



# 2021 Instructional Sports

This is one of two available fitness tracks. ALL campers participate in weekly themes that incorporate special events, hands on science activities (STREAM), a young naturalist program, hydroponics, gardening, life skills, character development & spiritual enrichment, and good old-fashioned summer fun rolled into one! This one of a kind camp is in Medina, Ohio and is available to campers 8-13 years old.

**Find more info and register online at [www.countrylifekidscamp.com](http://www.countrylifekidscamp.com)**

Please check out our guest coaches <https://www.countrylifekidscamp.com/guest-coaches>

Week/Dates	Weekly Theme	Special Event	Instructional Sports (Coaches)
<b>Week 1</b> <b>June</b> <b>7-11</b>	<b>Fort CLKC</b> Go back in history and relive life in Ohio during the Civil War era. Learn how agriculture was the secret that helped develop and advance our great state. Discover how settlements and economic booms have positively and negatively affected our Ohio ecosystems through the years. Engage in search and rescue missions, create authentic Civil War encampments and learn how to survive in a primitive time.	<b>Civil War Living History -</b> Learn from Civil War reenactors as they create a hands-on interactive experience that will take you back in time.	<b>Basketball Training</b> The first basketball week will focus on the fundamentals of basketball such as shooting, lay-ups, finishing moves, footwork, passing, jump stops, pivoting, blocking out, rebounding, dribbling, ball-handling, foul shooting and defensive and offensive development. Fundamentals are the key ingredients to master, for they will give the athlete the skills to compete and contribute at the next level no matter the competition. Dynamic drills will be used to challenge and excel each player's skill sets along with increasing their court IQ.
	<b>The Game of Survival</b> Be ready to face survival scenarios that will require you to learn the elements humans and animals need to survive in biomes around the world. Learn about renewable energies that help us survive in extreme climates. Explore the effects of hydro, solar, and wind energies that help us continually advance our abilities to survive, adapt, and grow.	<b>U.S. Army Obstacle Course Challenge</b> Engage in a Physical Training session with local U.S. Army Instructors and learn from those who protect our great Nation how to stay healthy, active and safe.	<b>Dynamic Athlete</b> Participating in a wide variety of sports and various disciplines of athletics allows children to gain different kinds of skills that they can apply from one sport to the next, including hand-eye coordination, balance, endurance, explosion, communication and athletic agility. This week will allow each camper to experience a wide variety of sports skills such as ultimate-frisbee, rugby, basketball, soccer and much, much more.  This dynamic opportunity will provide multiple experiences that will motivate them for future sports success and achievements!
<b>Week 2</b> <b>June</b> <b>14-18</b>	<b>Mission Specialist Training</b> Congratulations, you have been selected to be a new member of our Mission Specialist Team specializing in hydroponics. You will be tasked to integrate a new Hydroponic Beta Bucket system on camp property. But first, you must learn how seasons have played an enormous influence on our ecosystem and plant growth. Study how moon phases and constellations have mapped our weather predictions for centuries depicting agricultural success. Then meet with our local Raptor Center experts and learn the secret of flight through the species of birds and test the concepts through paper airplane designs.	<b>NASA Visitation and Rocket Launch</b> Meet a local NASA educational specialist and learn about NASA's plans for the future of spaceflight. Discover how we can become a part of the journey, then launch a rocket into the sky at full throttle and watch it soar!	<b>Soccer</b> During the first week of soccer, the athletes will learn how to play smart and simple one to two touch soccer through fundamental training and small sided games. This type of training will help the athletes show creativity and vision on the field with full control of the ball, give them the ability to anticipate the next play, and be able to make quick decisions under pressure, elevating them to the next level. They will train to become a master in dribbling, shooting, passing, juggling, crossing, heading and tackling with precision.
	<b>Week 3</b> <b>June</b> <b>21-25</b>		

**Week 4**  
**June 28-**  
**July 2**

**CLKC School for Wizards**

Step into a thrilling world where magical wands, amulets and potions thrive. The sorting hat will speak and assign you a House. In that House, you will journey through different classes prepping you for the Tri-Wizard Cup Challenge. You will learn how animals use mimicry and camouflage to create a magical illusion to outwit their enemy. Make the perfect potion come alive as you unveil the mystical powers of chemistry, and lastly, craft your very own wizard wand that suits your personality.

**Special Event**

Tri-Wizard Cup Challenge - This is a challenge of three tasks that cannot be revealed, for it is a secret quest that will put your House to the test!

**Golf & Tennis**

This week brings the nostalgia, the tradition, the Royal feel to sports as we focus on The Open Championship of Golf and The Championships of Tennis! As the traditional camp explores Harry Potter and the Landscapes of the Magic of the United Kingdom, the Sports side of the camp will explore the south east of England at Royal St. George's and the All England Club in Wimbledon, London. The week's sport emphasis will be on introductory golf skills and tennis basics that will culminate in the Club Championship at CLKC. Fun and challenges await as we introduce, develop, and improve on the games of golf and tennis and the confidence to challenge each other to compete as first class athletes with a sense of pride, tradition and etiquette of sportsmanship!

**Week 5**  
**July**  
**12-16**

**Fear Factor**

Challenge your levels of trust and courage while learning how animals and humans sense and control dangers and threats. Will you fight or flight? We will test our senses, see how life changes without them, and learn how to ignite them using nature sounds and music as our guide.

**CLKC's Senses Lab**

Dr. I.B. Strange makes a visit with her senses lab. Touch, smell, see, listen, and even taste, if you will, the delights of everyday science. Concoctions are Dr. Strange's specialty, so be ready to assist her in CLKC's very own lab. Fear not, learning is all around you and knowledge is power.

**Warrior Week**

This week forges the opportunity for the positive development of the young athlete to strive to excel physically and mentally as an individual, along with the support of coaches, trainers, and their peers. Developing, Improving and Achieving in physical and mental challenges, will allow each individual to gain a better understanding of what it takes to improve and succeed athletically in the areas of strength, endurance and perseverance.

Further mental and physical training throughout the week will include a fun and dynamic combination of agility, obstacle course challenges, and strength and endurance activities. The week will culminate with a fun, competitive Warrior Challenge Event that will test each camper to complete various obstacles, challenges, and the Titan Rig with the Warrior Challenge.

**Week 6**  
**July**  
**19-23**

**A Bug's Life**

Investigate creatures that are creepy, sneaky, scary and gross! These small bugs are essential components for the balance and conservation of our ecosystem. Explore our forests, ponds and wetlands that play host to these amazing creatures. Dive into learning about our local bat, bird, and fish habitats and how they survive on the millions of bugs in our camp's circle of life. Learn about different types of fishing techniques, including fly and cane fishing.

**ODNR Fishing and Archery Program**

Learn how to be an angler and archer through an intense day of stations created by the Ohio Department of Natural Resources. End the day with a competitive fishing derby and archery challenge.

**Basketball Training**

The final basketball week will give the athletes the ability to challenge their fundamental skills at higher levels of performance where their court awareness, mental toughness, work ethic, and attitude will play the biggest role. They will learn team offensive and defensive fundamental strategies and concepts such as moving without the ball, pick and roll execution, screening, pressing, fast break, switching defenses, post play, and perimeter play. Learn the skills necessary to become a Champion!

**Week 7**  
**July**  
**26-30**

**Tales of Adventure**

Each day travel to a new imaginative world of fairytales and magic. Be the guests of Belle and Beast for tea-time - learning table etiquette, a classic ball room dance, and how to use a flower press. Then soar to Never Land to ward off scurvy pirates. Test your skills in pool noodle swordsmanship and go on hunts looking for lost treasure. Travel to the mystic mountains of Arendelle and explore the frozen properties of ice and snow in summer. Heigh-ho to the gem mine and find precious gems with the seven dwarfs then head back to bake apple crisp in our Dutch ovens over an open fire. Lastly, let your conscience be your guide as Geppetto helps you create string puppets that will surely shine.

**Fairy Tale Treasure Hunt**

CLKC's very own Fairy Godmother visited last night and left a bounty of treasures behind. Spend the afternoon hunting for her magical stash. It's finders' keepers, but greed will not make you a winner. Take one of each trinket making sure to help your fellow mates figure out what she's left behind. You will search both high and low, in water and on land to gather the goods needed to frame your very own Tale of Adventure. Use your map reading skills and get a clue to experience this scavenging adventure!

**Soccer Training**

The final soccer week will give the athletes the opportunity to be fully immersed in high level training that will promote foot skills and technical and tactical components that will give them the edge to play at higher performance levels. Small sided and large games will highlight individual weaknesses and strengths, allowing the coaches to home in on specializing and perfecting skills that will help separate your athlete from other soccer players. This is a necessary skill to become a Champion in soccer!

**Week 8**  
**Aug**  
**2-6**

**World Wildlife Explorers**

Wildlife and science collide in an extraordinary week of learning about biomes, habitats, and animals from around the world. Every day will take you to a new continent unveiling amazing discoveries in the artic, savannah, deciduous, desert, and tropical lands. Put on the hat of a zoologist as we create our own Zoo through STEM fun embarking on all the responsibilities, management, and marketing duties required to make it thrive.

**Akron Zoo Mobile**

Where in the World? Explore the different places animals call home, from the desert to the rainforest. This program includes three animal ambassadors for hands-on experience.

**Fielding Games**

Babe Ruth said, "Baseball is the greatest game in the world and deserves the best you can give it." This week is all about fielding games and giving it your best to learn baseball and softball skills, tactics, and situational play. Through the games of kickball, softball, baseball, and even cricket, campers will learn, develop, and improve their overall play in fielding games. Sports-specific skills this week will focus on hitting mechanics, proper throwing mechanics, and receiving/fielding fly-balls and ground balls. Offensive and defensive situations will be covered to allow campers a more in-depth understanding of the game and becoming mentally focused and situationally smart in the field, the batter's box and on the bases. Additionally, there will be opportunities for the campers to work on specific position skills such as catching and pitching. Whether you are a player new to the sport or a player who is playing at the club or travel level, this week at camp will allow for a fun, dynamic approach to skill work and situational drills that will allow you to take your game beyond the warning track and out of the park.

**Week 9**  
**August**  
**9-13**

**Inspiring Engineers of Tomorrow**

Combine engineering, art, and math into one as you snap into daily LEGO building challenges. Discover through Earth topography how animals and humans are harmonious engineers. Witness how they have worked together for centuries to create timeless structures. Learn how to read maps and navigate using LEGO-inspired sundials and compasses.

**Animal Architects**

Wolf Creek Environmental Center Guest Speaker - Humans aren't the only animals that build structures; the animal kingdom abounds with talented architects. From dams to nests to body armor, these feats of animal ingenuity will amaze you!

**Volleyball Training**

This week will be an opportunity for the athlete who has previously played volleyball to challenge and refine their skills prior to the start of the fall volleyball season, and a great opportunity for those who have had limited opportunities with the sport to gain new skills. Here you will master the fundamentals, develop proper mechanics, and enhance court awareness and strategic play. Dynamic drills will be used to challenge and excel the player's skills sets. Each player will receive quality instructions by coaches. Game play experience will be the primary focus.