



YMCA of Austin – Sports Camp 2019 – Themes & Descriptions

Basketball (offered twice)

Did you know basketball was invented at the YMCA in 1891? Campers will learn a brief history of the game, rules, and drills that will help develop fundamental skills. After basics are covered, we'll get into the game!

Soccer

Sharpen your skills with fancy footwork! Learn proper kicking techniques, drills, and scrimmage to strengthen those skills.

Indoor Soccer

Let's take our soccer talents inside! Hone your technique and learn how to use the wall to your advantage.

Track and Field

Run. Jump. Throw. Fun! This week will focus on relays, long jumps, and other field games that will bring out the Olympian in your camper.

Volleyball (offered twice)

This introduction to volleyball will focus on team play and teaching campers essential skills like serving, passing, and hitting.

Flag Football

All skill, no contact. Campers will learn positions, rules, and technique, then have the opportunity to apply what they practice on the field.

Swimming and Water Games

This week we'll cool off in the water while learning basic swimming strokes. Campers will also be introduced to water basketball, water volleyball, and other games that can be played in and out of the pool.

Bowling

Bowling is the perfect sport for a hot summer day. This week we will introduce campers to proper ball release, balance, timing, and bowling etiquette.

Kickball

Kick, run, throw, and catch. Those are just a few of the skills we will focus during on this week of friendly competition.