

LEARN, MOVE, & PLAY CAMP

SEPTEMBER 7 - NOVEMBER 20

What: *Learning - Wellness - Athletic Camp* is a blend of structured educational learning, proper athletic / sports training, along with fun gameplay. Taught by tutors & coaches - providing a place where students receive an entire day to progress mentally & physically throughout the fall.

When: Monday through Friday weekly starting September 7 running through November 20 (possibly beyond)

Time: 8 AM - 4 PM * Half day and early / late pickup options available

Where: Norfolk Indoor Sports Complex | 202 W. 22nd St. Norfolk VA 23517

Cost: **FULL DAY:** \$80 per day \$350 per week \$1300 per month

HALF DAY: \$45 per day \$200 per week \$750 per month

Early / Late Drop & Pick Up: \$10 7AM - 8AM early drop off, 4PM - 5PM late pick up

payment plan options available: e-mail norfolkindoorsports@gmail.com

Ages: Grades 2 - 6

Provided: Each full day student will receive a 9:30 am snack and a 2:30 pm snack.

Wi-Fi internet will be provided to connect all students to online virtual learning through their personal device, ipad, laptop. Tax ID documentation for parents to receive tax credit / deduction. **Full day campers bring / pack their own lunch. Catered lunch option available for \$10 per day.**

COVID19 Safety Procedures:

1. Daily attestation of health (by student & parent)
2. Daily temperature check (prior to entering the building)
3. Outsourced daily sterilization of entire facility by Squeaky Clean LLC
4. 5 - "handwashing" breaks throughout the day
5. 30 student max with learning and play distancing
6. Parents, trainers, and teachers must wear masks inside the facility.
7. Facility doors / garage door open with industrial fans to circulate interior air.

****Our facility has maintained zero traced infections in 2020 through any of our camps & training. We take pride in providing the safest environment possible. We are ALWAYS looking for additional suggestions to improve.****

Purpose of Camp | What we are trying to provide for you and your child

As we approach September with various circumstances due to COVID, our goal is to provide a daily structured itinerary for young people that provides school required assisted virtual learning time, wellness & sport training that they would receive in physical education classes and through after school activities, along with fun game play.

We realize some parents need a place to bring their children due to work. Some parents may decide our format provides a safer space with 30 students opposed to hundreds at a school. Some parents may prefer our schedule with structured and quality wellness and sport teaching intertwined with learning times. Whatever the reason - we hope to provide a quality daily experience for each student as an alternative.

Each day there will be four tutor - instructors running our "camp", creating a 1 to 10 ratio. Students will get individual attention and help regarding work assignments and learning objectives. Each day our staff will document both the educational work completed / covered along with wellness and athletic training goals achieved.

Below outlines our daily schedule. Our goal is to keep our participants engaged, focused, learning, and having fun throughout the day. We feel this schedule does a great job of blending learning, wellness and fun.

LEARN, MOVE, & PLAY ITINERARY

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|-------------------|--------------------------|--|
| 7:00am - 8:00am | Paid - Early Drop Off | Parents can drop students off starting at 7:00am. Students can sit and eat breakfast, read, start academic work, or play during this open drop-off time. Our staff will be present to guide / assist from 7am - 8am. |
| 8:00am - 8:30am | Mindfulness & Reading | SOAR: Stop Open & Read. Students will read receive our positive mindfulness of the day, and read (book of choice) for 30 minutes. |
| 8:30am - 9:00am | Warm Up & Stretch | A proper form running, active stretch, and intro to plyometric warm up. Students are taught the basics behind running with proper mechanics that applies to all sports. |
| 9:00am - 9:30am | ADVISED VIRTUAL LEARNING | 30 minutes of assisted learning with electronic devices. Zoom meetings, online work, Google classroom, this is work provided by the individual student's school that needs to be completed. Tutors present for assistance / advisement. |
| 9:30am - 10:00am | Snack & Nutrition Teach | Healthy snack. Students will document their food throughout the week, understand the health benefits of each food. This will be entered in their daily progress notebook. |
| 10:00am - 10:30am | Body Weight "Pump" | Jumping jacks, push-ups, body pulls, med ball squats, resistance band work. Learning & going through proper strength training, understanding what exercises work what body parts. Workout of the day will be posted online. Developmentally appropriate. |
| 10:30am - 11:00am | ADVISED VIRTUAL LEARNING | 30 minutes of assisted learning with electronic devices. Zoom meetings, online work, Google classroom, this is work provided by the individual student's school that needs to be completed. Teachers present for assistance / advisement. |
| 11:00am - 11:30am | Indoor Soccer Game | Indoor Soccer Game (Mon), Whiffle Game (Tues), Volleyball (Wed), Soccer (Thurs), Flag Football / Kickball (Friday) |
| 11:30am - 12:00pm | LUNCH | Students will bring their own lunch. Students will hand wash prior to each snack & lunch. Catered lunch option available daily for \$10. |
| 11:30am - 12:00pm | Indoor Soccer Game | Indoor Soccer Game (continued) for HALF DAY campers leaving at 12pm / HALF DAY campers who are arriving at 12pm |
| 12:00pm - 12:30pm | ADVISED VIRTUAL LEARNING | 30 minutes of assisted learning with electronic devices. Zoom meetings, online work, Google classroom, this is work provided by the individual student's school that needs to be completed. Teachers present for assistance / advisement. |
| 12:30pm - 1:00 pm | Yoga & Core | Monday = Pilates workout. Tuesday = Yoga. Wednesday = CORE holds. Thursday = Pilates. Friday = Yoga. Developmentally appropriate. |
| 1:00pm - 1:30pm | Game Play | Monday = Castleball. Tuesday = Gatorball Wednesday = Capture the Flag Thursday = Hot & Cold Tag (w/ noodles) Friday = Ping Pong |
| 1:30pm - 2:00pm | ADVISED VIRTUAL LEARNING | 30 minutes of assisted learning with electronic devices. Zoom meetings, online work, Google classroom, this is work provided by the individual student's school that needs to be completed. Teachers present for assistance / advisement. |
| 2:00 - 2:30pm | Cognitive Game Play | NON SCREEN TIME: Teach and Play: Monday - Chess, Tuesday - Checkers Wednesday - UNO, Drawing, Artwork, Listen to Music - Creative Time |
| 2:30pm - 3:00pm | Footwork Skills | Plyometric & footwork sequencing teach. Speed ladder. Agility dots. Jumps. This footwork is learned and will improve with repetition, develops leg strength, balance, reaction, applies to all sports. |
| 3:00pm - 3:30pm | ADVISED VIRTUAL LEARNING | 30 minutes of assisted learning with electronic devices. Zoom meetings, online work, Google classroom, this is work provided by the individual student's school that needs to be completed. Teachers present for assistance / advisement. |
| 3:30pm - 4:00pm | Indoor Soccer Game | Indoor Soccer Game (Mon), Whiffle Game (Tues), Volleyball (Wed), Soccer (Thurs), Flag Football / Kickball (Friday) |
| 4:00pm - 5:00pm | Paid - Late Pick Up | Parents can pick students up between 4pm – 5pm. Our staff will be present to monitor, assist in online work / game play. |