



# Wisconsin School for the Deaf

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## 2015 HIGH SCHOOL SPORTS CAMP NEWSLETTER



Monday: High School Sports Camp opened with basketball. The campers practiced dribbling, passing and shooting. They all enjoyed competing in the Red/Blue shooting game. We finished the morning with offensive and defensive drills. After lunch we took a trip to FLAC (Four Lakes Athletic Club) to learn tennis skills. The campers improved their forehand, backhand and serves.



### FUN



Wednesday—We practiced volleyball skills in the morning. Campers learned correct stances for bump, set and serve. They ran a relay to use their new skills and finished the morning with a game of beach ball volleyball. In the afternoon, we learned recreation games. First we played ladder golf. The competition was close as they improved their tosses. Next we played shuffle board in teams.



Tuesday: Special guest coach, Matthew Eby demonstrated soccer skills to the group. We worked on footwork, dribbling and shooting. The campers enjoyed the wall shooting elimination game. The group played a passing game against the wall. In the afternoon, we enjoyed a relaxing swim at the Mill Pond.



Thursday: The campers honed their baseball skills of fielding, throwing and hitting. Then we walked to the track for hoop toss, turbo javelin, 100 m dash and a relay race. After lunch we went for a dip in the pond, playing with nerf balls.

**Friday: We practiced disc golf throws before heading to Lake Geneva's 18 hole course. We played the back 9 then enjoyed a picnic lunch. We hope the campers enjoyed their week and improved their athletic skills. We look forward to next year's camp.**



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