



CAMP COORDINATOR FORM (SPORT)

School: _____

Name: _____

Camp Date: _____

Phone: _____

Year Level: _____

Mobile: _____

No. of Students: _____

Email: _____

CAMP FOCUS Sports Excellence Sport Specific _____ Athlete Experience Off-Field Development
 Strength & Conditioning Cert III Fitness Details: _____

SPORT ACTIVITIES Designed to meet students' abilities: Triathlon/Duathlon Ice baths/Deep Water Exercise/Pool Recovery
 Fitness Testing Water Polo Group Exercise Classes Beach Volleyball

Workshops Designed to be interactive: Nutrition Injury Prevention Athlete Development Mental Preparation
 Personality Traits Successful Habits Goal Setting Strapping (additional \$5 pp for Tape) Mind/Body/Soul Time Mgmt

Strength & Conditioning Designed to meet students' abilities. Intro Gym & Weight Training HIIT CrossFit
 Military Bootcamp Spin Class Fitness Circuit Functional Flexibility Boxercise Speed for Sport Yoga
 Sand Fitness Conditioning

Personal/Team Development Activities Designed to promote & establish positive culture within a group:
 Team Building Initiative Games Field Games Aquatic Games Cycling Archery
 Spartan Course Amazing Race Photo Scavenger Hunt Theatre Sports Slingshot Challenge

Peak Activities 2 x Peak Activities included in o/night camp program. Extra peak activities \$5 pp:
 Stand Up Paddling / Beach Games or Beach Fitness Sailing Laser Skirmish Raft Building
 Beach and Surf Awareness (additional \$5 pp for bus hire)

Night Activities 3-day Camps - Sports Super Centre hosts 1 night, school hosts other night
 Pool Games/Fitness Fitness Circuit Movie Night DJ/Disco Night Trivia Astronomy Night Guess Those Lyrics
 Outdoor Challenges

ADDITIONAL ACTIVITIES & COSTING

- Theme parks can be incorporated into camps. Please contact theme parks directly for costings.
- Night Laser Skirmish \$16/person