a two day "Winner(s) Take All" doubles tournament.



Where Kids Can Be Kids

**"Where Kids Can Be Kids"**

**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 DISCOUNTS AVAILABLE**

**See our website for details about our early registration and sibling discounts!**

**PARENTS CAN CHOOSE ONE OF TWO PHYSICAL ACTIVITY TRACKS**

Thank you for considering Country Life Kids Camp for your child's summer camp experience!

When registering for camp, if your child is eight or older, you can choose which type of physical activities best suits your child. *Both Options will afford every child the opportunity to experience elements of the TRADITIONAL aspects of the "Camp Adventure" including Weekly Themes, and Special Events* that allow the campers to truly indulge themselves in wonderful and creative places.

The **"Instructional Sports"** Fitness Track focuses each morning, for a total of **15 hours per week** of athletics instructed by motivated coaches dedicated to helping children to achieve and succeed, striving to reach personal bests in athletics; mentally, physically, and emotionally.

This fitness track also offers campers the opportunities to increase their skill level and total body conditioning through weekly a Boot Camp Fitness and Agility Training Program that focuses on sport specific movements and muscle groups to allow the athlete to coordinate skills effectively and efficiently. These programs provide your child with the necessary knowledge to proactively measure their fitness levels for a lifetime. The process will entail evaluating and assessing the athlete's baseline measurements at the beginning of the first week and the final week of their participation. Throughout the training weeks they will learn about fitness education, nutrition, and self-evaluations to track their healthy progress to reach their goals. Instructional sports activities focus on developing the whole person through a supportive atmosphere of athletic achievement, and a variety of core character development lessons.

**OR** you can choose **"Cooperative Games"** Fitness Track which is teacher lead, for a total of **3 hrs.** per week for physical activity in a PE environment, the learning goals will be to increase the camper's sense of personal confidence, to develop interactive and cooperative team building skills, to increase their level of physical conditioning, encourage problem solving and decision-making skills and let campers play in a fun and supportive environment without the fear of failure.

The extra time on the traditional side of the camp is academic driven on weekly themes that tie into art and crafts, outdoor education, STREAM.

At Country Life Kids Camp, the mission guides us to prepare our youth for the future by installing in them character, values, leadership, and a moral compass by which to lead their lives.

We're looking forward to a **"Magical Summer"** that installs confidence in your child and creates wonderful memories.

Thank you,

Tina Bildstein, Camp Director