

# All Sports Camp

## CAMP DIRECTOR BIO



I'm Coach Adrian, I am the Associate Sports Program Director here at the Westfield Area Y. I have over 20 years of experience working with youth sports and nothing brings me more joy than being a role model and mentor to our young athletes. I'm ready to help make it the best experience for everyone involved with my fun big kid personality.

## CAMP OVERVIEW

All Sports Camp is located at the Westfield Area YMCA's Main Y facility (220 Clark Street).

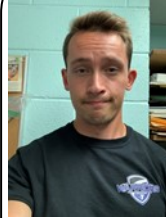
Kids will be participating in various group games and sports throughout the day while learning the importance of teamwork and sportsmanship.

We recommend that your child dress for a comfortable day at camp with shorts, t-shirts, socks and sneakers. We will be swimming, so please have your child bring a bathing suit and towel to camp. In addition, please apply sunscreen in the morning and have your child bring it to reapply if necessary as we plan to occasionally play outdoor games at Roosevelt School's field.

If your child has any allergies or illnesses requiring medication or an Epi-pen, please make sure to fill out all Medication Authorization forms prior to your child's first day of camp. You can find all these forms online at [westfieldynj.org](http://westfieldynj.org). All medications must be in original containers (boxes).

This includes Epi-pens & asthma inhalers.  
**All paperwork MUST be signed by your child's physician.**

## ASSISTANT CAMP DIRECTOR BIO



I'm Coach Ryan. I have been working at the Y since 2017 and when I am not there, I am currently a Physical Education Teacher in Linden, NJ. I love teaching kids and adults of all ages to be physically and mentally active for a lifetime.

## DAILY SCHEDULE

**8:30-9:00**– Valet drop off on Ludlow Pl

**9:00-10:00**– Warmups & mini games

**10:00-10:15**– Wash Hands/Snack

**10:15-12:00**– Team games either at Main Y or Roosevelt School Field

**12:00-12:30**– Wash Hands/Lunch

**12:30-2:00**– Activities & Swim Prep

**2:00-2:40** Swim

**2:40-2:50**– Change out of swim clothes

**2:50-3:05**– Wash Hands/Snack

**3:05- 4:00**– Games

**4:00- 4:30**– Valet Pick up on Ludlow Pl  
Please have your ID ready

## CAMP CHECKLIST

- Non-perishable peanut/tree nut free lunch & snacks
- Labeled refillable water bottle
- Labeled swim equipment (bathing suit, towel, etc.)
- A bag to put wet swim clothes in
- Sunscreen (cream preferred)

**WESTFIELD AREA YMCA**

220 Clark Street, Westfield · 908-301-YMCA (9622) · [westfieldynj.org](http://westfieldynj.org) ·

Strengthening the communities of Cranford, Garwood, Mountainside and Westfield since 1923.