

Foundation Sport Camps



www.FoundationSportCamps.com

2019 Middle School All-Sports Program

August 14-19, 2019
Wednesday thru Monday

Our Middle School All-Sports Program is open to anyone entering 6th, 7th or 8th grade who has a love for sports, regardless of whether they're an expert or novice. Under supervision of NY State certified teachers and coaches, campers will move from sport to sport during the day and enjoy typical 'summer camp' events in the evenings such as bonfires, talent shows, movies, Color War and more!

Throughout each day, our campers will play a number of traditional sports. Our staff will help your child improve athletically and learn important life skills like teamwork, goal-setting, sportsmanship and leadership. In addition to sports, each day will include a **SPEED & AGILITY TRAINING SESSION** with some of the top Track & Field coaches in New York State to help your child become a better athlete!

Campers will get to experience some of the following activities and many more during their sessions:

Basketball
Flag Football
Wall Soccer
Floor Hockey
Kayaking
Baseball/Softball
Beach Volleyball
Zip Lining

...and many Camp Games such as Dodgeball, Kickball, Capture the Flag, Whiffle Ball and more!



For pics, videos, registration forms, and more information, please visit our website!

www.FoundationSportCamps.com

Please go to www.FoundationSportCamps.com to register for our 2019 camps.

Registration is fully online using Active Networks. No papers to fill out and nothing to mail

Typical Daily Schedule

7:30am	Wake up and Breakfast
8:15am	Bunk Meeting and Team Building Activities
9:00am	Speed & Agility Training
10:00am	Team Sport # 1 (basketball, hockey, e.g..)
11:45am	Supervised Pool Time or Game Room time!
12:15pm	Lunch
1:30pm	Afternoon Team Activity (hike, kayak, e.g.)
3:00pm	Team Sport #2 (football, volleyball, e.g..)
5:00pm	Supervised Pool Time
6:00pm	Dinner
7:00pm	Whiffle Ball Tournament - Under the Lights!
9:00pm	Evening Activity (Talent Show, Bonfire,,e.g)
10:30pm	Lights Out

Bring your siblings and friends to camp...
plenty of programs to choose from!

Other Programs at the 2019 Foundation Sleepaway Camp August 14-19, 2019

- High School Cross Country Program (Grades 9-12)
- Foundation Track & Field Program—All events! (Grades 6-12)
- Middle School Track & Field Program (Grades 6-8)
- Foundation Volleyball (Grades 6-12)
- The Foundation Soccer Academy (Grades 6-12)

Please visit our website for information regarding
Pricing and Registration!



Register Today at www.FoundationSportCamps.com