

Laramie County Community College
GOLDEN EAGLE
Youth Sports Institute

June 20-24 & June 27-July 1



The Golden Eagle Youth Sports Institute is a summer camp where young athletes learn safety techniques, and take part in a variety of sports. Participants can customize their experience by choosing from a variety of courses. Instructors include head and assistant coaches from each of the LCCC's intercollegiate sports as well as experienced coaches from the region. The Golden Eagle Youth Sports Institute provides young athletes the perfect opportunity to improve and learn new skills, make new friends, laugh hard and smile a lot!

Week 1: June 20-24 • Ages 6-9
Week 2: June 27-July 1 • Ages 10-12

All activities will be conducted on the LCCC Campus in Cheyenne

Cost: \$200 full week (lunch is included);
 \$75 morning or afternoon (lunch not included)

Tuition is refundable if requested by June 13, 2016 for week 1 and June 20 for week 2

Registration Information

| | | | | |
|------------------|-------|-----|-------------------------|--------------|
| Participant Name | | | Date of Birth | T-shirt Size |
| Address | | | Home Phone | |
| City | State | ZIP | Other Phone (cell/work) | |
| Email | | | Parent/Guardian Name | |

JUNE 20-24

Baseball/Softball

Participants will be introduced to the fundamentals of the game and the basic skills of baseball and softball. Emphasis will be placed on the skills of infield, outfield, catching, pitching and base-running.

CAMP 2011.601 03:00PM-03:55PM PE GYM

Basketball

Participants will be introduced to the fundamentals of basketball and basics of the game. Emphasis will be placed on the skills of shooting, passing, ball handling, defensive stance and movement.

CAMP 2010.600 09:00AM-09:55AM PE GYM

CAMP 2010.601 12:50PM-01:45PM PE GYM

Equestrian

The basics of horses will be covered, and students will learn how to properly groom and lead horses.

CAMP 2012.600 09:00AM-09:55AM PE GYM

CAMP 2012.6000 10:05AM-11:00AM PE GYM

Fitness for Kids

Participants will be introduced to the basics of fitness while playing a variety of games. Areas of emphasis include cardiovascular fitness, flexibility training and healthy diet. This class is great for kids who want to learn the basics of healthy living while having a lot of fun.

CAMP 2013.600 11:10AM-12:05PM PE GYM

CAMP 2013.601 12:50PM-01:45PM PE GYM

Rock Climbing

Participants will learn and practice the basics of climbing including knot tying, rope climbing and walking on a slackline. This class is great for kids hoping to learn a new, fun-filled sport.

CAMP 2015.600 09:00AM-09:55AM PE GYM

CAMP 2015.6000 10:05AM-11:00AM PE GYM

Rodeo

Participants will be instructed on safety, rules and fundamentals of the three rough stock events (bareback bronc riding, saddle bronc riding and bull riding) and of the three times events (calf roping, team roping, steer wrestling).

CAMP 2016.601 01:55PM-02:50PM PE GYM

CAMP 2016.6001 03:00PM-03:55PM PE GYM

Soccer

Participants will be introduced to the fundamentals of soccer and the basic skills of the game. Emphasis will be placed on the skills of dribbling, passing and shooting.

CAMP 2017.600 11:10AM-12:05PM PE GYM

CAMP 2017.601 01:55PM-02:50PM PE GYM

Swimming

Participants will learn water safety and basic swimming techniques while participating in a variety of pool games. Participants must be able to stand in the shallow end of the pool (3.5 ft. depth) with their heads above the water. Coast Guard approved flotation devices may be used at any time.

CAMP 2018.601 01:55PM-02:50PM PE GYM

CAMP 2018.6001 03:00PM-03:55PM PE GYM

Tennis

Participants will learn the basic playing techniques involved in tennis. This course introduces kids to racquet sports and teaches the basic skills of the game.

CAMP 2014.601 12:50PM-01:45PM PE GYM

Volleyball

Participants will be introduced to the fundamentals of volleyball and the basics of the game. Emphasis will be placed on the skills of serving, setting and attacking.

CAMP 2019.600 10:05AM-11:00AM PE GYM

CAMP 2019.6000 11:10AM-12:05PM PE GYM

JUNE 27-JULY 1

Baseball/Softball

Participants learn and practice the basic skills of the game (Infield, Outfield, Catching, Pitching and Base-running) as well as learn intermediate skills and team strategies. This course is great for those who are already interested in the sport and want to develop their skills as they consider play in organized ball in the future.

CAMP 2021.603 03:00PM-03:55PM PE GYM

Basketball

Participants will learn and practice the basic skills of the game (shooting, passing, ball handling, defensive stance and movement) as well as learn intermediate skills and team strategies. This course is great for those who are already interested in the sport and want to develop their skills as they consider playing organized basketball in the future.

CAMP 2020.602 09:00AM-09:55AM PE GYM

CAMP 2020.603 12:50PM-01:45PM PE GYM

Equestrian

The basics of horses will be covered, and students will learn how to properly groom and lead horses.

CAMP 2022.602 09:00AM-09:55AM PE GYM

CAMP 2022.6002 10:05AM-11:00AM PE GYM

Fitness for Kids

Participants will be introduced to the basics of fitness while playing a variety of games. Areas of emphasis include cardiovascular fitness, flexibility training and healthy diet. Participants will also be introduced to strength training. This class is great for kids who want to learn the basics of healthy living while having a lot of fun.

CAMP 2023.602 11:10AM-12:05PM PE GYM

CAMP 2023.603 12:50PM-01:45PM PE GYM

Rock Climbing

Participants in this class will learn and practice the basics of climbing including knot tying, rope climbing and walking on slackline. This class is great for those hoping to learn a new, fun-filled sport.

CAMP 2025.602 09:00AM-09:55AM PE GYM

CAMP 2025.6002 10:05AM-11:00AM PE GYM

Rodeo

Participants in this class will learn and practice the basics of climbing including knot tying, rope climbing and walking on a slackline. This class is great for those hoping to learn a new, fun-filled sport.

CAMP 2026.603 01:55PM-02:50PM PE GYM

CAMP 2026.6003 03:00PM-03:55PM PE GYM

Soccer

Participants learn and practice the basics of the game (dribbling, passing, shooting) as well as learn intermediate skills and team strategies. This course is great for those who are already interested in the sport and want to develop their skills as they begin to consider playing organized soccer in the future.

CAMP 2027.602 11:10AM-12:05PM PE GYM

CAMP 2027.603 01:55PM-02:50PM PE GYM

Swimming

Participants will learn a variety of swimming techniques used in competitive swimming while also participating in advanced pool games. Participants must be able to stand in the shallow end of the pool (3.5 ft. depth) with their head above the water. Coast Guard approved flotation devices may be used any time.

CAMP 2028.603 01:55PM-02:50PM PE GYM

CAMP 2028.6003 03:00PM-03:55PM PE GYM

Tennis

Participants will learn and practice the basic skills involved in tennis as well as learn playing strategies. This class is great for those considering playing competitive racquet sports in the future.

CAMP 2023.603 12:50PM-01:45PM PE GYM

Volleyball

Participants will learn and practice the basic skills of the game (serving, passing, setting and attacking) as well as learn intermediate skills and team strategies. This course is great for those who are already interested in the sport and want to develop their skills as they consider playing organized volleyball in the future.

CAMP 2029.602 10:05AM-11:00AM PE GYM

CAMP 2029.6002 11:10AM-12:05PM PE GYM