

Camp Goals

The Grand Valley State Little Lakers All Sports Camp is an activity camp for children of all ages to learn the principles and fundamentals of being physically active and healthy. The camp will be instructed and supervised by GVSU coaches and athletes who will instruct the campers in numerous activities while also mentoring the campers in the qualities that represent GVSU athletics. The campers will be taught the value of hardwork, determination, teamwork, setting goals, and the idea of having fun in sports and physical activity. These are all lessons that GVSU athletes use everyday whether on or off the playing field. So come and experience the Grand Valley State Little Lakers All Sports Camp in order to have fun and become physically fit this summer.

GVSU Little Lakers All Sports Camp
Lakers Cross Country/Track & Field
Joe Lynn
1 Campus Drive
97 Fieldhouse
Allendale, MI 49401

July 12 - July 15, 2010
9:00 a.m. - 3:00 p.m.

GVSU Little Lakers All Sports Camp

1st - 8th Graders



“Louie the Laker” says come and join the Grand Valley Laker Athletics family and be a part of the kid’s club sports camp this summer.

Contact: Joe Lynn
616-331-3360 lynnj@gvsu.edu

Camp Staff

Joe Lynn: Assistant coach of cross country and track and field at Grand Valley State. Lynn will be the camp supervisor and director.

GVSU Athletes: The members of both the Grand Valley State cross country and track and field teams will be present to supervise the campers on a daily basis. These athletes will also conduct the activities with the campers.

ACTIVITIES:

The following activities may be featured throughout the week: **soccer, kickball, ultimate frisbee, golf, tennis, softball, swimming, basketball, capture the flag, track and field, flag football, and floor hockey.**

Have fun this summer with Grand Valley Athletes and coaches that will teach the principles of fun and activity both on and off the field of play!!!

Fees, Times & Location

- July 12 - July 15 - \$165
- GVSU Staff - \$140
- Hours: 9:00 a.m. - 3:00 p.m.
- 3:00 p.m. - 5:00 p.m. - Day care for an additional \$5 per day
- \$25 extra late fee
- Location: meet in the Fieldhouse Lobby

Attire: Make sure the child is dressed in athletic clothing with running shoes or tennis shoes. Bring swimsuit and towels for the pool. Make sure that the child brings enough clothes for the entire day.



Sample Daily Schedule:
8:45 a.m. - arrive at GVSU Fieldhouse Arena to check in
9-10 a.m. - Session 1
10-11 a.m. - Session 2
11-noon - Session 3
Noon-12:30 p.m. - Lunch (Provide your own)
12:30-1 p.m. - Visit with athletes
1-2 p.m. - Session 4
2-3 p.m. - Session 5
3 p.m. - Pick up camper @ Fieldhouse Arena

*Snacks will be provided in morning/afternoon
*Activities will be planned and may change depending on the amount of campers that there are and weather.

Laker Kids Camp Registration

Name: _____

Address: _____

City/State/Zip: _____

Sex: M/F Grade Entering: _____

School: _____

Parents Names: _____

T-shirt size (kids): S M L XL

Home number: _____

Emergency contact: _____

Emergency number: _____

Emergency company: _____

Policy number: _____

E-mail adress: _____

Medical and Insurance info due by first clinic

Medical forms at: www.gvsulakers.com

Completed form and \$50 non-refundable security deposit check due by July 5 to:

**Track Office
1 Campus Drive
Fieldhouse 97
Allendale, MI 49401**

**Make checks payable to:
Grand Valley Track & Field**