

Summer Sports Camp 2019

NARC Ninja's Weekly Sport Themes

NORTH AMHERST RECREATION CENTER

Week 1 Football

Tackle this week's gridiron theme. The best of flag and touch football, understanding the processes of throwing and catching along with challenging yourself to our own mini football combine which includes punt pass and kick.

Week 2 Soccer

Kicking off your summer with everything soccer. Learning the basics of soccer through fun games, drills and activities.

Week 3 Buffalo Sports

Jack Eichel and Josh Allen got their professional start in Buffalo and you will too as we tap into all of our local major sports, as well as discovering what sports started in Buffalo

Week 4 Baseball

Hit it out of the park with "America's favorite pastime". Playing tee-ball, kickball, softball, and baseball to build and develop skills and understanding of the game.

Week 5 Where did that come from? Sports Then and Now

Almost everyone knows classic games like 4 square and dodgeball but have you heard of 9 square in the air and gaga ball? Over time our classic games have evolved into new and exciting games. We will compare the classic games vs. the modern twists as well as see how professional sports have changed over the years.

Week 6 Hockey

Score your own "hat trick" this week with all things hockey. Stick handling through games and drills of floor hockey in preparation for our pillow polo game at the Northtown ice rink.

Week 7 Sports Around the World

Take a trip with us as we discover unique sports that have been made famous all over the globe. Rugby, cricket, wrestling, quidditch, and even pro tag to name a few.