

# SPORT IN A BAG

## WHAT IS THE SPORT IN A BAG VIRTUAL SUMMER CAMP?

In a typical year, LiFEsports at Ohio State would welcome 600 youth from 53 different Central Ohio zip codes on campus. Given COVID-19, we've developed a 6-week "Sport in a Bag" program that provides youth with all the equipment/supplies/instruction needed to enjoy a camp-like experience from the safety of their home! This exciting virtual program will include sport and fitness videos, as well as live Chalk Talk social skill sessions, to help our kids stay active this summer while learning and practicing S.E.T.S. (self-control, effort, teamwork and social responsibility)! The best part: The more the kids participate, the more they will earn! Our program is chalked full of incentives to help keep youth motivated and engaged throughout the 6 weeks!

## HOW DOES IT WORK?

Three times throughout camp, youth and their families will pick up their 'Sport in a Bag' equipment and supplies at designated pick-up locations. Youth will log-in twice a week to live, virtual Chalk Talk sessions led by trained LiFEsports staff. Each Monday throughout the six weeks, LiFEsports will post to our camp website 6 new activities for each sport offered (18 new videos each week). Youth can do these videos once, or do them multiple times throughout the week. Youth also will be encouraged to practice their sport skills and S.E.T.S. outside of virtual camp, and post videos on social media platforms. And we will host Zoom Sessions for parents, so they can learn how to support their child's learning at home. Over the course of the camp, youth will earn points for every virtual activity completed. Points will be tallied so youth can earn weekly incentives (such as t-shirts and water bottles) and receive special invitations to Celebrity/Athlete Zoom Q&A Sessions (example confirmed guests include Michael Conley Jr and Katie Smith).

## CAMP SCHEDULE

| Week                          | Monday  | Tuesday            | Wednesday          | Thursday               | Friday                           | Saturday                                      |
|-------------------------------|---|--------------------|--------------------|------------------------|----------------------------------|---|
| <b>Before Camp</b><br>June 22 |   | Parent Orientation | Youth Surveys Open | Youth Survey Follow-Up | Youth Survey Follow-Up           | <b>Distribution 1:</b> Basketball & Cones     |
| <b>Week 1</b><br>June 29      | <b>Sports:</b> Basketball, Dance, General Fitness, & Health Education<br><b>Chalk Talk Live (M/W or T/TH)</b> |                    |                    |                        | <b>Celebrity/Athlete Q&amp;A</b> |   |
| <b>Week 2</b><br>June 6       | <b>Sports:</b> Basketball, Dance, General Fitness, & Health Education<br><b>Chalk Talk Live (M/W or T/TH)</b> |                    |                    |                        | <b>Celebrity/Athlete Q&amp;A</b> | <b>Distribution 2:</b> Soccer Ball, Jump Rope |
| <b>Week 3</b><br>July 13      | <b>Sports:</b> Soccer, Yoga, General Fitness, & Health Education<br><b>Chalk Talk Live (M/W or T/TH)</b>      |                    |                    |                        | <b>Celebrity/Athlete Q&amp;A</b> |   |

|                                    |   |                              |                              |                                       |   |
|------------------------------------|---|------------------------------|------------------------------|---------------------------------------|---|
| <b>Week 4</b><br>July 20           | <b>Sports:</b> Soccer, Yoga, General Fitness, & Health Education<br><b>Chalk Talk Live</b> (M/W or T/TH)    |                              |                              | <b>Celebrity/<br/>Athlete Q&amp;A</b> | <b>Distribution<br/>3:</b> Football & Strength Band |
| <b>Week 5</b><br>July 27           | <b>Sports:</b> Football, Zumba, General Fitness, & Health Education<br><b>Chalk Talk Live</b> (M/W or T/TH) |                              |                              | <b>Celebrity/<br/>Athlete Q&amp;A</b> |   |
| <b>Week 6</b><br>Aug 3             | <b>Sports:</b> Football, Zumba, General Fitness, & Health Education<br><b>Chalk Talk Live</b> (M/W or T/TH) |                              |                              | <b>Celebrity/<br/>Athlete Q&amp;A</b> |   |
| <b>After<br/>Camp</b><br>August 10 | Youth<br>Surveys<br>Open  | Youth<br>Survey<br>Follow-Up | Youth<br>Survey<br>Follow-Up |                                       | <b>Distribution<br/>4:</b> Final Incentives, Awards |

### HOW DO I REGISTER MY CHILD?

To register for LiFEsports Virtual Camp, please visit our registration site at:

<https://www.hangonsloopy.com/LiFEsports/>. You will select 'Sport in a Bag Virtual Camp' as the camp.

### WHERE DO I PICK UP THE EQUIPMENT?

During the registration process you will be asked to select one of four community pick-up locations:

- Rosewind – 1400 Brooks Avenue
- Post Oak – 1383 Vida Way
- Sawyer Manor/Trevitt Heights – 940 Caldwell Place
- The Meadows – 4855 Pintail Creek Drive

An e-mail from LiFEsports will be sent after registration indicating the time and place for your child's first set of equipment.

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