

QUAD-LYMPICS 2017

Hello Quad Family!

Listed below is the layout of how each day will go at this winter camp session. (Dec 26-29th) The first three days will be used to teach the fundamentals/basics of the listed sport and on the final day the children will compete with their chosen teams to be the winners of the Quad-lympics 2017. They will be split into teams and chose team colors and names.

Throughout the week a big poster board will be placed in the conference room so they can know where their team stands throughout the week.

The last day will be ran with them getting their teams behind banners with their team names on them and they will march in Olympic style.

After that they will compete in various different tests using the skills they learned earlier that week. Each member of the team will have a chance to compete in everything.

The winner of the Quad Sports Showdown will be given a "Quad Indoor Sports" t-shirt in their team color.

TUESDAY:

AM: SOCCER

PM: VOLLEYBALL

GROUP ACTIVITY: INFLATABLE/DODGEBALL

WEDNESDAY:

AM: LACROSSE

PM: BASEBALL

GROUP ACTIVITY: KICKBALL

THURSDAY:

AM: FOOTBALL

PM: FITNESS/RELAYS

GROUP ACTIVITY: TENNIS BASEBALL

FRIDAY:

AM: PRACTICE EVERY SPORT

PM: SOCCER, VOLLEYBALL, LACROSSE, FOOTBALL, FITNESS/RELAYS

GROUP ACTIVITY: KIDS PICK

Any questions or concerns please email aanderson@quadindoorsports.com or call 847-864-0995