

Sports

Enrichment

Camp

June 24 – June 28

9:00 AM -3:00 PM

Boys & Girls Ages 7 - 12



The Sports Enrichment Camp at Lackawanna College is much more than just a summer sports camp; it is a total experience that combines fitness, fun and learning.

During camp, youth participate in sports and educational enrichment. Camp will provide a positive learning environment with the following objectives:



- Expand sports-skill opportunities to improve physical fitness and promote an active lifestyle
- Help youth acquire good health practices
- Provide a safe environment to play, learn and grow

Once enrolled in camp, youth have an opportunity to participate in a variety of sports including volleyball, flag football, soccer, baseball/softball and basketball.

Campers will also receive educational programming to enhance academic and social responsibility.

For registration information, please contact Mike Rickert, Lackawanna College Manager of Fitness & Programming at 570-955-1578 or rickertm@lackawanna.edu



Cost

\$100 if registered before 5/10

\$120 after 5/10

A Typical Day at Camp:

8:45-9:00 Check in at Student Union

9:00 Daily Preview

9:30 Speed and Agility Training

10:00 Sports Sessions

12:00 Lunch

12:45 Enrichment Activities

1:30 Camp games

2:30 Snack

3:00 Sports Sessions

4:00 Camp Ends

