



# BLUE MOOSE SPORTS CAMP

Building a stronger community through sports.

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## SUMMER CAMP INFORMATION

This camp is designed to introduce and enhance basic knowledge of a wide variety of sports and activities. Emphasis will be placed on skills, rules, strategy, sportsmanship, and team - building concepts. Each day students will be introduced to basic fundamentals and teamwork, culminating with game play at the end of the day.

Summer Location: Field Park  
Western Springs, IL

Programs Available: Week 1 (June 11 – June 15)    Week 4 (July 9 – July 13)\*  
Week 2 (June 18 – June 22)    Week 5 (July 16 – July 20)\*  
Week 3 (June 25 – June 29)

August Session (8:30 am – 10:30 am) **August 6 – August 10**

Sessions Available: Session 1 (8:30 am – 11:30 am)    \*Only Session 1 available for week 4 & 5;  
Session 2 (12:00 pm – 3:00 pm)    July Camp held at Spring Rock Park

## Participation

Camp is available for all incoming 1st, 2nd, 3rd, 4th, 5th, and 6th graders.

First, second and third grade campers will spend the first hour learning and practicing basic skills. In the second hour, they will play games utilizing those skills. In the third hour, they will join the older campers and play more advanced games, using those skills and practicing teamwork skills.

Fourth, fifth, and sixth grade campers will spend the first hour with team building/trust activities. In the second hour, they will play team games that will focus on game play and strategy. In the third hour, they will join with the younger students and play games; utilizing team building/trust skills and being positive role models for the younger campers.

We believe that by adding the younger children, it will help develop a more solid community, as well as helping to teach the children how to be positive role models at any age. Furthermore, we believe that these age groups will benefit from both skill development and team building/trust activities.

## Instructors – All Certified Teachers

Ryan McLaughlin, Jennifer Elder, Nicole McLaughlin, Scott Elder, Katie Maley and Marc Shulman

## Enrollment

Enrollment for camp will be on a first-come-first-serve basis. To increase one-to-one instruction, the enrollment of each session will be limited to 80 students with a minimum enrollment of 30 students.

Cost: \$100 per week in June or July (\$250 for 3 weeks, and \$400 for all 5 weeks); \$75 for the August Session. Checks can be made payable to Blue Moose Sports Camp or Ryan McLaughlin.

**One time rental fee of \$20 per child for the Western Springs Park District and Recreation Department.**



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## Recommended Attire

Since sessions will be held both indoors and outdoors, campers should wear appropriate clothing (shorts, t-shirts, sweatshirts, etc.). Campers should also bring water, sunscreen, gym shoes, and baseball/softball gloves. Campers will receive a camp t-shirt and water bottle.

## Activities

Here is an example of some of the activities offered:

### Sports

Aussie Rules Football  
Baseball  
Basketball  
Football  
Frisbee Golf  
Hockey  
Lacross  
Soccer  
Softball  
Volleyball

### Games

Cat and Mouse Tag  
Capture the Footballs  
Dodge Ball  
Dribble Tag  
Flicker Ball  
Kickball  
Pony Express  
Running Bases  
Soccer Bowling  
Zone Football  
Zone Soccer

### Water Games

Drip, Drip, Drop  
MOOSE BALL  
Slip and Slide  
Sponge Relay  
Water Balloon Toss

### Team Building

Blind Walk  
Human Knot  
Lava Crossing  
Spider Web  
Sport Education  
Trust Fall Mat

## Camp Schedule

*10 minutes:* Attendance- Expectations for the Day

*20 minutes:* Group Game with all age levels

*30 minutes:* 1st, 2nd and 3rd Grades work on skills in small groups  
4th, 5th and 6th Grades work on Team Building

*30 minutes:* 2nd and 3rd Grades play Sports/Games using the skills they just worked on  
4th, 5th and 6th Grades play Sports/Games focussing on strategy and teamwork

*10 minutes:* Snack Break

*45 minutes:* All Grades get back together and play Large Group Sports/Games

*30 minutes:* All Grades together- Free Choice of Activities

*5 minutes:* All Grades together- Team Building and Unity Activities

If you have any questions or concerns please contact Ryan McLaughlin at (708) 829-1236.

Please note: While Blue Moose Sports Camp will be held at Field Park, this camp is not associated with Western Springs School District 101.