



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA SUMMER SPORTS CAMP FAQ

## How do I get my child signed up for Summer Sports Camp?

Register your child online at [ymcamn.org/summer](http://ymcamn.org/summer). If you have any questions or need help registering, you can contact our customer service center at 612-230-9622.

## Why should my child attend YMCA Sports Camp?

Our coaches are second to none and willing to mentor any child. Our YMCA sports team has a breadth of knowledge and experience in all aspects of the sports arena. Your child will have a first class learning experience while participating in Y Summer Sports.

## Who are the Sports Coaches and what is their background?

Our sports team comes fully loaded with talent in many of the sports disciplines. We have diverse staff that have played collegiately and professionally not only in the United States but across the world. Our coaches are eager to share their sports expertise with all who participate in our Y Sports program.

## Will my child be in large groups for the activities?

Our sports camps are built to encourage both small and large group participation. Participants are encouraged to just be themselves and have fun while learning sport specific skills. Our experienced coaches will take care of the rest. Many lifelong friends are made through sports and our goal at the Y is to always encourage that.

## What are the expectations while at YMCA Sports Camp?

- Each participant is expected to fully participate in drills and games
- All participants should arrive on time to get the full experience
- Practicing safety at all times
- Stay hydrated throughout the day

## What should I bring to YMCA Sports Camp?

- Lunch with 2 snacks (AM and PM snack)
- Tennis shoes
- Hat for sun protection
- Weather appropriate athletic apparel
- Water bottle
- Sunscreen
- Any necessary health related items

## Will there be other kids who are new to Sports Camp?

All participants at varying experience levels are welcome to join our sports camps. We have elite athletes alongside beginner athletes. Everyone will be challenged at his or her own level.

# WHAT'S DOES A TYPICAL WEEK IN YMCA SPORTS CAMP LOOK LIKE?

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-9:00am	<b>Before Care</b>				
9:00-9:30					
9:30-10:00	<b>Morning Meeting &amp; Snack (camper of the week on Fridays)</b>				
10:00-10:30	Skills & Drills (Sport Specific)	Skills & Drills (Sport Specific)	Skills & Drills (Sport Specific)	Skills & Drills (Sport Specific)	Friday Play Day
10:30-11:00					
11:00-11:30					
11:30-12:00	Lunch & Playground	Lunch & Playground	Lunch & Playground	Lunch & Playground	Lunch & Playground
12:00-12:30					
12:30-1:00	Game Play (Sports Specific)	Game Play (Sports Specific)	Game Play (Sports Specific)	Game Play (Sports Specific)	Friday Play Day
1:00-1:30					
1:30-2:00					
2:00-2:30					
2:30-3:00					
3:00-3:30					
3:30-4:00	<b>Snack</b>				
4:00-6:00pm	<b>After Care</b>				