



# MENTORS. VALUES. POTENTIAL

## MVP CAMP

MVP Camp provides youth, ages 10-14, with a sports-based, positive youth development, summer experience where sports and exercise are utilized to teach key character values such as Caring, Safety, Honesty and Responsibility. The camp is offered for 4 weeks during the summer. Kids will participate in activities that promote physical fitness, character development, and teamwork. Camp Counselors will serve as positive mentors throughout the camp while emphasizing the Y's core values, sport fundamentals, active participation, and healthy lifestyles in a manner that values every camper's potential.

### Program Goals:

- \* Provide sport and educational opportunities for youth between ages 10-14
- \* Promote participation over performance in sports and fitness related activities.
- \* Create an environment where kids have the ability, confidence, and desire to be physically active
- \* Promote Core Values of Respect, Responsibility, Caring, and Honesty and how they apply in our daily lives.
- \* Teach youth-centered activities in a safe, positive environment that promotes confidence and personal growth.
- \* Positive Mentorship: Youth will be placed with counselors who will serve as positive mentors throughout the camp while emphasizing the YMCA's core values, sport fundamentals, active participation, and healthy lifestyles.

### Type of Activities:

basketball, flag football, soccer, track & field, volleyball, PE games, weight training and swimming lessons

### Pick-Up Locations:

Bryant, Emerson, Central, Northeast, Windy Hills, Buffalo Hills & Park Elementary schools; East Lawn Mobile Home Park, Centennial Park

Dates: June 8-July 2 (Monday-Friday)

Ages: 10-14 years old

Registration Deadline: June 1

Time: 11:00am-3:00pm

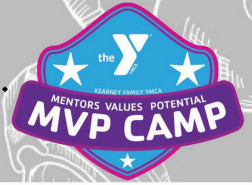
Fee: \$300 or \$75/week

\*Students on Free/Reduced Lunch: Free

**THE**  
Play With Purpose  
**PLACE**  
No Place Like *This Place*™



We can not always build the future for our youth, but we can build our youth for the future.  
-Franklin D. Roosevelt



## KEY CAMP COMPONENTS

Sport Games & Play  
Field trips\*\*

Character Development  
Special guest speakers

Reading Time  
Swimming

Team-Building Activities  
Positive Role Models

Daily Lunch Provided  
Transportation Provided\*

**Camp sports include:** basketball, flag football, soccer, track & field, volleyball, and swimming.

**\*\*The expectation is that all campers are active participants and come with a positive attitude. Campers must respect each other at all times, have a willingness to learn new things, be a good sports, and follow some simple rules. \*\***

**Lunch:** All campers will be served the same provided lunch to eat unless special medical or dietary requests are made in advance.

**Attire:** All campers are expected to dress appropriately. Examples of appropriate attire consist of shorts, t-shirt, sneakers. No sandals (open-toed shoes) or flip flops will be permitted for any activity, other than swimming.

**Swimming:** We encourage swimming to become an activity campers learn and use for a lifetime. The Y places a special emphasis on swimming because it is an important skill that can save lives; active participation is required by all campers. On swimming days, we encourage kids to wear swimsuits under their clothes and bring a towel.

**Sports and Games:** Friendly competition can keep kids active, healthy and improve self-esteem. We want everyone participating to have a positive experience. Rules are explained and enforced.

**Skills Instruction:** Coaches will teach the fundamental skills of each activity; campers have the opportunity to learn and practice each skill. Traditional team sports taught at camp include basketball, soccer, flag football, swimming and volleyball. Other game instruction may include Capture the Flag, kickball, ultimate Frisbee, etc.

**\*\*Field Trips:** E.g. Big Apple, Viaero Event Center, UNK, Wood River Water Park, Kearney Cinema, Birdies and Brews, Spring City in Grand Island, Camp Maranatha etc.  
We ask that campers wear their MVP Camp on these days.

**What to Bring:** Please label everything so we can more easily return to you if left behind  
-A bag or backpack    -Water bottle    -Towel & swimsuit    -Book or comic book    -Sunscreen( apply before camp)

**Pick-Up Locations:** Bryant, Emerson, Central, Windy Hills, Buffalo Hills Park & Northeast Elementary schools; East Lawn Mobile Home Park, Centennial Park,

*A bus schedule will be emailed a few days prior to start of camp. Please arrive early to your pick-up location.*