



Old Dominion University Recreation Team Leadership Camp

Recreational Leadership Camp is a week-long camp for boys and girls ages 13-15 which offers a chance to enjoy competitive play while participating in leadership training. This camp is for students who want an overall physical fitness and multi-sports camp experience.

Each afternoon is divided into three periods, including fitness training and various sports and games. After counselors teach the rules and basic skills of each game, they will move out of the spotlight to allow campers to choose and organize their own games. This process gives students a chance to take ownership of their play and make the decisions necessary for a successful game. Camp instructors will supervise all activities, but campers will be encouraged to resolve conflicts, referee their own games, and motivate each other to engage robustly in each activity.

*This is not a sport-specific program. Students will be grouped according to age and ability. Participants can register for more than one week.

Sports Leadership Camps
Week 1: July 7 - July 11
Week 2: July 14 - July 18
Week 3: July 21 - July 25
Week 4: July 28 - August 1



Each Camp will have a minimum of 8 campers with a maximum of 25 campers

Cost Per Week:

SRC Member - \$175; Non-Member - \$215
Cost includes a camp T-shirt, a copy of "The Team Captain's Leadership Manual" by Jeff Janssen, First Aid/CPR Certification, and All Field Trips

Skills targeted: Participants in Recreational Leadership Camp will develop the skills of physical conditioning, commitment, confidence, character, responsibility, organization, leadership, sportsmanship, and manage conflict through participation in a variety of sports, games, and group activities, including rock climbing, basketball, flag football, indoor/outdoor soccer, floor hockey, and volleyball.

What to bring: gym clothes, tennis shoes without black soles, and lunch/snacks.