



BLUE MOOSE SPORTS CAMP

Building a stronger community through sports.

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

Sessions Available: Session 1 (8:30 am – 11:30 am)
Session 2 (12:00 pm – 3:00 pm)

We are planning on offering two sessions. However, based on interest we will combine both sessions into Session 1 (8:30 am – 11:30 am)

Programs Available: Week 1 (June 7 – June 11)
Week 2 (June 14 – June 18)
Week 3 (June 21 – June 25)

NEW! This Summer: August Session (8:30 am – 10:30 am) **August 9 – August 13**

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, and Scott Elder

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: \$100.00 per week or \$250.00 for three weeks in June; \$75.00 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.