

# MILFORD RECREATION DEPARTMENT



## YOUTH SPORTS SKILL-BASED PROGRAMS

*Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.*

### SUMMER 2020

#### MINI-HAWK CAMP (BASEBALL, BASKETBALL, SOCCER)

*This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA115139	6/15 - 6/19	M-F	9:00 a.m. - 12:00 p.m.	4-6	\$135	Wasson Sports Complex
SSA115144	6/29 - 7/02	M,T,W,T	9:00 a.m. - 12:00 p.m.	4-6	\$109	Wasson Sports Complex
SSA115151	7/20 - 7/24	M-F	9:00 a.m. - 12:00 p.m.	4-6	\$135	Wasson Sports Complex
SSA115155	8/10 - 8/14	M-F	9:00 a.m. - 12:00 p.m.	4-6	\$135	Wasson Sports Complex

#### MULTI-SPORT CAMP (BASEBALL, BASKETBALL, FLAG FOOTBALL, SOCCER)

*The essentials of baseball, basketball, flag football and soccer are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. Kids will be split into age appropriate groups at camp*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA115140	6/15 - 6/19	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$155	Wasson Sports Complex
SSA115147	7/06 - 7/10	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$155	Wasson Sports Complex

#### BEGINNING GOLF CAMP

*Boys and girls will learn the fundamentals of swinging, putting and body positioning. Using the ShortGolf® system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA115142	6/22 - 6/26	M-F	9:00 a.m. - 12:00 p.m.	5-8	\$135	Orchards Golf Course
SSA115154	8/03 - 8/07	M-F	9:00 a.m. - 12:00 p.m.	5-8	\$135	Orchards Golf Course



**SPACE IS LIMITED!  
REGISTER TODAY >>**

**Online:**  
[skyhawks.com](http://skyhawks.com)

**Phone:**  
800.804.3509

## BEACH VOLLEYBALL CAMP

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA115143	6/22 - 6/26	M-F	9:00 a.m. - 12:00 p.m.	10-14	\$135	Walnut Beach
SSA115153	7/27 - 7/31	M-F	9:00 a.m. - 12:00 p.m.	10-14	\$135	Walnut Beach

## MULTI-SPORT CAMP (CAPTURE THE FLAG, KICKBALL, ULTIMATE FRISBEE, WIFFLEBALL)

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline. Kids will be split into age appropriate groups at camp,

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA115145	6/29 - 7/02	M,T,W,T	9:00 a.m. - 3:00 p.m.	6-12	\$119	Wasson Sports Complex
SSA115152	7/27 - 7/31	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$155	Wasson Sports Complex
SSA115156	8/10 - 8/14	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$155	Wasson Sports Complex

## TRACK AND FIELD CAMP

Skyhawks track and field combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques.

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA115149	7/13 - 7/17	M-F	9:00 a.m. - 12:00 p.m.	7-12	\$135	Foran High School Track

## STEM & PLAY: FLAG FOOTBALL CAMP

This program combines strategic STEM-based activities with traditional Skyhawks football instruction and a focus on life skills such as teamwork and sportsmanship. STEM Sports® football curriculum educates students on receiver glove and helmet technology, in-game communication, throwing arm strength, football properties, calculating distances and other subjects. Participants will also learn the fundamentals of passing, catching and defense through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
SSA115150	7/20 - 7/24	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$165	The Fields at Orange Ave

*My nephew is 8 years old and this was the most fun he had all Summer!!  
He wanted to go again and again ~ if you want something fun, educational and safe  
for your children to attend then Skyhawks is the place to be!!  
Thank you for all you did for our boy!!*

- Teri S.  
Ellensburg, WA