

COMPETITIVE SPORTS SAMPLE SCHEDULE

Competitive Sports - Ninja Nastics

8:45 - 9:15

Check In - circle game, greet all campers, send campers to change for swim

9:15 - 9:30

Morning Meeting - go over names, rules, daily schedule

9:30 - 10:30

Swimming - Outdoor Water Park!
(Apply sunscreen if needed and put on Coast Guard approved life vests for those that did not pass the swim test.)

10:30 - 10:45

Snack - make sure to wash hands, check for peanuts and clean up

10:45 - 11:00

Change from Swim

11:00 - 11:45

Transition to Main Building to the Back Gym
Mini Fitness Challenge

11:45 - 12:45

Transition to the Gymnastics Room
Challenge Stations
(Break into smaller groups and rotate through stations, 15 minutes per station.)

1. Balance Beam Relays
2. Rope Climb
3. Warp Wall

12:45 - 1:30

Lunch - Make sure to wash hands, check for peanuts and clean up

1:30 - 2:15

Ultimate Ninja Obstacle Course

2:15 - 2:45

Transition back to the NSTC and then play Sporkball

2:45 - 3:15

Check Out - Circle Games or Bash Ball