



# Sports Camp Post



Week 1: June 9-13

Greensburg YMCA (724) 834-0150

## Focus of the Week: **Variety Sports**

### Weekly Overview:

Coach Mike would like all Sports Camp participants to know that they will be playing a variety of games on the first day of camp. The Sports Camp staff will be implementing a dynamic warm-up that will be used all summer to begin each day. Sports Campers will be playing basic individual and team games all week such as kickball, dodgeball, capture the flag, and more. Sports Camp will spend time in the YMCA gymnasium, St. Clair Park, and Lynch Field.

*Sports Camp will be swim testing on \*Tuesday, swimming at Lynch Field on \*Wednesday, and swimming at the Y on \*Friday.*

### Sports Camp Staff

Head Coach: Mr. Mike (724) 972-1012

Coaches: Mr. Aaron, Miss Cayla, Miss Shalia, Mr. Ryan



### Daily Reminders

Please make sure all Sports Camp participants attend each day with the following:

- **Refillable** water bottle
- Wear sunscreen and **bring a bottle to reapply throughout the day**
- Only **sneakers or sport-specific footwear** will be permitted. **NO flip-flops or sandals!**
- **Swim gear** (suit/trunks, towel, goggles) on swim days, denoted with a \* on left.
- Please remind your camper to **leave all electronic devices at home**. The YMCA is not responsible for lost, stolen, or damaged items.