

**CITY OF FALCON HEIGHTS**  
Regular Meeting  
Parks & Recreation Commission  
City Hall  
2077 West Larpenteur Avenue

**AGENDA**  
August 1, 2022 at 6:30 P.M.

- A. CALL TO ORDER:
- B. ROLL CALL:  
Eischen\_\_\_ Bradbury\_\_\_  
Yager\_\_\_ Curtin\_\_\_ LaCasse\_\_\_
- COUNCIL LIAISON:  
Andrews\_\_\_
- STAFF PRESENT:  
Pavek\_\_\_
- C. PRESENTATION:
- D. APPROVAL OF MINUTES:  
1. Joint Meeting- January 3, 2022  
2. Joint Meeting- February 7, 2022  
3. Joint Meeting- March 21, 2022
- E. AGENDA:  
1. Officer Elections  
2. Adopt the Standing Rules  
3. 2022 Summer Recreation Summary  
4. Fall Programming Discussion
- F. INFORMATION/ANNOUNCEMENT
- G. ADJOURNMENT:

**CITY OF FALCON HEIGHTS**  
Joint Meeting- Virtual  
Parks & Recreation Commission  
Community Engagement Commission

**MINUTES**

January 3, 2022 at 6:30 P.M.

A. CALL TO ORDER: 6:35 PM

B. ROLL CALL:

Eischen\_X\_ Bradbury\_X\_ Carlson\_  
Yager\_X\_ Curtin\_\_ LaCasse\_X\_

Cooley-Kistler\_X\_ LaDouceur\_X\_  
Ebbesen\_X\_ Locke\_X\_ Campbell\_X\_

COUNCIL LIAISON:

Andrews\_X\_  
Mayor Gustafson\_X\_

STAFF PRESENT:

Thammavongsa\_X\_  
Pavek\_X\_

C. PRESENTATION:

D. APPROVAL OF MINUTES:

E. DISCUSSION:

1. Finalize the Winter Event

- All commissioners agreed that the event should be held on Saturday, February 12 from 1-3 pm at the Community Park.
- The commissioners discussed having multiple bonfires to help promote social distancing at the event, and including hay bails for seating.
- Some expressed concerns with the rising number of COVID-19 cases. It could be difficult to social distance in the horse and carriage rides. If the event needs to be cancelled, would the city get its money back? Commissioners asked Pavek to call Roselawn Stables and ask what their cancellation policy is before deciding.
- Some expressed the need to prioritize activities/games for children at the event. Thammavongsa stated that the recreation programming could be used and small prizes could be provided to the winners. Commissioners liked the idea of "Falcon Heights Winter Olympics for Kids".

- If providing horse-drawn carriage rides was not an option, a dog parade and snow sculpture contest could also be coordinated. Commissioners noted it would be fun for residents to bring their dogs to the park in their festive winter gear and vote on “best dressed”.
- Commissioners asked staff to look into whether the following ideas would be feasible:
  - o Yard games
  - o Scavenger hunt/decorated trail
  - o Luminary walk
  - o Ice skate & cross-country ski rental
  - o Food truck (to help promote local restaurants)
- General consensus that snowshoe rental, smores, and hot chocolate should be provided as was done in past winter events

F. INFORMATION/ANNOUNCEMENT

G. ADJOURNMENT: 7:35 PM

**CITY OF FALCON HEIGHTS**  
Joint Meeting- Virtual  
Parks & Recreation Commission  
Community Engagement Commission

**MINUTES**

February 7, 2022 at 6:32 P.M.

- A. Call to order
- B. ROLL CALL:
  - Eischen\_X\_ Bradbury\_\_X\_ Carlson\_\_
  - Yager\_\_X\_ Curtin\_\_ LaCasse\_X\_\_
  
  - Cooley-Kistler\_X\_\_ LaDouceur\_X\_\_
  - Ebbesen\_\_X\_ Locke\_\_X\_ Campbell\_\_X\_\_
  
  - COUNCIL LIAISON:
  - Andrews\_X\_
  - Mayor Gustafson\_X\_
  
  - STAFF PRESENT:
  - Thammavongsa\_\_X\_
  - Pavek\_X\_
- C. Presentation
- D. Approval of Minutes
- E. Agenda
  - a. Snowstravaganza

The commission members confirmed volunteer schedules for the event. Both commissions agreed that water bottles and more pre-packaged smores should be made available at the event.

Cooley-Kistler confirmed a table, chairs, and other miscellaneous materials would be available for the food drive and the photographer. She also asked that some form of photo waiver be provided.

Staff anticipated that NineNorth would be in attendance to cover the event. Locke volunteered to be the spokesperson and represent the CEC on camera.

- F. Information/Announcement
- G. Adjournment: 7:00 PM.

**CITY OF FALCON HEIGHTS**  
Joint Meeting  
Parks & Recreation Commission  
Community Engagement Commission  
City Hall  
2077 West Larpenteur Avenue

**MINUTES**

March 21, 2022 at 6:30 P.M.

A. CALL TO ORDER: 6:38 PM

B. ROLL CALL:

Eischen\_\_\_ Bradbury\_X\_\_ Carlson  
Yager\_X\_\_ Curtin\_\_\_ LaCasse\_\_\_

Cooley-Kistler\_\_\_ LaDouceur\_X\_\_\_  
Ebbesen\_\_\_ Locke\_X\_\_ Campbell\_\_\_

COUNCIL LIAISON:

Andrews\_X\_\_  
Mayor Gustafson\_X\_\_

STAFF PRESENT:

Pavek\_X\_\_

C. PRESENTATION:

D. APPROVAL OF MINUTES:

E. AGENDA:

1. Spring Event

- Mayor Gustafson shared insight from past events he'd worked on. Both commissions agreed that a small event should be held this year and stated that the event should not be held during Ramadan.
- Vice Chair Bradbury added that the spring event was a good opportunity to promote summer programming one last time before the registration deadline. Both commissions agreed to hold the event on Saturday, June 4<sup>th</sup> from 4-6 pm at Curtiss Field. Pavek confirmed that there were no conflicting reservations for that date/time.
- One of the main goals of the event is to engage renter/tenants in the nearby Townsquare Apartments.
- The commission members brainstormed the following activity ideas:

- Dog Parade
  - Soccer
  - Basketball
  - Arts & Craft Table
  - BYOYG (Bring Your Own Yard Game)
  - Ice Cream Truck
  - Sign-up Table for Summer Programming
  - Mayor or Council Members & Staff present as an opportunity to solicit community feedback
  - Meet the New City Administrator
- Chair Ebbesen confirmed she has been researching and contacting potential food trucks for the event.
  - All commission members agreed this should be an opportunity for kids to play sports/games while parents mingle and meet their neighbors.

## 2. Ice Cream Social

- Ebbesen planned to contact Ramsey County for participation in Resource Fair. Julie's daughter participated in a dance group which performed at last year's event and they plan to return. Staff was asked to coordinate a break in the live music for the dance group to perform without distraction.
- LaDouceur suggested offering better games/activities for children at this year's event:
  - Punt Pass Run
  - Whiffle Ball Game (with RCSO?)
  - Bounce House Maze
  - Temporary Tattoos
  - Fishing Game with Stuffed Animals
  - Dunk Tank
- Yager suggested offering the most successful summer program (blastball, soccer, etc).
- Commissions confirmed to hire the same band from last year's event for the same price. They planned to reach out to more small businesses and NYFS to have tables at the event.

## 3. Other Initiatives

- Commission members will continue to think about this and brainstorm at the next meeting.

F. INFORMATION/ ANNOUNCEMENT

G. ADJOURNMENT: 7:50 PM.



## REQUEST FOR ACTION

|                     |  |
|---------------------|--|
| <b>Meeting Date</b> | August 1, 2022                                     |
| <b>Agenda Item</b>  | E1   |
| <b>Attachment</b>   | Officer Elections                                  |
| <b>Submitted By</b> | Megan Pavek<br>Assistant to the City Administrator |

|                            |  |
|----------------------------|--|
| <b>Item</b>                | Officer Elections  |
| <b>Description</b>         | <p>The Commission must nominate and elect officers for 2022. Descriptions of these positions are as follows:</p> <p><b><u>Chairperson</u></b><br/>Main contact between the commission and staff, conducts the meeting by opens/closes, calls for votes, and helps set the agenda for upcoming meetings.</p> <p><b><u>Vice chairperson</u></b><br/>Fills duties in the Chair's absence and encouraged to work as a team and communicate needs with staff.</p> <p><b><u>Secretary</u></b><br/>Responsible for taking meeting minutes and sends to staff for review and approval at next meeting.</p> |
| <b>Budget Impact</b>       | N/A  |
| <b>Attachment(s)</b>       | N/A  |
| <b>Action(s) Requested</b> | Staff recommends nominating and electing officers for 2022.  |



## REQUEST FOR ACTION

|                     |   |
|---------------------|---|
| <b>Meeting Date</b> | August 1, 2022                                      |
| <b>Agenda Item</b>  | E2  |
| <b>Attachment</b>   | Parks and Recreation Commission<br>Standing Rules   |
| <b>Submitted By</b> | Megan Pavek, Assistant to the City<br>Administrator |

|                            |   |
|----------------------------|---|
| <b>Item</b>                | Adopt the Standing Rules  |
| <b>Description</b>         | The Commission must formally adopt the standing rules, which is a housekeeping item that is typically done at the beginning of each year. So far in 2022 the PARC has only had joint meetings with the CEC to plan events. This is the first regular meeting of the year and the PARC is encouraged to review the standing rules attached in this memo. |
| <b>Budget Impact</b>       | N/A   |
| <b>Attachment(s)</b>       | <ul style="list-style-type: none"> <li>• Parks and Recreation Commission Standing Rules</li> </ul>  |
| <b>Action(s) Requested</b> | Staff recommends approving the standing rules for 2022.   |

C. PARKS & RECREATION

1. Purpose. The purpose of the commission is to serve in an advisory capacity to the city council on all policy matters relating to public parks and facilities and recreation programs.
2. Composition & Qualifications. The commission shall consist of not less than seven nor more than nine members to be appointed by the mayor and approved by the council as follows:
  - a. Members of the commission shall be appointed according to their ability to contribute to and perform the functions, powers and duties imposed upon the commission.
  - b. Members of the commission shall be residents of the city, preferably with representation from each quadrant of the city.
3. Terms, Vacancies, Oaths. The term of office of all commission members shall be three years. Except for appointments to fill a vacancy, an appointment in any year shall be deemed effective as of January 1 of such year for purposes of computing the term. No member shall serve more than two consecutive three year terms.

Members shall hold office until their successors are appointed. All members shall serve without compensation, but may be reimbursed for expenses as authorized and approved by the city council.
4. Removal. Commission members shall be subject to removal for cause, by a four-fifths vote of the city council. Failure to attend meetings regularly shall be one basis for removal.
5. Organization, Officers. Each commission shall elect a chairperson from among its appointed members for a term of one year. The commissions may create and fill such other offices as determined necessary.
6. Meetings, Records, Reports. The commissions shall hold scheduled meetings, not less than one per calendar quarter. They shall adopt rules for the transaction of business and shall keep written public records of resolutions, recommendations and findings. On or before February 15 of each year, the commissions shall submit to the council work reports for the preceding calendar years.

7. Commission's Duties. In fulfillment of its purpose the commission's duties and responsibilities shall be to:
  - a. Develop plans for community recreation by assessing the needs of the people of the community and by considering their wishes;
  - b. Explore ways of providing as many recreational opportunities as possible. This may include but shall not be limited to, working with neighboring communities, applying for grants, and organizing fund raisers.
  - c. Submit to the city council an annual budget for recreation. Based on that budget, expenditures of city funds by the commission for recreational purposes shall be permitted with approval of the city administrator of Falcon Heights.
  - d. Monitor programs at recreational facilities throughout the city. Such monitoring shall include locating and selecting suitable staff for all programs.
  - e. Promote the use of all city recreational facilities. Any such use shall be in accordance with current regulations of the City of Falcon Heights.
  - f. Study and make recommendations concerning park improvements.

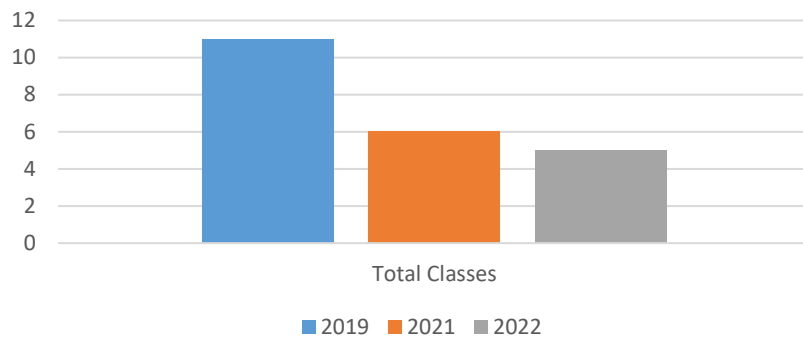


## REQUEST FOR ACTION

|                     |  |
|---------------------|--|
| <b>Meeting Date</b> | August 1, 2022                                   |
| <b>Agenda Item</b>  | E3   |
| <b>Attachment</b>   | Survey Questions                                 |
| <b>Submitted By</b> | Megan Pavek, Assistant to the City Administrator |

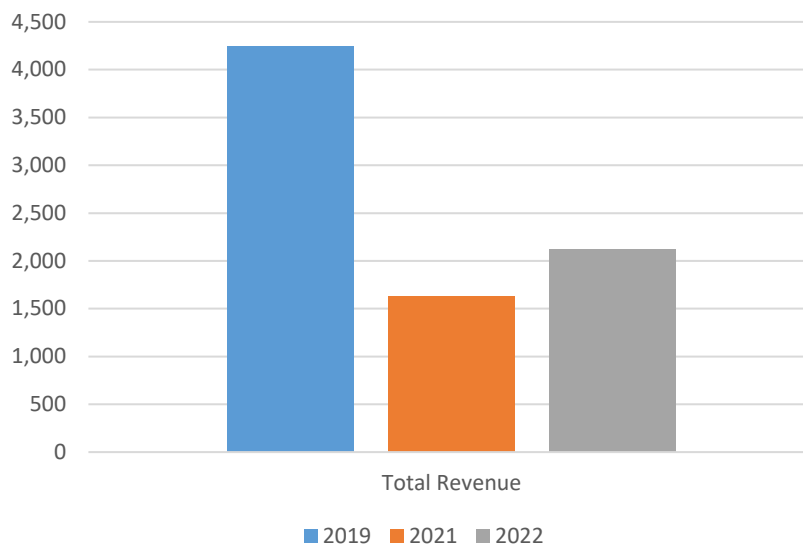
| <b>Item</b>        | 2022 Summer Recreation Summary  |      |                  |      |    |      |    |      |    |
|--------------------|---|------|------------------|------|----|------|----|------|----|
| <b>Description</b> | <p>As 2022 Summer Recreation ends, it’s important to review metrics from this season and reflect on what can be improved or changed for next year. A series of charts were created to show trends and fluctuations of enrollment, revenue, and number of classes offered over the past 3 years. Please note that 2020 is not included in this analysis since all programming was cancelled that year due to the COVID-19 pandemic.</p> <div style="text-align: center;"> <table border="1" style="margin: 10px auto; border-collapse: collapse;"> <caption>Summer Recreation Metrics: Total Enrollment</caption> <thead> <tr> <th>Year</th> <th>Total Enrollment</th> </tr> </thead> <tbody> <tr> <td>2019</td> <td>80</td> </tr> <tr> <td>2021</td> <td>35</td> </tr> <tr> <td>2022</td> <td>40</td> </tr> </tbody> </table> </div> <p>The on-pandemic and a dilapidated park building are key factors that have impacted enrollment numbers since 2019. On July 6<sup>th</sup> of this year, Public Works staff noticed that the sanitary sewer at Community Park was backing up. Upon inspection, it was determined that the line had collapsed. As the City intends to completely rebuild Community Park, it may not be warranted to repair at this point in time. The park bathrooms will be sealed and decommissioned for the foreseeable future. This creates further issues for future programming because children using outdoor portable bathrooms in hot weather is not ideal.</p> | Year | Total Enrollment | 2019 | 80 | 2021 | 35 | 2022 | 40 |
| Year               | Total Enrollment  |      |                  |      |    |      |    |      |    |
| 2019               | 80  |      |                  |      |    |      |    |      |    |
| 2021               | 35  |      |                  |      |    |      |    |      |    |
| 2022               | 40  |      |                  |      |    |      |    |      |    |

### Summer Recreation Metrics: Total Classes Offered



In 2021, classes were scaled back due to pandemic-related concerns. In 2022, more classes were removed by former staff who cited low attendance in 2021 as their rationale. Notably, Rec-on-the-Go and Messy Art programs were cut in 2022. Messy Art is harder to accommodate without viable indoor space for staff to utilize. Staff will look at offering alternative options in the Council Chambers at City Hall. This would likely be coordinated through Kidcreate Studio. Rec-on-the-Go programming should also be reevaluated and offered in 2023. Staff would like to use Curtiss Field more and brainstorm ways to incorporate additional programming at this location.

### Summer Recreation Metrics: Total Revenue



Revenue has increased since 2021 and the goal will be to maintain an upward trajectory while continuing to provide affordable programming to residents. Enrollment clearly impacts revenue; however, it should be noted that hiring seasonal employees for the 2022 summer season was very difficult. Therefore, programming was operated with a bare bones crew and staff wouldn't have been able to accommodate higher enrollment numbers.

|                            |  |
|----------------------------|--|
|                            | <p>Other things to note from the 2022 Summer Recreation season is the revival of the City’s partnership with Commonwealth Terrace Cooperative (CTC) and schedule changes due to low enrollment. Historically, the Summer Discovery Playground program has been offered to CTC residents and was held successfully this year with high enrollment. Upon request from CTC staff, the City attempted to offer Super Soccer but did not have adequate enrollment so the class was ultimately cancelled.</p> <p>Due to low enrollment and staffing, tennis was combined into one large class spanning ages 9-12 years old. Two Blast Ball classes were originally offered but due to low enrollment and staffing the classes were combined and moved to Wednesday nights only. Key takeaways include the importance of securing an experienced tennis instructor as seasonal staff did not feel as comfortable or prepared to teach this sport. Tennis has historically been taught by a high school tennis player but staff received no viable candidates in 2022. It should also be noted that looking at trends in past years, it’s not necessary to offer more than one Blast Ball class at Community Park. However, it may be worth looking into offering Blast Ball at CTC in future years if there is demand.</p> <p>Staff would also like to note that the most popular programs this summer were Mini Soccer and Super Soccer. It may be worth looking into expansion of this specific programming in the future.</p> <p>All programming will be done after August 3<sup>rd</sup>. Parents/guardians will receive a survey via email as an opportunity to provide feedback to the City. A copy of the survey is attached in this memo for commission review.</p> |
| <b>Budget Impact</b>       | N/A  |
| <b>Attachment(s)</b>       | <ul style="list-style-type: none"> <li>• Survey Questions</li> </ul>   |
| <b>Action(s) Requested</b> | The Commission is invited to provide feedback on the summary and survey questions.   |

## Post 2022 Summer Recreation Survey

1. The instructor(s) created a friendly atmosphere.

- Yes
- No
- Sometimes

2. The instructor(s) were well prepared.

- Yes
- No
- Sometimes

3. The instructor(s) were knowledgeable.

- Yes
- No
- Sometimes

4. The instructor(s) gave positive feedback.

- Yes
- No
- Sometimes

5. I was able to discuss any concerns with instructor(s).

- Yes
- No
- Sometimes

6. The instructor(s) planned activities appropriate for the age and skill level of participants.

- Yes
- No
- Sometimes

7. The program was conveniently located.

- Yes
- No
- Sometimes

8. The facilities were clean.

- Yes
- No
- Sometimes

9. The equipment was in good condition.

- Yes
- No
- Sometimes

10. The participant enjoyed the program.

- Yes
- No
- Sometimes

11. The cost of the program was...

- Expensive
- Appropriate

12. I would be willing to pay more in order to enhance the quality of the program.

- Yes
- No

13. The program met my expectations.

- Yes
- No
- Sometimes

14. I was satisfied with the progress made by the participant.

- Yes
- No
- Sometimes

15. I would recommend this program to a friend.

- Yes
- No
- Sometimes

16. Would you register the participant for this program again?

Yes

No

(If no, please explain)

17. How did you hear about the program?

18. Thanks for taking the survey! We welcome you to share any additional comments, suggestions, or ideas below:



## REQUEST FOR ACTION

|                     |   |
|---------------------|---|
| <b>Meeting Date</b> | August 1, 2022                                      |
| <b>Agenda Item</b>  | E4  |
| <b>Attachment</b>   | Skyhawks Proposal<br>Skyhawks Sports Descriptions   |
| <b>Submitted By</b> | Megan Pavek, Assistant to the City<br>Administrator |

|                            |   |
|----------------------------|---|
| <b>Item</b>                | Fall Programming Discussion   |
| <b>Description</b>         | <p>Staff continues to discuss potential fall programming with the Skyhawks. A tentative schedule would offer football, baseball, soccer, and multi-sport classes that mostly occur on Saturdays with a few classes occurring on weeknights after school. Each class occurs once a week for four weeks and will be one hour long. Skyhawks will help process applications and payments without additional charge. There are no costs incurred if the minimum enrollment isn't met and the classes needed to be cancelled. All residents will receive full refunds. If the commission is supportive of the proposal, staff plans to advertise the classes in the Fall Newsletter that is mailed to all residents.</p> <p>The Blackhawks have also offered to partner with the City for fall soccer. This is a busy time for their organization so they are unable to coach classes at Community Park, but have invited the City to promote their fall camp held at Como Park, and in return they would host a Falcon Heights Fall Soccer Festival. This could potentially occur at Community Park for few hours one morning or afternoon. The Blackhawks would bring goals, equipment, and coaches to the field and run games/soccer activities for the community. The target ages are K-5, but whoever wants to participate would be welcome!</p> <p>There are also opportunities to provide arts programming in the Council Chambers at City Hall. Staff would like to continue exploring programming opportunities that utilize indoor and outdoor spaces at City Hall. The goal is to offer some form of Fall programming to residents in 2022.</p> |
| <b>Budget Impact</b>       | N/A   |
| <b>Attachment(s)</b>       | <ul style="list-style-type: none"> <li>• Skyhawks Proposal</li> <li>• Skyhawks Sports Descriptions</li> </ul>   |
| <b>Action(s) Requested</b> | Staff would like the Commission to provide feedback on potential Fall programming options.  |

## Football

| Age | Day      | Dates        | Time              | Cost | Location       | Class Min. |
|-----|----------|--------------|-------------------|------|----------------|------------|
| 3-4 | Saturday | 10/08- 10/29 | 9:40 am- 10:10 am | \$79 | Community Park | 15         |

| Age | Day      | Dates        | Time               | Cost | Location       | Class Min. |
|-----|----------|--------------|--------------------|------|----------------|------------|
| 5-7 | Saturday | 10/08- 10/29 | 10:20 am -11:20 am | \$89 | Community Park | 20         |

| Age  | Day      | Dates        | Time               | Cost | Location       | Class Min. |
|------|----------|--------------|--------------------|------|----------------|------------|
| 8-10 | Saturday | 10/08- 10/29 | 11:30 am- 12:30 pm | \$89 | Community Park | 20         |

## Baseball

| Age | Day      | Dates      | Time            | Cost | Location       | Class Min. |
|-----|----------|------------|-----------------|------|----------------|------------|
| 5-7 | Saturday | 9/17-10/08 | 10:50- 11:50 am | \$89 | Community Park | 15         |

| Age  | Day      | Dates      | Time    | Cost | Location       | Class Min. |
|------|----------|------------|---------|------|----------------|------------|
| 8-10 | Saturday | 9/17-10/08 | 12-1 pm | \$89 | Community Park | 15         |

## Multi-Sport

| Age | Day                               | Dates | Time | Cost | Location       | Class Min. |
|-----|-----------------------------------|-------|------|------|----------------|------------|
| TBD | TBD (not available Friday/Sunday) | TBD   | TBD  | TBD  | Community Park | TBD        |

## Soccer

| Age | Day    | Dates       | Time           | Cost | Location       | Class Min. |
|-----|--------|-------------|----------------|------|----------------|------------|
| 5-7 | Monday | 9/14- 10/05 | 5:55 – 6:40 pm | \$89 | Community Park | 20         |

| Age  | Day    | Dates       | Time          | Cost | Location       | Class Min. |
|------|--------|-------------|---------------|------|----------------|------------|
| 8-10 | Monday | 9/14- 10/05 | 6:50- 7:50 pm | \$89 | Community Park | 20         |

## **SKYHAWKS SPORTS**

### **GENERAL DESCRIPTION - COMPANY OVERVIEW**

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Since 1979 Skyhawks has taught over two million boys and girls life lessons through sports. Please view our website at [www.skyhawks.com](http://www.skyhawks.com) for further information.

## **BASEBALL**

### **SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE**

Skyhawks Baseball takes the rich history of the game from Cooperstown to your town. Local Skyhawks staff use our progressional curriculum to teach the fundamentals of fielding, catching, throwing, hitting, and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this camp teaches all athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants come away with new friends, new skills, and a love for the game!

### **STANDARD ORGANIZATION FORMAT**

Skyhawks Baseball takes the rich history of the game from Cooperstown to your town. Local Skyhawks staff use our progressional curriculum to teach the fundamentals of fielding, catching, throwing, hitting, and base running, all in a fun, positive environment. Specifically designed for beginner and intermediate players, this camp teaches all athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants come away with new friends, new skills, and a love for the game! Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

### **REVISED - UNDER 50 WORDS**

Skyhawks baseball staff teach the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility.

### **SHORT – 35 WORDS**

Learn the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive

environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility.

## **BASKETBALL**

### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progressional curriculum and focusing on the whole player, we teach your child the skills needed both on and off the court to be a better athlete. Our basketball staff will focus on respect, teamwork, and responsibility, starting each day with a “skill of the day” and progressing into drills and games. The result is an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

### STANDARD ORGANIZATION FORMAT

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progressional curriculum, our basketball staff focus on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a “skill of the day” and progress into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

### REVISED - UNDER 50 WORDS

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs.

### SHORT - 28 WORDS

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. Participants should bring appropriate clothing, two snacks, and water bottle.

## **CHEERLEADING**

### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! This entry-level cheer program ensures that each camper learns cheers, proper hand and body movements, and jumping techniques. There is no stunting—just a big focus on fun while each cheerleader learns important life skills such as teambuilding and leadership. The week concludes with a

choreographed performance and, when available, a chance to cheer at a Skyhawks football or basketball camp!

#### STANDARD ORGANIZATION FORMAT

Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! This entry-level cheer program ensures that each camper learns cheers, proper hand and body movements, and jumping techniques. There is no stunting--just a big focus on fun while each cheerleader learns important life skills such as teambuilding and leadership. The week concludes with a choreographed performance. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, and sunscreen. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

#### REVISED - UNDER 50 WORDS

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! There is no stunting in this entry level program—just a big focus on fun while each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

#### SHORT – 35 WORDS

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

### **FLAG FOOTBALL**

#### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

Skyhawks Flag Football is the perfect program for young athletes who want a complete introduction to “America’s Game” or for those who simply want to brush up on their skills in preparation for league play. Through our “skill of the day” activities, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. Skyhawks Flag Football is recommended for beginning to intermediate athletes. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

#### STANDARD ORGANIZATION FORMAT

Skyhawks Flag Football is the perfect introduction to “America’s Game” or a great refresher those who want to brush up on their skills preparing for league play. Through our “skill of the day” exercises,

campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

#### REVISED - UNDER 50 WORDS

Flag Football is the perfect introduction to “America’s Game.” Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! Participants should bring appropriate clothing, two snacks, water bottle, and sunscreen.

#### SHORT – 35 WORDS

Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all in a fun and positive environment. The week ends with the Skyhawks Super Bowl!

## **GOLF**

#### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

Skyhawks Golf focuses on building the confidence of young athletes by teaching proper technique to refine essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and “mini tennis balls” to help build confidence and to have fun. Developed by PGA professionals, SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. We keep the instructor-to-camper ratio low, resulting in limited availability. These programs fill up quickly.

#### STANDARD ORGANIZATION FORMAT

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. We keep the instructor-to-camper ratio for this program very low, resulting in limited availability. These programs fill up quickly. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

REVISED - 53 WORDS

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system as its curriculum. SNAG, developed by the PGA, is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

SHORT - 39 WORDS

Campers will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

**MINI-HAWK**

SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

STANDARD ORGANIZATION FORMAT

This multi-sport program gives children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

REVISED - UNDER 50 WORDS

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

SHORT - 36 WORDS

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development

at their own pace.

## **MULTI-SPORT**

### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine xxxxxxx, xxxxxxx and xxx into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

### STANDARD ORGANIZATION FORMAT

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine xxxxxxx, xxxxxxx and xxx into one fun-filled week. Athletes will learn the rules & essentials of each sport through skill-based games and scrimmages. By the end of the week your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

### REVISED - UNDER 50 WORDS

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine xxxxxxx, xxxxxxx and xxx into one fun-filled week. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

### SHORT – 35 WORDS

In this multi-sport camp we combine xxxxxxx, xxxxxxx and xxx into one fun-filled week. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

## **SOCCER**

### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

Skyhawks was founded as a soccer club in 1979. Thirty years later, we are still the number one choice for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved his or her sport skills.

#### STANDARD ORGANIZATION FORMAT

Skyhawks was founded as a soccer club in 1979. Thirty years later, we are still the number one choice for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, your young athlete will gain the technical skills and sport knowledge required for the next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

#### REVISED - UNDER 50 WORDS

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer.

#### SHORT - 30 WORDS

The #1 camp for learning the fundamentals of the soccer. Using our progressional curriculum, campers will gain the technical skills & sport knowledge required for that next step into soccer. Participants should bring appropriate clothing, shin guards, snack, lunch, water bottle, and sunscreen.

### TENNIS

#### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

Grab your tennis racquet and get ready to play! Whether you're a beginning, an intermediate or an advanced player, this program will improve your game and help you get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Each player is given personal attention and taught through repetition in an enjoyable, lively atmosphere. Skyhawks tennis breaks down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill quickly.

#### STANDARD ORGANIZATION FORMAT

Skyhawks tennis focuses on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis an exciting game to play. Due to

limited court space, these programs fill quickly. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

#### REVISED - 51 WORDS

In Skyhawks tennis programs, players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Athletes also learn the rules and etiquette that make tennis an exciting game. Due to limited court space, these programs fill quickly.

#### SHORT - 35 WORDS

In Skyhawks tennis programs, players learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Programs fill quickly due to limited court space.

### **SKYHAWKS TENNIS**

#### SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE

Skyhawks Tennis is a new format to help kids ten and under learn and play tennis. To create a successful learning environment, we have made modifications to our traditional tennis program. The court is smaller and has shorter nets, and the racquets are smaller, and the balls are foam. With these modifications, any child between the ages of four and ten can immediately begin playing tennis, even if he or she has never picked up a racquet before. Skyhawks tennis is the fast, fun way to get kids into tennis – and keep them playing.

In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. The participant-to-coach ratio is approximately 8:1. Due to limited court space, these programs fill up quickly.

#### STANDARD ORGANIZATION FORMAT

Skyhawks Tennis is a new format to help kids ten and under learn and play tennis. To create a successful learning environment, we have made modifications to our traditional tennis program. The court is smaller and has shorter nets, the racquets are smaller, and the balls are foam. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. The participant-to-coach ratio is approximately 8:1. Due to limited court space, these programs fill up quickly. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

#### REVISED - 51 WORDS

Skyhawks Tennis is a new format to help kids ten and under learn and play tennis using modified courts, racquets, and balls. Due to limited court space, these programs fill up quickly.

## **TRACK & FIELD**

### **SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE**

Skyhawks Track & Field was developed to introduce young athletes to a sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety while keeping a major focus on fun! Using special equipment, our staff teach the standard track & field events: long distance, sprints, soft hurdles, relays, shot put, discus, and standing long-jump. Our exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end-of-the-week track meet!

### **STANDARD ORGANIZATION FORMAT**

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff teach exercises and drills that prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end of the week at the Skyhawks track meet! Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

### **REVISED - UNDER 50 WORDS**

Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff teach the fundamentals of body positioning, stride, proper stretching, and cool-down techniques. Participants put it all together for one fun-filled day at the Skyhawks track meet!

### **SHORT – 34 WORDS**

Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff cover the fundamentals of body positioning, stride, proper stretching, and cool-down techniques.

## **VOLLEYBALL**

### **SKYHAWKS WEBSITE AND UNLIMITED ORGANIZATION SPACE**

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate

player and will incorporate essential life lessons such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing fundamental skills of the game through game-speed drills and daily scrimmages aimed at developing the whole player.

#### STANDARD ORGANIZATION FORMAT

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Our volleyball staff will assist each athlete in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Participants should bring appropriate clothing, two snacks, water bottle, and sunscreen (for outside camps). Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules.

#### REVISED - UNDER 50 WORDS

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

#### SHORT – 32 WORDS

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player.