



BOYS & GIRLS CLUBS
OF KING COUNTY



Rainier Vista Summer Sports Camp Schedule

Week 1: 6/24 - 6/28

Grade	Week Title
4 - 6	(Basketball) Teaching Basketball Fundamentals through skills & drills and Gameplay. Focus will be on basic skills such as dribbling, passing and shooting the basketball. Campers will learn the importance of teamwork and great sportsmanship and working with others.

Week 2: 7/1 - 7/3

Grade	Week Title
4 - 6	(Net Sports) Introduction to net sports such as Pickleball, Badminton and Volleyball. Learn how to play these sports through Skills & Drills and Gameplay.

Week 3: 7/8 - 7/12

Grade	Week Title
4 - 6	(Football) Our camp offers an exciting opportunity for youth to learn and enjoy the game of football. With a focus on skill development, teamwork, and friendly competition. We will include Flag Football trainings and Football Combine Drills.

Week 4: 7/15 - 7/19

Grade	Week Title
4 - 6	<p>(Multiple Sports)</p> <p>Our camp offers an exciting opportunity for youth to learn and enjoy multiple sports and games such as Dodgeball, Capture the Flag, Kickball, Floor Hockey and Soccer. We will focus on skill development, teamwork, and friendly competition through skills & drills and fun activities.</p>

Week 5: 7/22 - 7/26

Grade	Week Title
4 - 6	<p>(Baseball)</p> <p>Camp will focus on Baseball fundamentals such as hitting, pitching & fielding the ball. We will work through skills & drills, team activities friendly competition.</p>

Week 6: 7/29 - 8/2

Grade	Week Title
4 - 6	(STEM Sports) Introduction to the world of Science Technology Engineering Math through a sports lens. We will build and compete through robotics and technology. We will see how athletes & teams function through Sports Science experiments.

Week 7: 8/5 - 8/9

Grade	Week Title
4 - 6	(Fitness Camp) Youth will focus on healthy lifestyles and the importance of Fitness by being Active through exercise, fitness activities and having fun.

Week 8: 8/12 - 8/16

Grade	Week Title
4 - 6	(Olympic Games) Our camp will focus on Olympic Sports such as Track & Field, Golf, Lacrosse and other field games. Focusing on fundamentals each sport and friendly competition. We will also host our Olympic Games on our turf field.

Week 9: 8/19 - 8/23

Grade	Week Title
4 - 6	(Basketball) Teaching Basketball Fundamentals through skills & drills and Gameplay. Focus will be on basic skills such as dribbling, passing and shooting the basketball. Campers will learn the importance of teamwork and great sportsmanship and working with others.