

»SKYHAWKS SPORTS CAMPS

Skyhawks Sports Camps

These sports camps, which are conducted by the Skyhawks organization, work on the fundamentals of sports, providing participants the skills to play with ability and enjoyment.

Basketball

Players have a great time as they refine their passing, shooting, and dribbling skills. Participants put their newly acquired basketball skills to the test at an end of the week game situation. Participants will receive a basketball, T-shirt and merit award.

Flag Football

Participating in a Skyhawks football program is a great way to introduce young athletes to this popular sport rich in tradition. Players learn catching, passing and blocking, as well as the rules of the game and the strategies of offense and defense. Participants will receive a football, T-shirt and merit award.

Cheerleading

Cheerleading offers a week of cheers, chants and fun games! Participants will be taught proper motion and jumping techniques for all aspects of cheering. The week will end with a Friday performance for the parents. Participants will receive pom-poms, T-shirt and merit award.

Lacrosse

Athletes will enjoy an exciting week of skill-building activities designed to improve their stick handling, cradling, passing, shooting, and defensive skills. All lacrosse programs are gender specific. Our lacrosse programs are non-contact and skill based. Participants may bring their own equipment or they can rent it from Skyhawks for an additional fee. Participants will receive a T-shirt and merit award.

Mini Hawks

Young athletes learn skills in basketball, baseball and soccer through unique Skyhawks games. The mini-hawk coaching staff is trained to meet the special needs of young children as they take their first steps into athletics. Participants get a mini basketball, T-shirt and merit award.

Volleyball

Skyhawks volleyball focuses on serving, hitting, spiking and setting using fun games and activities to engage the enthusiasm of the novice or experienced player. Participants will receive a volleyball, T-shirt and merit award.

Multi-Sport

Coaches focus on motivating children to lead a healthy active lifestyle while giving them the fundamental skill sets needed to succeed and grow in each sport. Emphasis is placed on understanding the rules and etiquette of each sport through creative and constant participation. Skyhawks Sports multi-sport camps are incredibly popular.

Soccer

Skyhawks soccer teaches young athletes the fundamental skills of soccer through fun games and exercises. Participants test their new expertise in skills and strategy through interactive group activities and scrimmages. Participants will receive a soccer ball, T-shirt and merit award.

Beginning Golf

Skyhawks golf builds the confidence of new players while teaching proper technique and etiquette. Skyhawks utilizes the Starting New At Golf (SNAG) coaching system and equipment (clubs and balls) to maintain safety and encourage beginning golfers (for more details on SNAG please visit www.skyhawks.com).

Colorado Marathon – Sunday
May 3rd , downtown Fort Collins

Father's Day 5K –
Sunday June 21st, downtown
Fort Collins

Loveland Classic – Saturday
July 18th, Loveland

Human Race – Saturday August
1st , downtown Fort Collins

Colorado Run – Monday
September 7th , CSU Oval

Homecoming Run – date to
be announced, CSU Oval

**Heart Center ½ Marathon at
Boyd Lake** –
Saturday November 7th , Loveland

Kris Kringle Jingle – Saturday
December 12th , Front Range Village
Shopping Center (Fort Collins)

Sign Up For The 2009 Fit.Teen Run Series!**EARN AWESOME PRIZES!**

- Participate in 4 runs and receive a \$20 gift card for Runner's Roost
- Participate in 5 runs and receive a \$20 gift card for Runner's Roost and a knit hat
- Participate in 6 runs and receive a \$20 gift card for Runner's Roost, a knit hat, and a long sleeved t-shirt
- Participate in 7 runs and receive a \$20 gift card for Runner's Roost, a knit hat, a long sleeved t-shirt and a pair of running shoes courtesy of Runner's Roost.
- Participate in all 8 runs and receive the same prizes, plus one entry in to our prize drawing for a mountain bike, an iPod Nano, an iPod Shuffle, and 5 \$50 gift cards for the Shops at Centerra



Sponsored by
POUDRE VALLEY HEALTH SYSTEM

06/02/09

Here's How:**Youth ages 13-18 are eligible!**

- Complete the registration form below and mail to Laurie Zenner, Poudre Valley Health System - Healthy Kids Club, 1024 S. Lemay Ave., Ft. Collins, CO 80524 by May 1st (registrations accepted through 8/1/09).
- Each of the runs listed in the series offers a 5K - registration form and fee must be completed for each event. We mail you a race brochure prior to each run.

Name: _____
Age: _____ School: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____

Mail to Laurie Zenner, Poudre Valley Health System - Healthy Kids Club, 1024 S. Lemay Ave., Ft. Collins, CO 80524 by May 1st - Questions? lhz@pvhs.org or 495-7511

»SKYHAWKS SPORTS CAMPS SCHEDULE

Dates	Days	Time	Age	Class #	Location	Fee
Mini Hawks (Soccer/Baseball/Basketball)						
6/15-6/19	M-F	9:00 AM-Noon	4-7	86335-05	Spring Canyon Park	\$117
7/6-7/10	M-F	9:00 AM-Noon	4-7	86335-06	Fossil Creek Park	\$117
7/27-7/31	M-F	9:00 AM-Noon	4-7	86335-07	City Park	\$117
Beginning Golf						
7/20-7/24	M-F	9:00 AM-Noon	5-8	86335-10	Spring Canyon Park	\$132
Cheerleading						
6/8-6/12	M-F	9:00 AM-Noon	5-9	86335-15	Fossil Creek Park	\$117
Multi-Sport (Flag Football/Soccer)						
6/8-6/12	M-F	1:00-3:00 PM	6-12	86335-08	City Park	\$79
7/13-7/17	M-F	1:00-3:00 PM	6-12	86335-09	City Park	\$79
Flag Football						
6/22-6/26	M-F	9:00 AM-Noon	6-12	86335-11	Fossil Creek Park	\$117
Soccer						
6/29-7/3	M-F	9:00 AM-Noon	6-12	86335-01	Fossil Creek Park	\$79
Baseball						
6/8-6/12	M-F	9:00 AM-Noon	6-12	86335-02	Spring Canyon Park	\$117
Basketball						
6/15-6/19	M-F	9:00 AM-Noon	7-12	86335-03	Northside Aztlan Center	\$117
7/27-7/31	M-F	1:00-4:00 PM	7-12	86335-04	Youth Activity Center	\$117
Boys Lacrosse						
7/13-7/17	M-F	9:00 AM-Noon	7-14	86335-12	Spring Canyon Park	\$117
Girls Lacrosse						
7/13-7/17	M-F	9:00 AM-Noon	7-14	86335-13	Spring Canyon Park	\$117
Volleyball						
7/6-7/10	M-F	9:00 AM-Noon	7-14	86335-14	Spring Canyon Park	\$117