

Spirit Sports Camp

Ethel Walker School
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www.spiritsportscamp.com



Where Girls Thrive

Spirit Sports Camp is a rewarding multi-sport camp (and more) for girls. Spirit provides a unique, overnight or day camp athletic experience for girls from 2nd through 10th grade. It's a place where girls have the opportunity to enhance their skills, increase their knowledge of, and participate in, a wide variety of sports. During each session, they attend team practices, receive workouts tailored to their abilities and compete in games. Individual skill improvement and a better tactical awareness of each sport offered are a focus of the camp.

Character development and personal growth are the pillars of the program. On the athletic fields, girls play the sports they most enjoy or learn the basics of a sport that is new to them, all in a positive and encouraging environment. Off the fields, girls can select different workshops and electives to try, such as sign language, coding, painting and theater.

At Spirit, sport is the method used to work with girls on their self-esteem, confidence, teamwork, cooperation, responsibility, leadership and fairness. These personal development areas are addressed every day, and their importance is taught on both the athletic fields and through daily living. Campers are also encouraged to enjoy themselves, learn new skills and have fun with their teammates.

Sign up for one, two or three weeks from July 7-26.