

# Foundation Sport Camps



[www.FoundationSportCamps.com](http://www.FoundationSportCamps.com)

## 2020 Middle School All-Sports Program

August 16-21, 2020  
Sunday thru Friday

Our Middle School All-Sports Program is open to anyone entering 6th, 7th, 8th or 9th 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](http://www.FoundationSportCamps.com)

Please go to [www.FoundationSportCamps.com](http://www.FoundationSportCamps.com) to register for our 2020 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 2020 Foundation Sleepaway Camp August 16-21, 2020

- High School Cross Country Program (Grades 9-12)
- Foundation Track & Field Program—All events! (Grades 6-12)
- Middle School Track & Field Program (Grades 6-9)
- 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](http://www.FoundationSportCamps.com)