

# TRACK TIME DESCRIPTIONS

- **ARCHERY** - Learn how to shoot a bow & arrow and even practice on our foam targets
- **ART STUDIO** - A combination of painting, sculpting & crafting
- **BASEBALL** - Learn various skills, drills & games of baseball
- **BASKETBALL** - Learn various skills, drills & games of basketball
- **BUILD IT** - Creative hands-on building activities
- **CHEERNASTICS** - A combination of cheerleading & gymnastics
- **CREATIVE DANCE** - Learn a creative movement and perform in front of camp
- **DRAMA** - Learn what it means to be an actor and perform various skits
- **FLAG FOOTBALL** - Learn various skills, drills & games of football
- **KITCHEN CHAOS** - Cook and create fun foods from various ingredients
- **NO BOYS ALLOWED** - A girls-only indoor track with discussion and activities
- **OUTDOOR GAMES** - Play some favorites like wiffleball, capture the flag & ultimate frisbee
- **SIGN LANGUAGE** - Learn the basics and perform a song through sign language in front of camp
- **SOCCER** - Learn various skills, drills & games of soccer
- **TENNIS** - Learn various skills & drills of tennis
- **VOLLEYBALL** - Learn various skills & drills of volleyball
- **WEIRD SCIENCE** - Fun experimental games & activities with safe ingredients
- **WET & WILD** - An assortment of games involving water hoses, water balloons, etc.

*\*Tracks are subject to availability. Make sure campers know the sports tracks are for beginner to intermediate players. We will be teaching basic skills for each sport, so if you have an all-star, you might want to encourage them to try something new!*

