

Daily Sports Camp Format

Each sports camp day follows the same proven structure:

Morning: Skill Breakdown & Repetition

- Athletes begin each day with a fundamental skill series
- Coaches break down the day's main concept step-by-step
- Emphasis on:
 - Proper technique
 - Repetition and confidence
 - Individual improvement

Afternoon: Application Through Games & Team Concepts

- Skills are applied through:
 - Small-sided games
 - Team-based drills
 - Competitive challenges
- Games are constraint-based, meaning rules are adjusted to reinforce the daily lesson
- Athletes learn when and why to use the skills—not just how

Every camp, every day includes:

- A fundamental skill series to start the morning
- One primary concept per day (no overload or confusion)
- Concepts that are taught → drilled → applied
- Afternoon games designed specifically around the daily theme

This structure ensures learning is clear, progressive, and engaging.

Why This Approach Works

- Athletes learn faster because concepts are isolated and reinforced
- Games stay fun and competitive, not chaotic
- Players gain confidence applying skills under pressure
- Suitable for multiple ages and skill levels—coaches adjust constraints, not expectations

What Parents Can Expect

- Clear daily themes and progression
- High engagement and active participation
- Skill development that transfers to real games
- A positive, structured, and safe learning environment

Camp Requirements & Parent Prep Information

Daily Schedule Expectations

- Camps run 9:00 AM – 4:00 PM
- Regular drop-off is 8:45 AM, regular pick-up is 4:15 PM
- Supervised early drop-off and late pick-up available (pre-registered)
- Please arrive on time as structured programming begins immediately

Lunch & Nutrition

- Nut-aware facility (no peanuts or nut products)
- No refrigeration or reheating available

Required Attire & Gear

- Court-appropriate athletic clothing
- Clean, non-marking indoor athletic shoes (indoor only, no outdoor shoes)
- No equipment required (all equipment provided)
- Athletes MAY bring their own ball, however, the facility nor the camp providers are responsible for the whereabouts of any personal items

Recommended

- Refillable water bottle (hydration stations available)
- Light snack for mid-morning and/or afternoon

Physical Readiness & Participation

- Camp activities are age-appropriate and skill-adaptive
- Breaks are built into the day
- Campers are encouraged — but never forced — to participate at full intensity

Behaviour & Expectations

- Respect for staff, other campers, and facility
- Positive attitude and effort expected
- Zero tolerance for bullying or unsafe behaviour

Communication & Updates

- Important updates sent via email
- Staff available at check-in and pick-up for brief questions
- For longer concerns, parents are asked to email rather than disrupt programming: **info@rwclifestyle.com**

What Parents Don't Need to Worry About

- Equipment
- Skill level (all levels welcome)
- Prior experience
- Trying out or being evaluated