

# Summer Sports Camp 2022

## NARC Ninja Weekly Sport Themes

### **Week 1 Welcome to Our Legacy**

This week we introduce the importance of leaving your mark as a player. Focusing on sportsmanship, mental toughness, and the importance of a team. We will pay homage to our past years, counselors and campers playing some of their favorite games that were developed at the NARC.

### **Week 2 Football & Soccer**

Lace up your cleats and kick it up a notch with a duel theme week. Learn the basics of football and soccer through fun games, drills, and activities.

### **Week 3 Lifetime Sports**

Some people wait a lifetime for a week like this. We will teach and show the expanse of sports that you are able to play through your lifetime, including but not limited to, volleyball, track, pickle ball, bicycling and golf.

### **Week 4 Lacrosse & Basketball**

The Bandits won't be the only lacrosse team in Buffalo, as we dive into this week playing lacrosse both outside and on our indoor turf. We will also bring basketball back to Buffalo as we dribble our way through games and activities.

### **Week 5 Game Week**

Play some favorite summer camp games like 4 square, handball, dodgeball, and kickball all week long. We will also develop and play new games created by everyone at camp.

### **Week 6 Baseball**

Hit it out of the park with "America's favorite pastime". Play tee-ball, softball, and baseball as we build and develop our skills and understanding of the game.

### **Week 7 Hockey**

Score your own "hat trick" this week with all things hockey. Learn and practice through drills and games of floor hockey in preparation for our Pillow Polo match at the Northtown ice rink.

### **Week 8 Best of the Best**

It's time for an instant replay. Let's play your favorites from summer 2022