



THE OHIO STATE  
UNIVERSITY

**LiFE***sports*<sup>™</sup>  
at The Ohio State University®

# 2024 LiFEsports+ Camp Orientation Adams



COLUMBUS METROPOLITAN HOUSING AUTHORITY  
COMMUNITY. COMMITMENT. COLLABORATION.



THE CITY OF  
**COLUMBUS**<sup>\*</sup>  
RECREATION AND PARKS

**LIF**  
LINDYINFANTEFOUNDATION

# What is LiFEsports?

“Preparing youth for life and leadership through sport.”



**Outreach:** Provide quality sport-based positive youth development (PYD) programming, especially for youth from vulnerable circumstances.



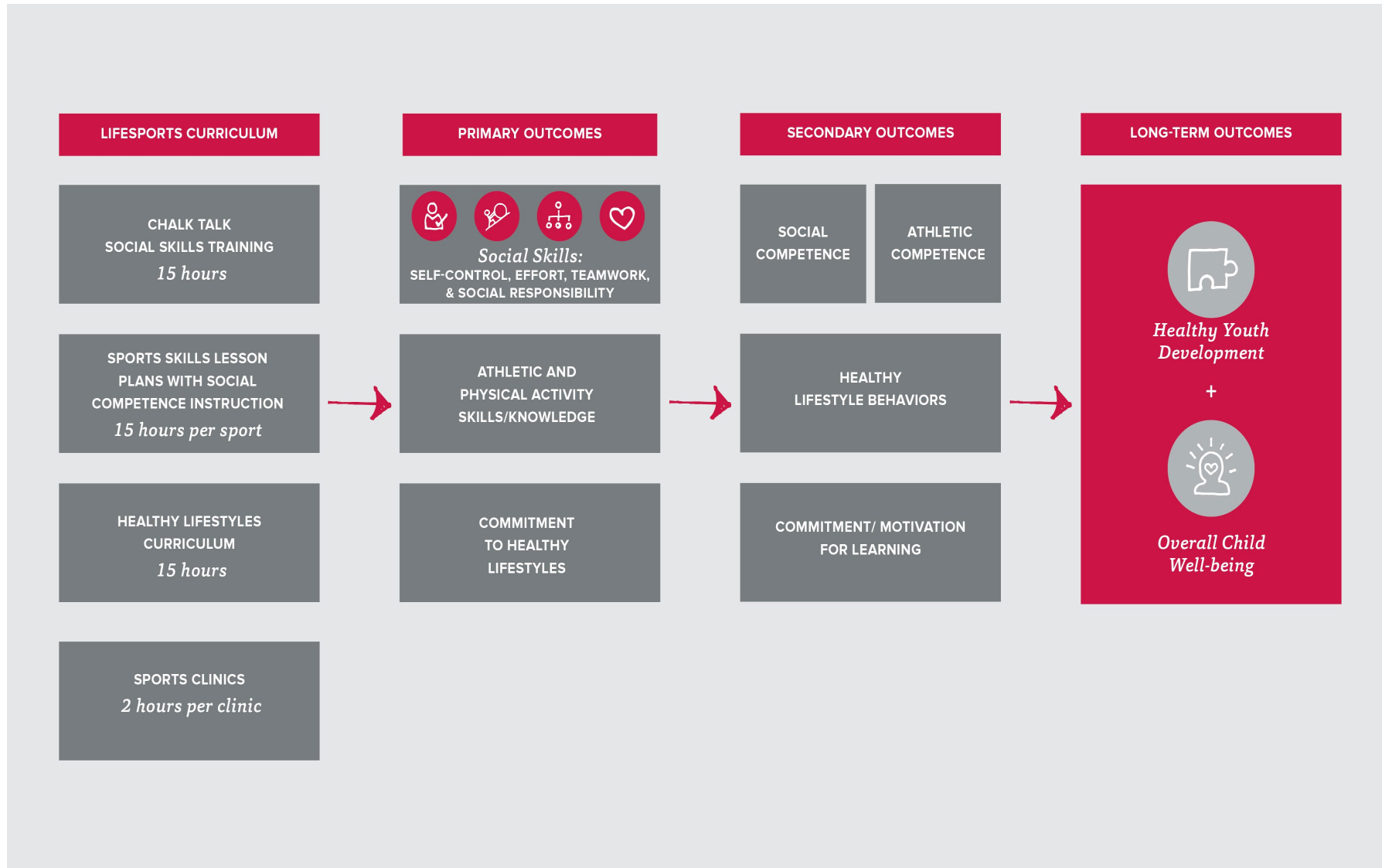
**Teaching & Learning:** Prepare and train tomorrow's sport-based PYD workforce.



**Research:** Research, discover and share best practices in sport-based PYD.

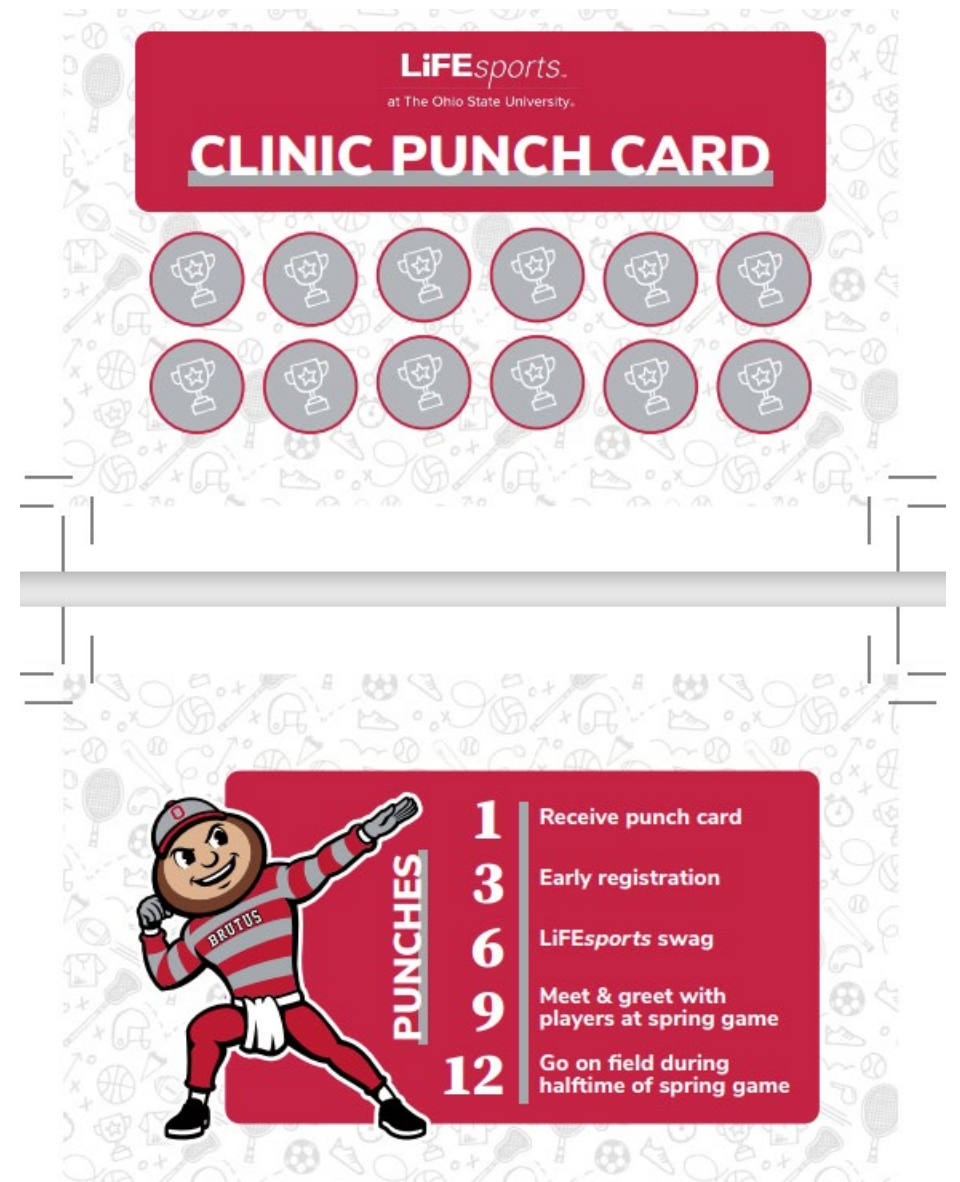
# All About Camp

# What We Teach



# 2024-2025 Clinics

- These will be on Wednesday's and Saturday's
- SETS cards:
  - When attend you can earn various awards
  - Early registration (3 clinics and ZERO no shows)
- A way to engage with staff and continue learning SETS



# Camp Staff

- Each group has an assigned counselor
- Make sure both you and your child know the counselor's name
- Counselors are with your child at all times
- Recreation/Enrichment Leaders teach lessons at each station.
- Our staff is comprised of community members and college students



# Camp Daily Schedule

<b>MONDAY, June 10th</b>				
<b>Time</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
<b>9:00-9:20</b>	<b>Morning Meeting</b>			
9:20 - 10:10	Group Time	Volleyball	Football	Open
10:15-11:05	Activity Centers	Chalk Talk	Volleyball	Open
11:10-12:00	Snack/Outdoor Time	Intro to Games 2	Chalk Talk	Volleyball
12:05-12:35	Lunch	Lunch	Reflection /SL	Open
12:40-1:10	Down Time	Down Time	Lunch	Lunch
1:15-2:05	Activity Centers	Art	Lacrosse	Open
2:10 - 3:00	Group Time	Chalk Talk	Art	Open

# Group 1 and 2

## Camp Daily Schedule Breakdown

### Daily Schedule:

**Arrival/breakfast/Morning Announcements:** 9:00 AM -9:15 AM

**Group time:** 9:15 AM - 10:05 AM

- Go over expectations for the day specific the group
- Play a game (sport, kicking, throwing, catching, striking)
- Chalk Talk

**Activity Centers:** 10:10 am – 10:50 am

- Two centers:
  1. Art
  2. Enrichment /Science

**Snack:** 11:00 AM - 11:20 AM

**Outdoor time:** 11:30 AM - 12:00 AM

- Recesses

**Lunch:** 12:05 PM - 12:35 PM

**Quiet time:** 12:35 PM - 1:05 PM

- Can nap or color, but just relaxing

**Activity Centers:** 1:10 PM - 1:55 PM

- Two centers:
  1. Enrichment /science
  2. Art

**Group time:** 2:05 PM - 2:50 PM

- Play a game (can be the same sport or kicking, throwing, catching, striking)
- Chalk Talk

**Pick up:** 2:50 PM - 3:15 PM

MONDAY, June 10th	
Time	Group 1
9:00-9:15	Morning Meeting
9:15 - 10:05	Chalk Talk
10:10-10:50	Art
11:00-12:00	Snack/Outdoor Time
12:05-12:35	Lunch
12:40-1:05	Down Time
1:10-1:55	Enrichment
2:00- 2:50	Sport



# Camp Schedule

- Each day youth play 3 sports, Chalk Talk, & Enrichment Periods (Science, Reading, & Art will all rotate )
- Each period is 50 minutes in length.
- Youth will receive breakfast, lunch and a snack.

## Key Dates at Camp:

- Monday, June 12th - First Day of Camp
- Monday, June 19<sup>th</sup> and Tuesday, July 4<sup>th</sup> – NO CAMP
- July 27<sup>th</sup> and 28<sup>th</sup> - LiFEsports Games
- June 12<sup>th</sup> through July 7<sup>th</sup>: Older group is on campus



# Camp Sports

Each youth plays 3 sports each day. Each sport period is 50 minutes long. They will have 5 days of each sport listed below.

- Dance
- Softball
- Soccer
- Basketball
- Football
- Running
- Lacrosse
- Ultimate Frisbee
- Tennis
- Volleyball
- Sport Fundamentals (youngest groups only)
- Swimming/Water Days



# Camp Activities

## Chalk Talk

Each youth has a Chalk Talk period, daily. Each session is 40 minutes long.

Chalk Talk focuses on teaching the following skills:

- **Self control**
- **Effort**
- **Teamwork**
- **Social Responsibility**

All of the sports and enrichments activities will reinforce these skills!



# *Adams*

## Field Trips

Location	Day	Date
Dental Sealants-Adams	Monday and Tuesday	June 10th and 11th
Pee Wee Track @Walnut Ridge	Wednesday	June 26th
Zoo	Monday	July 1st
Track @ Walnut Ridge	Wednesady	July 10th
Site Visit	Friday	July 12th
Career Day: OSU VISIT	Wednesay	July 17th
Zoombezi Bay	Wednesday	July 24th
The LiFEsport Games	Thursday and Friday	August 1st and 2nd
Swimming-Adams	Thursday	6/ 27, 7/11, 7/18, 7/25

# Breakfast & Lunch

- All meals will be eaten in the Multipurpose room.
- Please make sure these are listed on your child's registration form.
- Meals are provided through the USDA Summer Food program.



# Bathroom Breaks

- Youth are offered bathroom breaks between each activity (every 50 minutes).
- We operate similar to a school in that we try to limit bathroom breaks (unless an emergency) during activities/lessons.
- If your youth have any specific bathroom restrictions or concerns, please notify Ms. Catelen.



# Youth Behavior

# Behavioral Expectations at Camp

## The Golden Rules

- **SELF-CONTROL:** Show respect for yourself and others through your word, attitude, and behavior
- **EFFORT:** Give your best effort everyday
- **TEAMWORK:** Remember you are part of a team
- **SOCIAL RESPONSIBILITY:** Give back to your community/Help others Have fun!!

## No Tolerance Behaviors

- Drugs/alcohol use
- Destruction of property (especially in bathroom facilities)
- Stealing

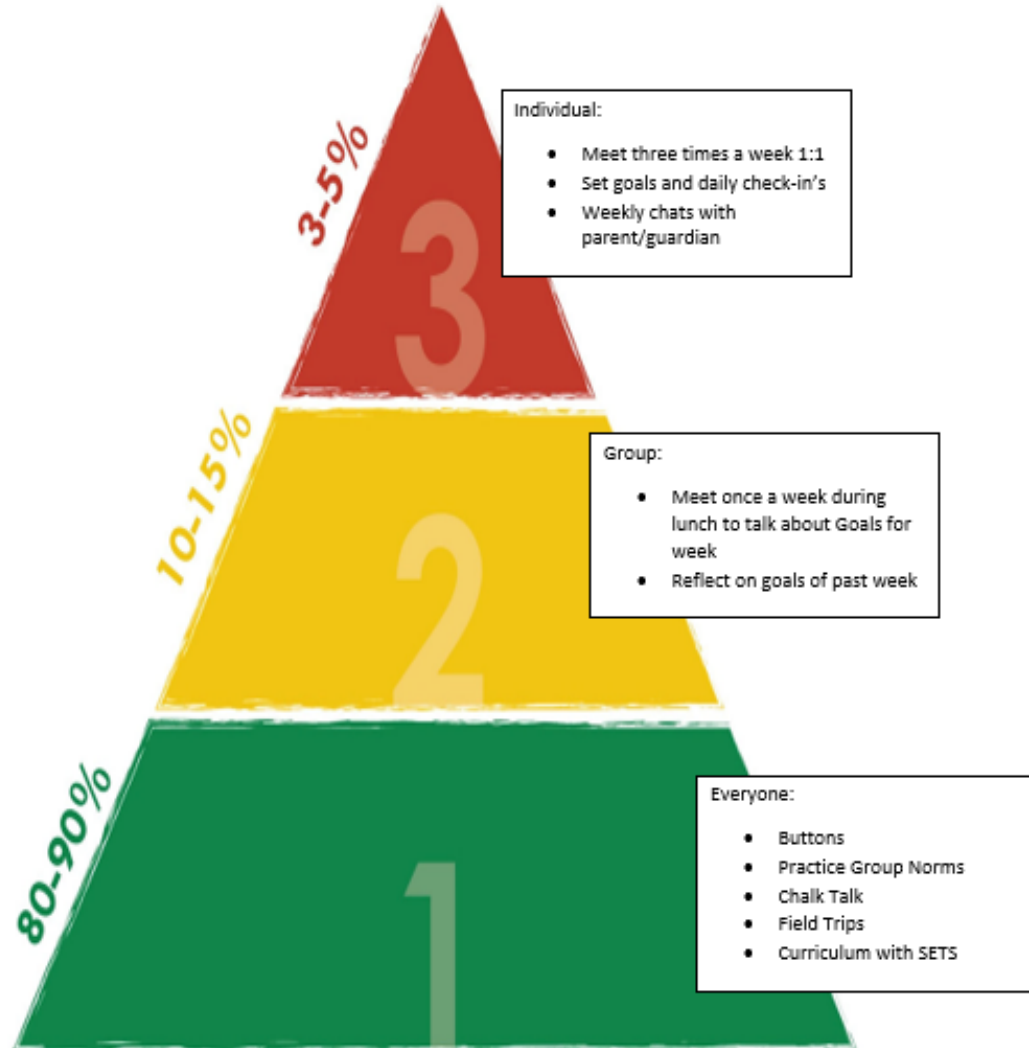


# Rewarding Positive Behavior

- This year, LiFEsports+ will be giving our “buckeye leaves” for those youth demonstrating the four key skills. (Self-control, effort, teamwork, and social responsibility – SETS)
- If you see your child come home with a buckeye leaf, it means “THEY DID SOMETHING GREAT!!!” Please ask and acknowledge them for their great behavior!
- Additionally, one camper from each group is selected as the “Camper of the Year.” If your child is selected as “Camper of the Year” and attend one clinic, they receive early enrollment in to next year’s camp!!!



# Behavioral PBIS at Camp



# What Happens If My Child is Struggling with Behavior?

In the event that your child has a behavior incident at camp, you will be notified by the Site Director. The following is a brief overview of the behavioral procedures that will be used by all staff at camp:

- The first step will be verbal warning.
- The second step will be a Written warning to both participant and guardian.
- Third step will be a conference with participant and guardian
- Fourth and final step will be expulsion from Camp
  - The camper will meet with the parent/family liaison, and/or a parent will be asked to participate in resolving the issue.
  - Continual misbehavior may result in a conference (attended by the camp director, parent/family liaison, and counselor) with the parent to decide whether the child will be permitted to continue in the program this summer.

# Camp Policies

# Attendance Expectations

All campers must attend 33 out of the 38 days of camp.

Campers are allowed five unexcused absences. Once a camper has 5 absences, his/her guardian will be contacted to inform them. After 7 absences, the camper will no longer be allowed to participate in camp.

*If your child is going to miss a day of camp, please e-mail [lifesports@osu.edu](mailto:lifesports@osu.edu) or notify in person the site manager.*

# Drop Off:

## When you arrive:

- You will sign in your camper.
- Campers must be signed in daily noting the time.
- Staff will escort your camper into the building.
- At this time drop off is 8:45am-9am; we will notify you before the start of camp if centers can take kids earlier

# Pick Up:

## When you arrive:

- You will need to sign your camper out for the day .
- Youth will need to be picked up between 2:50pm-3:10pm.
- There are going to be a few after camp programs offered; **limited spots** available. Reach out to the rec center for details.



# Camp Attire

- Gym Shorts
- T-Shirts
- Athletic Socks
- NO CROCS!
- Tennis Shoes/Sneakers
- Flip flops or sandals are only allowed during swimming!

# Electronics at Camp



**THERE SHOULD BE ABSOLUTELY  
NO ELECTRONICS AT CAMP.**

If your camper brings an electronic device to camp and it is lost and/or stolen, Camp staff will not be responsible for its return. Our goal is to ensure your children are safe and supported at camp, not tracking down cell phones or music devices.



**Join Us to Celebrate Summer**

# The LiFEsports Games

- On August 1<sup>st</sup> and 2<sup>nd</sup> all LiFEsports Campers will be participating in the LiFEsports Games.
- This is a great time to come out and support your child as they get to show all they have learned about self-control, effort, teamwork and social responsibility.
- All of the campers will participate in competitions in:
  - Basketball
  - Dance
  - Football
  - Soccer
  - Lacrosse
  - Chalk Talk



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# Questions?

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