



Youth/Teen - Sports Camps



Skyhawks Golf Camp

Boys and girls will learn the fundamentals of swinging, putting and body positioning. Using the Short Golf system (an official license of the PGA tour), equipment is designed for beginning golfers to help build confidence and to have fun. It simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs, all equipment is provided. For safety reasons the instructor to camper ratio is low. **Please bring snack, lunch, sunscreen, & water. Includes a t-shirt & merit award.**

Who: Boys and girls ages 5 - 10
Meets: Monday - Thursday
Dates: June 29 - July 2
Time: 9:00 - 1:00 PM
Fee: \$135 (non-res. add \$10)
Location: HKIMS Front Field
Coach: Skyhawks Staff



Skyhawks Baseball Camp

Skyhawks Baseball takes the rich history of the game from Cooperstown to your town. Skyhawks staff use a progression curriculum to teach the fundamentals of fielding, catching, throwing, hitting, and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this camp teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants come away with new friends, new skills, and a love for the game!. **Please bring snack, lunch sunscreen water & glove. Includes a t-shirt & player evaluation.**

Who: Boys and girls ages 7 - 12
Meets: Monday - Thursday
Dates: June 29 - July 2
Time: 9:00 - 1:00 PM
Fee: \$135 (non-res. add \$10)
Location: HKIMS Baseball Field
Coach: Skyhawks Staff



Skyhawks Basketball Camp

This fun, skill-intensive program is designed for beginner to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Participant-to-coach ratio is approximately 10:1. **Please bring snack, lunch, water, & sneakers. Includes a t-shirt, ball & player evaluation.**

Who: Boys and girls entering gr. 2 - 5
Meets: Monday - Friday
Dates: July 6 - 10
Time: 9:00 - 12:30 PM
Fee: \$135 (non-residents add \$10)
Location: HKIMS Gym
Coach: Skyhawks Staff



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. **Please bring cleats, sneakers, snack, lunch, water, & sunscreen. Includes a t-shirt, ball & player evaluation.**

Who: Boys and girls ages 8 - 12
Meets: Monday - Thursday
Dates: July 20 - 23
Time: 9:00 - 1:00 PM
Fee: \$139 (non-res. add \$10)
Location: HKIMS Front Field
Coach: Skyhawks Staff

New!

Skyhawks Mini-Hawk Camp Soccer, Basketball & Baseball

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. Participant-to-coach ratio is approximately 8:1. **Please bring snack, lunch, water, glove, shinguards & sunscreen. Includes a t-shirt, ball & merit award.**

Who: Boys and girls ages 4 - 6
Meets: Monday - Thursday
Session 1: July 13 - 16
Session 2: August 10 - 13
Time: 9:00 - 1:00 PM
Fee: \$135 each session (non-res. add \$10)
Location: HKIMS Front Field
Coach: Skyhawks Staff



The State of CT has deemed that camps are essential to opening back up the state. **The HK Recreation Department along with all the Contracted Instructors (Skyhawks, UKI Soccer Camps, Running Rams, etc) will be following the guidelines and protocols issued by the CDC as well as the OEC in order to provide a safe camp experiences.**

Please go to the individual websites for all the protocols each organization will be implementing.
www.skyhawks.org
www.ukisoccer.com



Youth/Teen - Sports Camps



Skyhawks Multi-Sport Camp (Soccer, Basketball & Baseball)

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. Participant-to-coach ratio is approximately 10:1. **Please bring snack, lunch, water, glove, shinguards, & sunscreen. Includes a t-shirt, ball & merit award.**

Who: Boys and girls ages 7 - 11
Meets: Monday - Thursday
Dates: August 10 - 13
Time: 9:00 - 1:00 PM
Fee: \$135 (non-res. add \$10)
Location: HKIMS Front Field
Coach: Skyhawks Staff



UK International Soccer Camp

Designed to develop players' skills and technique in a fun and stimulating environment. Younger players will learn the fundamentals through fun games, small-sided games, as well as be introduced to attacking, defending, and rules of the game. Older players will develop themselves through challenging game related situations. Focus will be on technical development, functional and positional practices, tactical decision making, advanced concepts and fitness. Participant to player ratio is 10:1. Staff are certified coaches from Europe and USA and have played semi or professional soccer. Visit www.uksocca.com. **Includes t-shirt and ball. Please bring water, snack, lunch, shinguards, sunscreen & snack.**

Who: Boys and girls ages 6 - 12
Meets: Monday - Thursday
Dates: July 27 - July 30
Time: 9:00 - 1:00 PM
Fee: \$130 (**\$2**) / \$5 discount for 2nd child (non-res. add \$10)
Location: HKIMS Front Field
Coach: UK International Soccer Camp Staff



Skyhawks Volleyball Camp

All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner and intermediate player. Staff will assist each athlete in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. The participant-to-coach ratio is approximately 10:1. **Please bring, snack, lunch, water, and knee pads. Includes a t-shirt, ball & player evaluation.**

Who: Boys and girls ages 10 - 14
Meets: Monday - Friday
Dates: August 10 - 14
Time: 9:00 - 1:00 PM
Fee: \$139 (non-res. add \$10)
Location: HKIMS Gym
Coach: Skyhawks Staff



Skyhawks Tennis Academy

Grab your tennis racquet and get ready to play! Whether you're a beginner, an intermediate or an advanced player, this program will improve your game and help you get more enjoyment from tennis. Skill levels and ages will be divided accordingly. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Each player is given personal attention and taught through repetition in an enjoyable, lively atmosphere. Skyhawks tennis breaks down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill quickly. **Please bring water, sneakers, tennis racquet, snack, lunch & wear sunscreen. Includes a t-shirt & player evaluation.**

Who: Boys and girls ages 7 - 12
Meets: Monday - Thursday
Session 1: July 13 - 16 (**Sheldon Park**)
Session 2: August 3 - 6 (**HK HS**)
Time: 9:00 - 1:00 PM
Fee: \$135 each session (non-res. add \$10)
Limit: Max. 8 each session
Coach: Skyhawks Staff



Running Rams

The camp will feature instruction in many track and field disciplines from some of the area's best coaches. Each day will also include a fun activity, such as ice cream sundae night and pizza night. Participants will receive a t-shirt and awards at the conclusion of the program. *All participants must be 5 years old at the start of the program. **Please bring water.**

Who: Boys and girls ages 5 - 15
Meets: Monday - Friday
Dates: TBA
Fee: \$135 (non-res. add \$10)
Limit: Min. 8
Location: Old Saybrook HS Track
Instructor: Peter Capezzone, Running Rams LLC

