

Laramie County Community College

Golden Eagle Youth Sports Institute



June 22-26 & July 13-17



Basketball

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



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.



Equestrian

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



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.



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.



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.



Rodeo

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



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.



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 head above the water. Coast Guard approved flotation devices may be used at any time.*



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, passing, setting and attacking.

YOUTH AGES 10-12



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.



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 playing organized baseball in the future.



Equestrian

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



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.



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.



Rock Climbing

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.



Rodeo

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



Soccer

Participants learn and practice the basic skills 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.



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 at any time.*



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.

<input type="checkbox"/> Week 1 – June 22-26	
<input type="checkbox"/> Week 2 – July 13-17	
Session 1 (9 – 9:55 a.m.)	
BEGINNER (6-9)	YOUTH (10-12)
<input type="checkbox"/> Equestrian	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Basketball	<input type="checkbox"/> Rock Climbing
Session 2 (10:05 – 11 a.m.)	
BEGINNER (6-9)	YOUTH (10-12)
<input type="checkbox"/> Rock Climbing	<input type="checkbox"/> Equestrian
<input type="checkbox"/> Fitness for Kids	<input type="checkbox"/> Soccer
Session 3 (11:10 a.m. – 12:05 p.m.)	
BEGINNER (6-9)	YOUTH (10-12)
<input type="checkbox"/> Soccer	<input type="checkbox"/> Fitness for Kids
<input type="checkbox"/> Swimming	<input type="checkbox"/> Tennis
Lunch (12:05 – 12:50 p.m.)	
Lunch will be prepared by Sodexo Dining Services and served in the LCCC Dining Hall.	
Session 4 (1 2:50 – 1:45 p.m.)	
BEGINNER (6-9)	YOUTH (10-12)
<input type="checkbox"/> Tennis	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Basketball	<input type="checkbox"/> Soccer
Session 5 (1:55 – 2:50 p.m.)	
BEGINNER (6-9)	YOUTH (10-12)
<input type="checkbox"/> Swimming	<input type="checkbox"/> Rodeo
<input type="checkbox"/> Baseball/Softball	<input type="checkbox"/> Basketball
Session 6 (3:00 – 3:55 p.m.)	
BEGINNER (6-9)	YOUTH (10-12)
<input type="checkbox"/> Rodeo	<input type="checkbox"/> Swimming
<input type="checkbox"/> Volleyball	<input type="checkbox"/> Baseball/Softball

Golden Eagle Youth Sports Institute

The Golden Eagle Youth Sports Institute is a summer camp where young athletes learn and practice skills, 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 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 22-26

Week 2: July 13-17

Open to all students entering grades 1-6.
Beginner – Ages 6-9 Youth – 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 sessions only

Registration is available by calling the LCCC Athletic Department at 307.778.1373. You may also register by returning the registration form with payment to: Golden Eagle Athletics; 1400 East College Drive; Cheyenne, WY 82007.

Enrollment is limited on a first-come, first-served basis. Tuition is refundable if request is made by June 15 (Week 1) or July 6 (Week 2).

Registration Information

Participant Name			Date of Birth
Address			Home Phone
City	State	ZIP	Other Phone (mobile/work)
Email			T-shirt Size
Parent/Guardian Name			Check the classes you would like to attend on the back of this form.

Mail to: Laramie County Community College
ATTN: Athletics
1400 E. College Drive
Cheyenne, Wyoming 82007