

Scripps Ranch Swim & Racquet Club  
 Summer Camps 2010  
**Flag Football**

**Session: 6**

**Day: Monday**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Review Flag Football Rules	Big Field
10:00	Drills: Catching, Passing, Kicking, and Field Positions	Big Field
10:30	Snack	
11:00	Continue Drills	Big Field
11:30		
12:00	Lunch	
12:30	Free Choice / Rest	Playground
1:00	Flag Football Skill Game: Flag Tag	Big Field
1:30		
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

\* Parent vs. Camper Game on Thursday at 1:00pm!

\* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

Scripps Ranch Swim & Racquet Club  
 Summer Camps 2010  
**Flag Football**

**Session: 6**

**Day: Tuesday**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Warm Up / Review Drills	Big Field
10:00		
10:30	Snack	
11:00	Skill Game: Ultimate Football	Big Field
11:30		
12:00	Lunch	
12:30	Scrimmage Game	Big Field
1:00		
1:30	Skill Game: Ultimate Touchdown	Big Field
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	
4:00	Camp Ends	
4:00 - 6:30	PM Extended Care	

\* Parent vs. Camper Game on Thursday at 1:00pm!

\* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

Scripps Ranch Swim & Racquet Club  
 Summer Camps 2010  
**Flag Football**

**Session: 6**

**Day: Wednesday**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Decorate Team T-Shirt Jerseys	Basketball Court Tables
10:00	Snack	
10:30	Warm Up / Stretch	Big Field
11:00	Scrimmage Game	Big Field
11:30		
12:00	Lunch	
12:30	Drills	Big Field
1:00		
1:30		
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

\* Parent vs. Camper Game on Thursday at 1:00pm!

\* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

Scripps Ranch Swim & Racquet Club  
 Summer Camps 2010  
**Flag Football**

**Session: 6**

**Day: Thursday**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Warm Up / Review Drills	Big Field
10:00		
10:30	Snack	
11:00	Practice Drills	Big Field
11:30		
12:00	Lunch	
12:30	Get Ready for Parent vs. Camper Game	Big Field
1:00	Parent vs. Camper Game	Big Field
1:30		
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

\* Parent vs. Camper Game on Thursday at 1:00pm!

\* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.