

# NARC “Ninja” Sports Camp 2023

## **Week 1 June 26-30 Legacy Week “All About the Team”**

We kick off our summer on the most important part of our camp, OUR TEAM and the importance of leaving your mark as a player. The focus will be on sportsmanship, leadership and teambuilding. We will pay homage to our past years, counselors and campers playing some of their favorite games and teamwork challenges that were developed at the NARC.

## **Week 2 July 3-7 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 3 July 10-14 Classics and Specialties**

A smorgasbord of classic camp games such as 4 square, handball, capture the flag and all sorts of tag. As well as specialty sports that kids may not had a chance to experience before like gymnastics, wrestling, yoga, dance, ultimate tag, parkour and many more.

## **Week 4 July 17-21 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 5 July 24-28 Hockey & Nets**

It's all about the nets! From floor hockey to volleyball and everything in between! Challenges and games of tennis, pickle ball, badminton, and ping pong to name a few.

## **Week 6 July 31-Aug 4 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 August 7-11 Larger Than Life Sports**

This week we bring to LIFE sports, games, and contests that most of us only get to see on a screen. Touching upon American Ninja Warrior, World Tag League, and EA Sports. Even reaching to ultimate challenges from Dude Perfect as well a little taste of Double Dare with our very own “Slopstacle” course.

## **Week 8 August 14-18 Best of the Best**

It's time for an instant replay. Let's play your favorites from summer 2023.