



## **Mini Youth Sports Camps – Information and Activity Guide**

Welcome to our Mini Youth Sports Camps programme for Summer 2017. Here's a handy week-by-week guide to what the children will be up to.

Please also check out the kit list and rules of the camp to make sure your children get the most of their Mini Youth Sports Camp experience.

### **Drop off and pick up**

Please drop your children off in Medway Park reception no earlier than 9.30am. Children must be collected at 3.30pm promptly.

If someone else is picking up your child and they are not listed as an emergency contact, please let us know in writing or verbally at drop off. We can NOT release a student without a parent's express permission.

### **What to pack in your kit bag**

- Healthy packed lunch plus morning and afternoon snacks
- Water bottle or other non-fizzy drink
- Trainers and appropriate sportswear
- Swimming kit (Tuesdays and Thursdays)
- Sun lotion and sun hat

### **Rules of the camp**

- Children should come ready to have a good day, with a good attitude.
- Foul or inappropriate language will not be tolerated from children or adults.
- Children should respect others and their belongings.
- Children should listen and be respectful to all coaches and other children.
- We operate a three strikes system to address behavioural issues.

Please also make us aware of any medical or other relevant conditions or information about your child before the camp begins.

**If you wish to speak to a member of our coaching team or if your child is unable to attend email [medwaysport@medway.gov.uk](mailto:medwaysport@medway.gov.uk) or call 01634 338767.**

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## **Week One – Rackets Week**

### **Tuesday, 25 July**

- 10am- 10.45am: Rules of camp and warm up (team building games)
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Tennis/badminton
- 11.45am-12.30pm: Badminton/tennis
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game
- 2pm-3.10pm: Swimming/pool time session

### **Wednesday, 26 July**

- 10am-10.45am: Warm up (team building games)
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Pickleball/table tennis
- 11.45am-12.30pm: Table tennis/pickleball
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-2.10pm: Functional fitness/circuit racket specific or Flag Football
- 2:10pm-3.10pm: Flag football or functional fitness/circuit racket specific

### **Thursday, 27, July**

- 10am- 10.45am: Warm up (team building games)
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Tennis/rounders
- 11.45am-12.30pm: Rounders/tennis
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game- rapid-fire cricket
- 2pm-3.10pm: Swimming/pool time session

### **Friday, 28 July: Competition Day**

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Tennis competition
- 11.45am-12.30pm: Table tennis competition
- 12.30pm-13.15pm: Lunch (sports play equipment available)
- 1.15pm-2.15pm: Pickleball competition
- 2.15pm-2.20pm: Break
- 2pm-3.10pm: Badminton competition

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## **Week Two – American Sports Week**

### **Tuesday, 1 August**

- 10am- 10.45am: Rules of camp and warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Baseball/basketball
- 11.45am-12.30pm: Basketball/baseball
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game - bulldog
- 2pm-3.20pm: Swimming/pool time session

### **Wednesday, 2 August**

- 10am-10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: 'Wrestling'/American football
- 11.45am-12.30pm: American football/'wrestling'
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-2.10pm: Functional fitness/circuit co-ordination specific or flag football
- 2pm-3.20pm: Flag Football or functional fitness/circuit

### **Thursday, 3 August**

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Hockey/pickleball
- 11.45am-12.30pm: Pickleball/hockey
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game- rapid fire cricket
- 2pm-3.20pm: Swimming/pool time session

### **Friday, 4 August: Competition Day**

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Hockey competition
- 11.45am-12.30pm: Baseball competition
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-2.15pm: American football competition
- 2.15pm-2.20pm- Break
- 2pm-3.20pm: Pickleball competition

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### **Week Three – Track and Field Week**

#### **Tuesday, 8 August**

- 10am- 10.45am: Rules of camp and warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Sprinting/shot put
- 11.45am-12.30pm: Shot put/sprinting
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game - crab football
- 2pm-3.20pm: Swimming/pool time session

#### **Wednesday, 9 August**

- 10am-10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Javelin/long jump
- 11.45am-12.30pm: Long jump/javelin
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-2.10pm: Functional fitness/circuit specific or flag football
- 2.10pm-3.20pm: Flag football or functional fitness/circuit

#### **Thursday, 10 August**

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: High jump, hammer throw and triple jump
- 11.45am-12.30pm: High jump, hammer throw and triple jump
- 12.30pm-13.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game- rapid fire cricket
- 2pm-3.20pm: Swimming/pool time session

#### **Friday, 11 August: Competition Day**

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.30am: Sprint races competition
- 11.30am-12pm: Javelin competition
- 12pm-12.30pm: Triple jump competition
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Hammer throw competition
- 1.45pm- 2.15pm: Long jump competition
- 2.15pm-2.20pm- Break
- 2.20pm-2.50pm: Shot put competition
- 2.50pm-3.20pm: Relay races competition

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## **Week Four – Ball Sports Week**

### **Tuesday, 15 August**

- 10am- 10.45am: Rules of camp and warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Netball/tag rugby
- 11.45am-12.30pm: Tag rugby/netball
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game - dodgeball
- 2pm-3.20pm: Swimming/pool time session

### **Wednesday, 16 August**

- 10am-10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Volleyball/football
- 11.45am-12.30pm: Football/volleyball
- 12.30pm-13.15pm: Lunch break Lunch (sports play equipment available)
- 1.15pm-2.10pm: Functional fitness/circuit or flag football
- 2.10-3.20pm: Flag football or functional fitness/circuits

### **Thursday 17, August**

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Handball/tri-golf
- 11.45am-12.30pm: Tri-golf/handball
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game- football rounders
- 2pm-3.20pm: Swimming/pool time session

### **Friday, 18 August: Competition Day**

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Netball competition
- 11.45am-12.30pm: Volleyball competition
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-2.15pm: Football competition
- 2.15pm-2.20pm- Break
- 2pm-3.20pm: Handball competition

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## Week Five – Mix It Up Week

### Tuesday, 22 August

- 10am- 10:30am: Rules of camp and warm up
- 10.30am-10.40am: Snack, toilet break and playtime
- 10.45am-11.45am: Wheelchair rugby taster session
- 11:45am-12.30pm: Archery tag Session
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game- crab football
- 2pm-3.20pm: Swimming/pool time session

### Wednesday, 23 August

- 10am-10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Ultimate frisbee/kwik cricket
- 11.45am-12.30pm: Kwik cricket/ultimate frisbee
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-2.10pm: Functional fitness/circuit co-ordination or flag football
- 2pm-3.20pm: Flag football/functional fitness/circuit

### Thursday, 24 August

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Biathlon (mini marathon route and archery targets)
- 11.45am-12.30pm: Table tennis/scatterball
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-1.45pm: Small game - bulldog
- 2pm-3.20pm: Swimming/pool time session

### Friday, 25 August: Competition Day

- 10am- 10.45am: Warm up
- 10.45am-11am: Snack, toilet break and playtime
- 11am-11.45am: Kwik cricket competition
- 11.45am-12.30pm: Volleyball competition
- 12.30pm-1.15pm: Lunch (sports play equipment available)
- 1.15pm-2.15pm: Ultimate frisbee competition
- 2.15-2.20pm: Break
- 2pm-3.20pm: Archery tag competition

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