



For Youth Development  
For Healthy Living  
For Social Responsibility

# 2019 SPORTS CAMP

| WEEK 1 and 2 July 1 → July 12                                                                                                                         |                                                                   |                                                                                                |                                                                                                                                                                                      |                                                                                    |                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY                                                                                                                                                | TUESDAY                                                           | WEDNESDAY                                                                                      | THURSDAY                                                                                                                                                                             | FRIDAY                                                                             | NOTES                                                                                                                                                                                                                |
| July 1<br><br><b>WEEK 1 Basketball</b><br><br>Swim Orientation<br>Camp Rules<br>Group Games<br>New Names & Faces<br><br>Rec Swim Sports<br>Groups 2,3 | July 2<br><br><b>3on3 Competition</b><br><br>Swim<br>Groups 1,2,3 | July 3<br><br><b>Fan Day!</b><br>Wear your favorite<br>Basketball swag!<br><br>Swim<br>Group 1 | July 4<br><br><div style="background-color: red; color: white; padding: 5px; text-align: center;"> <b><u>4th Of July</u></b><br/> <b><u>No Camp</u></b> </div><br>Swim<br>Groups 2,3 | July 5<br><br><b>All Camp Guest:</b><br>Corey The Dribbler<br><br>Swim<br>Group 1  | <ul style="list-style-type: none"> <li>✓ Please apply sunscreen to your camper before camp</li> <li>✓ Do not bring electronic devices to camp!</li> <li>✓ Don't forget to bring a refillable water bottle</li> </ul> |
| July 8<br><br><b>WEEK 2 Soccer</b><br><br>Swim<br>Groups 2,3                                                                                          | July 9<br><br>Swim<br>Groups 1,2,3                                | July 10<br><br><b>Fan Day!</b><br>Wear your favorite<br>Soccer Swag!<br><br>Swim<br>Group 1    | July 11<br><br><b>SHOOT OUT COMPETITION</b><br><br>Swim<br>Groups 2,3                                                                                                                | July 12<br><br><b>All Camp Event:</b><br>Wacky Science Show<br><br>Swim<br>Group 1 |                                                                                                                                                                                                                      |

\* Activities and programs may change due to weather or at the camp director's discretion.

Please plan to send a packed lunch every day along with a drink and snack. The Y does not provide meals during the camp day.

**Questions?** Please don't hesitate to ask!  
Tatum Nussbaum, Sports Camp Director:  
TatumNussbaum@ryeymca.org

**Everyday Items:** Big smile, backpack, lunch, water bottle, snack, towel, swimsuit, goggles, close-toed shoes or sneakers, a good attitude.



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## WEEK 3 and 4 July 15 → July 26

| MONDAY                                                                        | TUESDAY                                                           | WEDNESDAY                                                                                     | THURSDAY                                                                          | FRIDAY                                                                                                                                                               | NOTES                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| July 15<br><br><b>WEEK 3</b><br><b>Baseball</b><br><br>Swim<br>Groups 2,3     | July 16<br><br><b>Home Run Derby!</b><br><br>Swim<br>Groups 1,2,3 | July 17<br><br><b>Fan Day!</b><br>Wear your favorite<br>baseball swag!<br><br>Swim<br>Group 1 | July 18<br><br><b>Baseball<br/>Tournament</b><br><br>Swim<br>Groups 2,3           | July 19<br><b>All Camp Event:<br/>Music<br/>Technology</b><br><br>Swim<br>Group 1 | <ul style="list-style-type: none"> <li>✓ Please apply sunscreen to your camper before camp</li> <li>✓ Do not bring electronic devices to camp!</li> <li>✓ Please bring a baseball glove this week for camp, baseball cleats are not required</li> <li>✓ Don't forget to bring a refillable water bottle</li> </ul> |
| July 22<br><br><b>WEEK 4</b><br><b>Multi- Sport</b><br><br>Swim<br>Groups 2,3 | July 23<br><br>Swim<br>Groups 1,2,3                               | July 24<br><br><b>Fan Day!</b><br>Wear your favorite<br>sports jersey!<br><br>Swim<br>Group 1 | July 25<br><br><b>MULTI SPORT<br/>Capture the Flag!</b><br><br>Swim<br>Groups 2,3 | July 26<br><b>Water Fun In The Sun!</b><br><b>All Camp Event:<br/>Water Slides,<br/>Water Balloons,<br/>Sprinklers Galore</b><br><br>Swim<br>Group 1                 |                                                                                                                                                                                                                                                                                                                    |

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# 2019 SPORTS CAMP

## WEEK 5 and 6 July 29 → August 9

| MONDAY                                                                      | TUESDAY                              | WEDNESDAY                                                                                                          | THURSDAY                                                                                     | FRIDAY                                                                                                       | NOTES                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| July 29<br><br><b>WEEK 5</b><br><b>Basketball</b><br><br>Swim<br>Groups 2,3 | July 30<br><br>Swim<br>Groups 1,2,3  | July 31<br><br><b>Fan Day!</b><br><i>Wear your favorite<br/>           basketball swag!</i><br><br>Swim<br>Group 1 | August 1<br><br><b>3-on-3 Basketball<br/>           Tournament</b><br><br>Swim<br>Groups 2,3 | August 2<br><br><b>All Camp Guest:<br/>           Steve Max</b><br><br>Swim<br>Group 1                       | <ul style="list-style-type: none"> <li>✓ Please apply sunscreen to your camper before camp</li> <li>✓ Do not bring electronic devices to camp!</li> <li>✓ Don't forget to bring a refillable water bottle</li> </ul> |
| August 5<br><br><b>WEEK 6</b><br><b>Soccer</b><br><br>Swim<br>Groups 2,3    | August 6<br><br>Swim<br>Groups 1,2,3 | August 7<br><br><b>Fan Day!</b><br><i>Wear your favorite<br/>           soccer swag!</i><br><br>Swim<br>Group 1    | August 8<br><br><b>SHOOT OUT<br/>           COMPETITION</b><br><br>Swim<br>Groups 2,3        | August 9<br><br><b>All Camp Guest:<br/>           HUMAN BOARD<br/>           GAME</b><br><br>Swim<br>Group 1 |                                                                                                                                                                                                                      |

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# 2019 SPORTS CAMP

## WEEK 7 August 12 → August 16

| MONDAY                                                                    | TUESDAY                                                                 | WEDNESDAY                                                                                           | THURSDAY                                                                      | FRIDAY                                                                                            | NOTES                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| August 12<br><br><b>WEEK 7<br/>Baseball</b><br><br><br>Swim<br>Groups 2,3 | August 13<br><br><b>Home Run Derby!</b><br><br><br>Swim<br>Groups 1,2,3 | August 14<br><br><b>Fan Day!</b><br>Wear your favorite<br>baseball swag!<br><br><br>Swim<br>Group 1 | August 15<br><br><b>Baseball<br/>Tournament</b><br><br><br>Swim<br>Groups 2,3 | August 16<br><br><br><br><br><b>End of Summer<br/>BBQ and Carnival</b><br><br><br>Swim<br>Group 1 | <ul style="list-style-type: none"> <li>✓ Please apply sunscreen to your camper before camp</li> <li>✓ Do not bring electronic devices to camp!</li> <li>✓ Please bring a baseball glove for camp, baseball cleats are not required</li> <li>✓ Don't forget to bring a refillable water bottle</li> </ul> |

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