

Good Sportsmanship:

Good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect. Kids who see examples of good sportsmanship come to understand that the real winners in sports are those who know how to persevere and to behave with dignity — whether they win or lose a game. This week we will focus on good sportsmanship by example and practice!

Be a Team Player:

Players working together can achieve much more than one player who is acting alone. Everyone on the team plays a different role, according to their strengths – and by helping and encouraging one another along the way, you can make some inspiring things happen. Join us for a week where we will discover each of our strengths and how working together is always a WIN!

Skills and Drills:

Whether you're a soccer, basketball, softball, kickball or bocce player, we all have one thing in common — we want to improve! This week we will focus on sports-specific skills and drills that you can easily use on your own or with your team mates.

Healthy Habits:

As you grow and improve in your sport(s), athletes quickly learn that choices they make off the field/court are just as important as the ones they do on the field/court. Good habits like staying hydrated, eating the right foods, preventing injuries, and managing stress are all key to athletic success.

Fair and Fun:

The concept of fair play is one that all kids should be introduced to. It shows them how to follow the rules of a game and how to enjoy the experience of playing. Since a fair play game is played without any bend in the rules, it's a good way for children to learn problem-solving in order to win. And having fun is always rule #1!

Rules and Regs:

Rules, rules, rules! A game is only as good as its rules, and how well we play the game is defined by how well we follow the rules. Kids will have a chance to better learn the rules and regulations of specific sports.

School Spirit:

Have fun and show your school spirit! Wear your school colors, make a poster of your school mascot, and share fun ways to root for the home team!

Just for Fun:

Competition can be a great thing but sometimes we just need to play for fun. The challenge this week is NOT KEEP SCORE! Who doesn't love a good game of Calvinball or maybe trying to set a new silly world record? What happens when you just make up a game as you go along? We don't know either but let's find out!

Pittsburgh Pride:

Show your hometown spirit and wear your black and gold! Whether is it the Pirates, Steelers, Penguins or Riverhounds- come to camp this week ready to celebrate your favorite team.

End of Summer Celebration:

Every day is a bittersweet party while we celebrate the end of summer and send our campers off to another great school year. Our crazy mud slide, a dance party, and a hotdog cookout is just a few things we have planned for this week packed with fun while we enjoy the last days of summer vacation.