

AKASPORT All Sport Weeks	Description 2024
AKA Summer 2024 Kickoff	<p>AKASPORT is back and better than ever. Celebrate with us as we embark on our 20th anniversary! AKA Summer Camps are not just about winning on the courts, they're about fostering skill development, teamwork and sportsmanship. Through individual skills training, team-building activities, and collaborative play, campers will not only enhance their athletic abilities but also develop important life skills that extend beyond the sports arena. Camp is not just about the activities; it's about the connections made along the way. At AKA Summer Camps, kids will forge lasting friendships with fellow campers who share your passion for sports. Our supportive and inclusive community creates an environment where everyone feels welcome and celebrated. Get ready for a jam packed week of campers favorite games and new activities!</p> <p>The AKA All Sports Camp (ASC) is a full day program. Drop off is between 7-9am and pickup is between 4-6pm. The actual programs and instruction are between 9am-4pm, but know that we are flexible! The days are divided into plenty of free play, focused team and individual sport play and instruction, lunch time, relax/reading time, and more free play.</p> <p>The full summer packages are available at a reduced rate and flexible payment plan options are available. The listed Camp price includes full days of exercise, coaching, supervision, professional instruction, field trips, t-shirts, give-aways, games, health & education and a ton of fun!</p> <p>AKA Coaching Points- All week multi-sports theme games, with an emphasis on the Summer Olympics (in Paris). Help new campers with meeting a friend. Teach campers the flow of a normal camp day. Learn every camper's name.</p>
Beach Week - Swimming & Volleyball	<p>AKA water week is back with a new twist. Escape the heat and join AKASPORT for our AKA Beach week! Get ready for a week filled with sun, sand, and endless fun for campers of all ages! Join in the friendly competition with our Beach Olympics! From sandcastles to beach volleyball and games, there's no shortage of exciting activities. Reserve your spot today for a jam packed week of water activities!</p> <p>AKA Coaching Points- Camper safety during all visits to beaches and pools. Applying sunscreen daily and often to protect campers against the sun. Teach campers beach games that they can enjoy for a lifetime.</p> <p>#AKATAKEAWAYS: By the end of Beach Week, your camper will have gained a better understanding of aquatics safety and confidence in open water, as well as taken part in beach games, new and old.</p> <p>Must haves: swimsuit, towel (OPTIONAL goggles)</p>
Diamond Sports Week	<p>Diamond Sports week 2024 will focus on Batting, Fielding ground balls, and catching pop flies, and will provide for a trip to the Twins Game at Target Field! AKA campers will also get to utilize real baseball fields for games that coaches will umpire. Pack your gloves and get ready for this jam packed week! At the conclusion, your camper will have had the opportunity to learn/perform 3 foundational skills. Whether your child is a baseball enthusiast, or picking up a glove for the first time, they're not going to want to miss this week!</p> <p>AKA Coaching Points- Teaching campers how to field ground balls and catch pop flies. Helping campers improve their batting skills. Umpire baseball/softball game for campers to get an authentic experience.</p> <p>#AKATAKEAWAYS- Campers will have gone through daily practice dedicated to field ground ball and catching pop flies. Campers will have the opportunity to play at least 2 baseball or softball games on an actual field.</p> <p>Must haves: (OPTIONAL baseball glove)</p>

<p>Football Dance & Balance - AKA Homecoming Week</p>	<p>Get ready to strap on your flags and run! Flag football is one of the newest olympic sports and AKASPORT is proud to offer a full week of football training and flag football games. Learn how to throw a tight spiral, how to catch a football with your hands, and learn 5 different wide receiver routes! Don't forget your touchdown celebrations! On top of our full football curriculum, we will also be learning the latest dance trends, working on balance which translates to all sports, and campers can show their camp spirit by participating in daily themes!</p> <p>AKA Coaching Points - Teach campers how to properly throw and catch. Teach & emphasize balance and how it translates to all sports. Teach campers our pre-set 5 route receiving tree.</p> <p>#AKATAKEAWAYS: Campers will have run all 5 wide receiver routes in our route tree. Played in at least 4 flag football games. Gone through daily training in how to throw and catch a football.</p> <p>Must haves: Tennis Shoes (OPTIONAL football gloves)</p>
<p>Hole in One! AKA Golf Week</p>	<p>Hole in One Golf Week is back! AKA is excited to offer this program to our campers. We have booked driving ranges and putting greens for all 6 AKA summer locations, and campers will get plenty of instruction and hitting while at Camp. Campers will learn the finer points of how to hold and swing drivers and irons, as well as plenty of time learning the mechanics and fun of putting. Hole in one golf week will set your camper up with a solid foundation for a lifelong sport of golf.</p> <p>AKA Coaching Points- Teaching campers when to use the appropriate club. Teaching golf grip and swing path. Putter control, teaching campers how to putt with tempo</p> <p>#AKATAKEAWAYS- By the end of Hole in One Golf Week, your Camper will have (1) hit a minimum of 40 golf shots a day on a driving range, (2) have the knowledge and confidence to use every type of golf club in the bag, and (3) will have competed in various putting, chipping, and driving contests. Thanks for playing!</p> <p>Must haves: (OPTIONAL golf clubs)</p>
<p>Ice Sports Week featuring Lacrosse</p>	<p>*Reminder this is a 3 day week due to the 4th and 5th of July Holiday*</p> <p>Get ready for 3 days of ice time! Ice Sports week will have a focus on balance, stopping, and turning for beginner skaters. Advanced skaters will dive right into advanced skating drills to improve acceleration and all around skating. Campers will have the opportunity to play in hockey and broomball games. When not on the ice, campers will take part in Floor Hockey, Lacrosse, and other summer fun games and competitions. As well as competing in lacrosse games. Lace up your skates and cool off on the ice this summer, join AKA Ice Sports week!</p> <p>AKA Coaching Points- Teaching or improving your campers ability to skate, start and stop on the ice. Teaching campers how to cradle and scoop up lacrosse balls.</p> <p>#AKATAKEAWAYS- Campers will have had 5 hours of ice time. First time skaters will have daily practice on starting, stopping, and balance. Campers will have an introduction into lacrosse learning how to cradle, scoop, and shoot the ball.</p> <p>Must haves: helmet, gloves, warm clothing (OPTIONAL ice skates, lacrosse stick, hockey stick)</p>

Net Sports FT. Pickleball	<p>AKA Net Sports Week has become a summer favorite thanks to a variety of popular, challenging and lively "over the net" sports. Tennis, Pickleball, Badminton, Volleyball and more... whether you're spiking in volleyball, smashing in badminton, or acing it in tennis, our diverse lineup ensures there's something for everyone. Our skilled coaches are here to help campers sharpen their skills, improve your game, and develop a lifelong love for these dynamic sports.</p> <p>AKA Coaching Points- Teach campers how to hold and use various rackets (pickleball, tennis, volleyball, and badminton). Camper safety, making sure campers understand when its safe to swing to minimize the chance of injury. Teaching progressive fundamentals leading to competitive game play.</p> <p>#AKATAKEAWAYS- Campers will walk away having learned how to play 4 different net sports games. Beyond daily groundstrokes (and bumping/setting), learning how serves are different and a substantial part of each game. Campers will conclude their week getting to participate in a tournament of their choice (pickleball, badminton, and/or team volleyball).</p> <p>Must haves: Rackets and Paddles are OPTIONAL. AKA provides rackets and paddles, balls and birdies.</p>
Nothing but Net Basketball Week	<p>AKA Nothing but Net Basketball Week is a dynamic blend of fundamental skill development and friendly competition. Our experienced coaches focus on enhancing each camper's basketball prowess, from perfecting the art of shooting hoops to mastering defense, this week will lay the foundation for any child looking to build their confidence on the court. Whether they've played competitive AAU, or are picking up a basketball for the first time, this is the week for all hoopers. On top of our stations dedicated to building foundational skills, campers will also get to compete in 3v3 and 5v5 full court games.</p> <p>AKA Coaching Points- Teach campers shooting mechanics. B.E.E.F (base, eyes, elbow, follow through). Teach campers how to execute a layup. Teach campers how to get in a defensive position and staying in front of the dribbler.</p> <p>#AKATAKEAWAYS- As we wrap up Nothing but Net Basketball week, AKA campers will be have mastered consistent, quality layups and free throws. Before the end of the week, all Campers will have played in daily 3v3 or 5v5 live action games and the week's end Basketball Skills Competition event.</p> <p>Must haves: Tennis shoes</p>
Outdoors Week featuring Archery Fishing & Outdoor Living	<p>Get ready for another lively week of activities with AKA Outdoors Week featuring Archery, Fishing and games in the great Outdoors! Campers will channel their inner Robin Hood as they learn from NASP certified archery instructors, and once again, in partnering with our friends at Fishing for Life, kids will gain a better understanding and appetite for fishing with rods and reels. Beyond that, Campers will have plenty of exposure to outdoor games, hikes, and scavenger hunts to gain a greater appreciation for the outdoors.</p> <p>#AKATAKEAWAYS- Archery, Fishing, Outdoor education and participation, plus campers will leave Outdoors Week with a basic understanding of how to camp. (Setting up a tent, tying a fishing line, and leaving no trace). Campers will shoot 50+ arrows throughout the week while shooting a variety of targets. To end the week, we will have a competition to showcase the top shot from each grade level.</p> <p>Must haves: ALL equipment will be provided! (DO NOT bring fishing poles, bow, arrows, or camping gear unless Site Directors request)</p>

Paris Olympic's AKA Track & Field Showdown Week	<p>Are you ready for a week of summer Olympics, fitness, and fun competition? Look no further! Our AKA Track and Field Summer Camp is the perfect blend of athletic challenges, team spirit, and learning the mechanics that yields faster runners. Campers can expect to learn and participate in Olympic-style events such as sprinting, hurdles, throwing, and relay races. Campers will be challenged as individuals and get to compete against other AKA Camp locations in our 2nd annual AKA Track and Field Showdown. This week is surely going to get your camper fired up about the 2024 Paris Olympics, but more importantly the techniques they will learn throughout the week will translate to all other sports.</p> <p>AKA Coaching Points- Teach campers running mechanics that translate to efficient running. Teach campers how to do field events such as jumping and running. Help facilitate the track and field showdown between locations.</p> <p>#AKATAKEAWAYS- All AKA Campers this week will get to compete in a series of events at the AKA Track and Field Showdown!</p> <p>Must haves: tennis shoes</p>
World Cup Fútbol (Soccer) Week	<p>Soccer, or as the rest of the world calls it, Fútbol is widely recognized as the most popular sport in the world. AKASPORT is excited to bring soccer week back once again, this year with a few new twists. Along with our lively skill development stations and competitive games, campers will also get to compete throughout the week in 3 on 3 and 5 on 5 small sided tournaments. Campers will get to participate in drills that will include dribbling, passing, shooting, and goaltending. Come learn from high school and college athletes! AKA is dedicated to serving campers of all skill levels. Whether this is your first time trying soccer or you've played for years, you're not going to want to miss this jam packed week!</p> <p>AKA Coaching Points- Teach campers ball control and passing. Ball striking, teaching campers which part of their foot to use and a good base. Teaching the art of goalkeeping.</p> <p>#AKATAKEAWAYS- Each camper will walk away from World Cup Futbol Week having competed in daily soccer scrimmages. They will have participated in daily stations dedicated to ball control, passing, and striking the ball, and thanks to a camp favorite game, Goalie Wars, they will have achieved fun and success with all the positions.</p> <p>Must haves: Tennis Shoes (OPTIONAL: Soccer Cleats and shin guards)</p>
AKA Summer 2024 Wrap Up	<p>As summer comes to an end, our final week at camp will be spent playing All Sports and our campers favorite games! Some of the classic camp favorites include gaga ball, 4 square, kickball and dodgeball. The positivity this week will be flowing. Campers will have a chance to say goodbye to new friends and their favorite coaches! Our hope is that after a full summer at AKA campers will have the confidence to try a new sport or be able to efficiently participate in gym class or any type of sports.</p> <p>#AKATAKEAWAYS- As we wrap up our 12 week program, it is our hope that your camper will have the confidence to try a new sport. Will have made some new friends. Lastly we hope that they leave camp with a positive lasting experience.</p> <p>Must haves: a great time and respect for one another, the #AKAWay!</p>