MACCABI SPORTS CAMP

the J DAY CAMPS
Discover the Spirit!

A LOOK BACK:

- This past week we wrapped up the Kelvin Lee Basketball camp.
- Basketball camp featured morning rotations that worked on fundamentals of the game including agility, dribbling, shooting, passing and footwork. The afternoon was spent playing 5 on 5 full court games.
- Electives for the week were: Groups 1 and 2 did cooking. Group 3 did a team building exercise this week.
- Wacky Wednesday this week was Hawaiian Day.

A LOOK AHEAD:

- Next week is our Hi-NRG gymnastics camp and our Ninja Obstacle camp.
- Hi-NRG gymnastics and their staff are coming in to teach the fundamentals of gymnastics, building on coordination, strength and flexibility skills. Ninja Obstacle camp is an opportunity for kids to practice what they see on American Ninja Warrior, climbing, hanging and jumping their way through a gym sized obstacle course.
- Next Tuesday we have the youth circus coming in to put on a performance for us.
- Our Wacky Wednesday for next week is Western Day.