



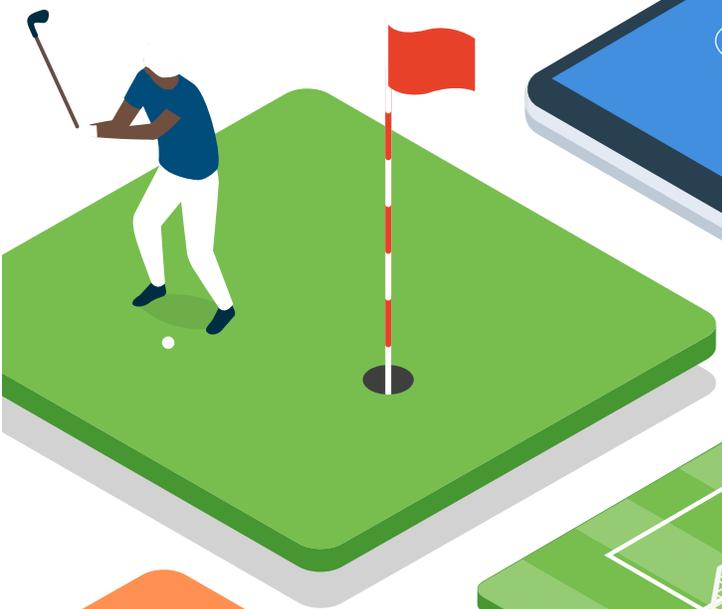
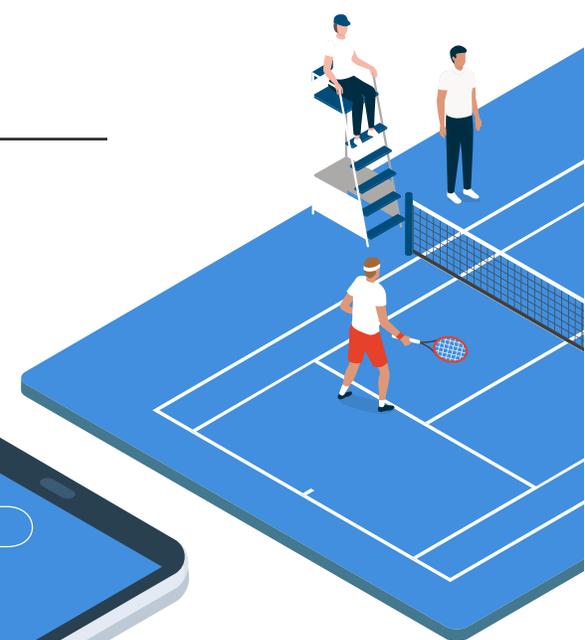
IN PARTNERSHIP WITH



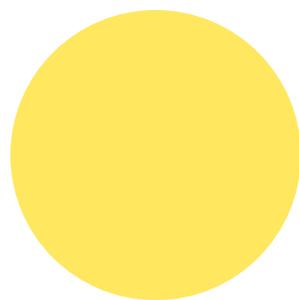


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**YOUR NAME**



WHAT ARE YOU LOOKING  
FORWARD TO DURING YOUR  
**NET GENERATION**  
**VIRTUAL SUMMER CAMP?**



# NEMOURS

## FUEL FOR THE ATHLETE CAMPER!

To do your best, your body needs both hydration and energy.

### HYDRATION:

Hydration is the amount of water that your body needs. When you sweat, you lose even more water and need to replace it. Besides water, you also lose salt and potassium in your sweat. Your body needs all these things as fuel to help your muscles work hard and compete better every time you work out or play hard.

Besides water and sports drinks, there are actually foods that can help you hydrated! Below are things to snack on before, during and after a workout to keep you hydrated.

The following foods are over 90% water!

- Celery
- Tomatoes
- Lettuce
- Zucchini

Many of the below foods also have more than 90% water and can be eaten alone or placed in your water bottle to give your water more flavor. Try freezing ice cubes with them in it and then putting them in your bottle for extra flavor and nutrients, (I would not try this with the above foods like celery though!)

- Watermelon
- Cucumber
- Peaches
- Oranges
- Cantaloupe
- Strawberries

After your workout or sport, one of the best athlete recovery drinks is chocolate milk. It has protein and some simple sugars as well as electrolytes to help your muscles recover.



## ENERGY:

Your muscles need the energy to move and to recover from activity. The below snack ideas are high-energy snacks to give your body the fuel it needs to perform at its best.

### APPLE COOKIES:

Slice the wide slice of an apple (either use an apple corer before you slice or cut out the core after you sliced) about 1/4 inch wide. Then, get creative and build your cookie!

The first layer should be something that your toppings can stick to ideas include spreading:

- Peanut butter or any kind of nut butter (the best choice to use because it has protein)
- Chocolate hazelnut spread
- Caramel

Then sprinkle over one or two or three of the following:

- Nuts
- Coconut
- Mini chocolate chips
- Granola
- Raisins/ craisins

### TURKEY MELTS

Toast half an English muffin, then top with a slice of turkey, shredded cheese and cut a grape tomato in half and place on top. Then melt in the microwave for about 15-20 seconds!

### ENERGY BITES

- 1/4 cup honey
- 1 cup oats
- 2/3 cup coconut
- 1/4 cup peanut butter
- 1/3 cup mini chocolate chips
- Stir together and roll into balls and they are ready to eat! If you are taking them somewhere warm, you can put them on a plate covered with plastic wrap and freeze them and take them with you.



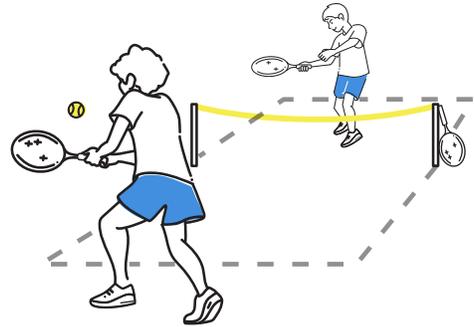
# TENNIS AT HOME

NO MATTER YOUR SKILL LEVEL, YOU CAN USE THESE ACTIVITIES TO STAY ACTIVE AND HAVE FUN.

## MAKE A NET

No court? No problem! Get creative and make your own net using items from around the house.

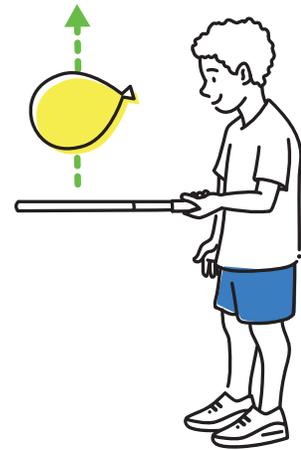
To work on different skills, try making your court smaller or bigger. How many different objects can you use to create a net?



## BALLOON TENNIS

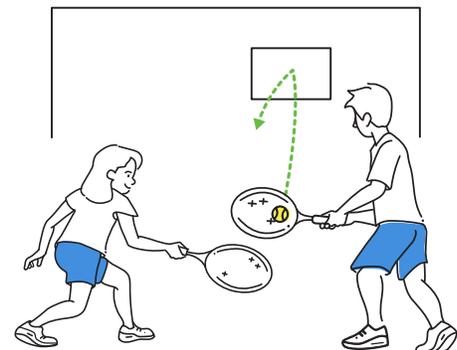
Anyone can start a game of tennis with a balloon! First, see how many consecutive hits you can do without letting the balloon hit the ground. Use your hand, racquet or even a wooden spoon.

Next, alternate between keeping your palm face down and face up to work on your backhand and forehand. Then try it again with your non-dominant hand. How about while standing on only one foot?



## WALL RALLIES

See how many consecutive balls you can rally against a wall. Try alternating forehands and backhands to improve your game. Create your own challenges by adding movement between each shot. Be creative.



# THE PERFECT MATCH

With smaller courts, shorter racquets, and lower bouncing balls, youth players will achieve greater physical activity and feel successful at tennis right from the start. Tennis is a game that can be played at home in the driveway with the whole family or with friends on any flat, safe surface.

## RACQUET SIZES

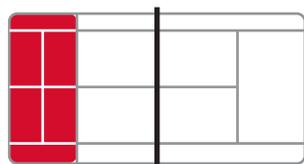


## GET STARTED. MOVE ON. LEVEL UP.

### RED BALL



The tennis journey starts with the red level. Red balls can be made of foam or felt, are larger, bounce lower and travel slower than the standard yellow ball making it easier to learn and acquire skills.



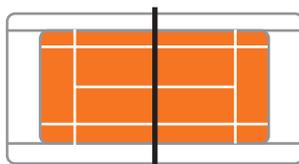
### COURT SIZE: 36' X 18'

Red Courts are short and narrow, making it easy for players to focus on learning the fundamentals of the game.

### ORANGE BALL



Orange balls travel through the air a little faster and farther than the red ball, but are the same size and still bounce lower than a yellow ball.



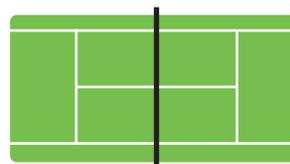
### COURT SIZE: 60' X 21' - OR - 60' X 27' (DOUBLES)

Slightly smaller than the full-size 78' court, Orange Courts are ideal for players who are still developing their athletic, technical, and competitive skills.

### GREEN & YELLOW BALLS



Green balls have a slightly reduced bounce compared to the yellow ball making the transition to a full-size 78' court much easier.



### COURT SIZE: 78' X 27' - OR - 78' X 36' (DOUBLES)

At this stage, while continuing to improve their tactical and technical skills, a player's size does not hinder their ability to cover a full-size tennis court.

# WORD SEARCH

Find all 7 words from the bank below.

I	L	J	K	Y	H	H	F	B	T
B	A	C	K	H	A	N	D	H	W
Y	L	L	A	R	P	O	K	R	P
H	F	W	E	T	P	R	V	C	L
L	V	R	S	C	O	J	O	R	J
L	E	X	I	W	A	U	L	W	B
G	H	P	T	E	R	J	L	C	J
F	M	O	P	T	N	W	E	H	C
O	O	E	Q	L	S	D	Y	Y	E
F	R	O	B	W	K	S	S	O	Q

FUN

GRIP

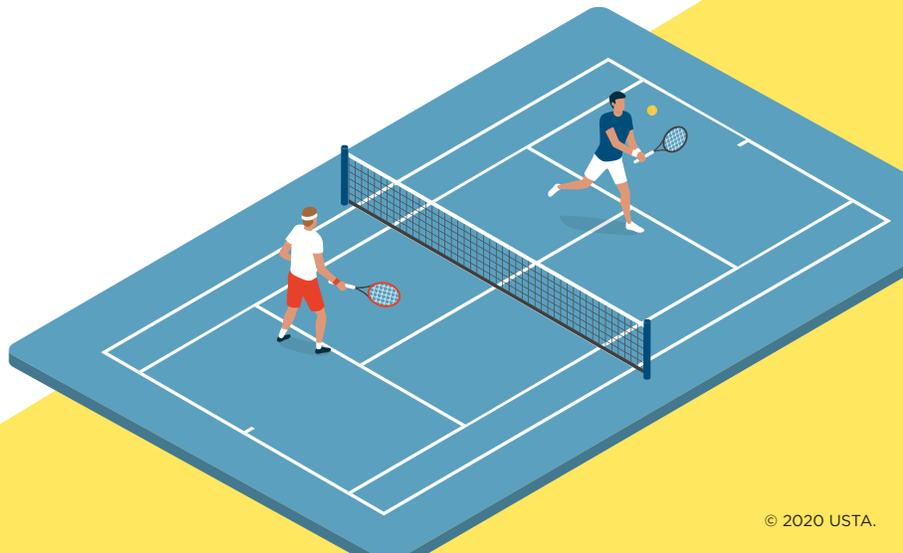
RACQUET

SERVE

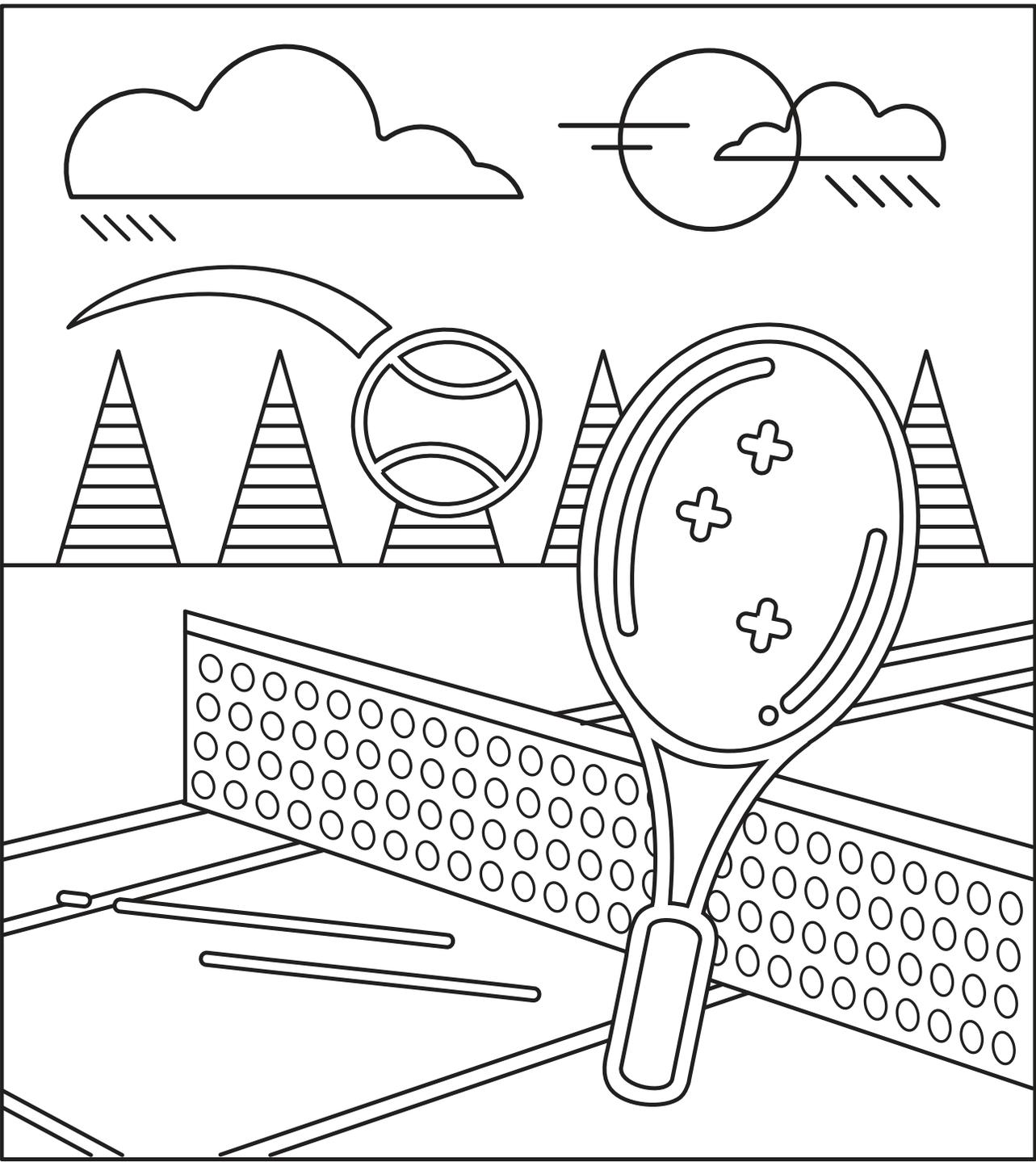
SERVICE

TENNIS

UNITY



# COLORING PAGE



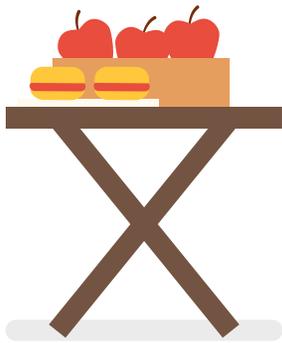


# 5 WAYS TO HELP YOUR FAMILY DEVELOP AN ACTIVE LIFESTYLE

**1** SWIM, BIKE, WALK OR TAKE THE STAIRS AS A FAMILY.



**2** ENCOURAGE GOOD NUTRITION AND HEALTHY OPTIONS



**3** HAVE A FAMILY ACTIVITY LOG AND TRACK ACTIVITY DAILY.



**4** GET OUTSIDE AS A FAMILY AND PLAY, PLAY, PLAY!



**5** TAKE FAMILY VACATIONS THAT INCLUDE SPORT AND ACTIVITIES.



# LEARN TO SKATE USA

## OFF-ICE MADNESS BRACKET CHALLENGE

### COMPLETE THESE OFF-ICE CHALLENGES TO CREATE THE WINNING COMBINATION!

Each challenge has three activities. Complete one activity per challenge to advance to the next section of your bracket. Want to kick it up a notch? Complete all three activities per challenge before moving on! Complete the bracket as many times as you want for the ultimate off-ice madness workout.

**Print out or screenshot this activity and share your completed bracket using #LearnToSkateUSA**

#### CARDIO CHALLENGE

- Jumping Jacks - 1 Minute
- High Knees - 1 Minute
- Jog in Place - 1 Minute

#### BALANCE CHALLENGE

- Balance on Each Leg - 30 Seconds
- Balance on Tip-Toes - 30 Seconds
- Downward Dog - 30 Seconds

#### STRETCH CHALLENGE

- Hamstring Stretch Both Sides - 30 Seconds
- Quad Stretch Both Sides - 30 Seconds
- Figure Four Stretch Both Sides - 30 Seconds

#### STRENGTH CHALLENGE

- Lunges - 15 on each leg
- Squats - 15
- Push-ups - 15

#### CARDIO & STRENGTH CHALLENGE

- Jump Squats - 20
- Mountain Climbers - 30 Seconds
- Burpees - 10

#### BALANCE & STRETCH CHALLENGE

- Hold a Spiral Pose Each Side - 30 Seconds
- Yoga Tree Pose Each Side - 30 Seconds
- Standing Hip Flexor Stretch Each Side - 30 Seconds

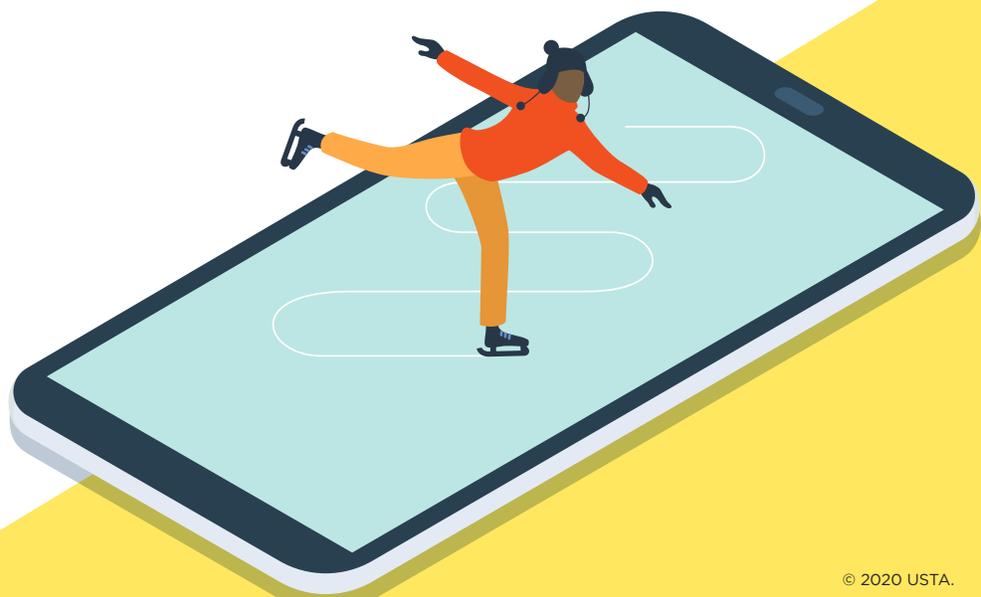
#### ABS CHALLENGE

- Plank - 20 Seconds
- Crunches - 20
- Sit-ups - 20

#### BALANCE & STRETCH CHALLENGE

Combine one element from each challenge to build a winning 7-part combination!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# LEARN TO SKATE USA MONTHLY VISION BOARD

 THINGS I'M LOOKING FORWARD TO:

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 PERSONAL GOALS:

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 WELLNESS GOALS:

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 LEARN TO SKATE USA OFF-ICE CHALLENGE(S)  
I WILL TRY THIS MONTH:

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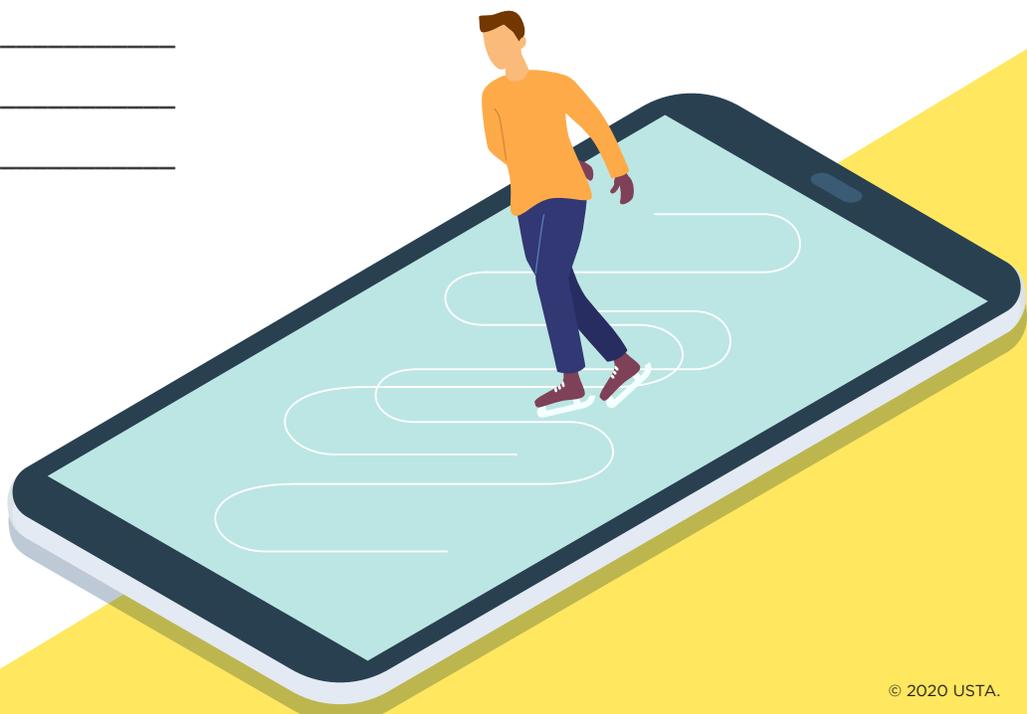
 FUN, SKATING ACTIVITIES I WILL DO THIS  
MONTH: (A PHOTO OF MY FAVORITE SKILL, PRACTICE  
MY PROGRAM OFF-ICE, CALL A SKATING FRIEND, ETC.)

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# US SOCCER GRASSROOTS PLAY-PRACTICE-PLAY

## WHAT YOU'VE LEARNED FROM THESE SESSIONS

### JUGGLING IMPROVES:

- Agility
- Balance
- Hand-Eye Coordination
- Foot-Eye Coordination
- First Touch/Control
- Ball Striking



### LIFTS

Getting the ball up in the air with just your feet

- TWO-FOOT JUMP**
  - Press with inside ankles
  - Jump with ball and release
- TWO-FOOT SQUEEZE**
  - Feet wider than ball
  - Squeeze your big toes together under the ball
- ROLL BACK FLICK**
  - Leg extended, roll back and flick under



### JUGGLING GAMES

Different ways to play games with juggling

- LINE JUGGLING**
  - Pick a spot on the ground and hit it
- WALL-BALL**
  - Get the ball back off the wall
  - Can be played on your own or with a partner
- SOCCER TENNIS**
  - Create a "net" and two sides
  - Play with a partner and make your own rules



### JUGGLING TYPES

Different ways to practice juggling

- DROP-KICK-CATCH**
  - Uses thigh and/or feet to get back to hands
- BOUNCE JUGGLING**
  - Use laces to get ball head height
  - Has bounce in between each kick
- JUGGLING (NO-BOUNCE)**
  - Use laces to get ball waist height
  - No bounce in between each kick



### JUGGLING SURFACES

Areas on the body used to keep ball up

- THIGH**
  - Use muscle, not knee
  - Thigh level with ground
- FOOT**
  - Laces
  - Toes pointed down



# FOOTBALL DEVELOPMENT MODEL

## PREPARING FOR CONTACT

### WHY PREPARE FOR CONTACT & NON-CONTACT?

Preparing for contact is an important step in your development for both contact and non-contact sports and activities. Contact is often a new concept and skillset for most children. Below you can see all the skills that you will build with the preparing for contact curriculum.

- |  |  |
|--|--|
| 1. Body awareness and body control           | 7. Core stability  |
| 2. Coordination                              | 8. Development of the shoulder                               |
| 3. Being aware of things going on around you | 9. Flexibility and mobility                                  |
| 4. Being able to balance                     | 10. Comfort with interacting with the ground                 |
| 5. Posture awareness and control             | 11. The ability to control one's body against outside forces |
| 6. Strength                                  |  |

### ALTHOUGH YOU MAY NOT HAVE PHYSICAL CONTACT WITH ANOTHER PLAYER IN TENNIS, WHERE WOULD SOME OF THE SKILLS LISTED ABOVE BE USEFUL?

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### WANT TO FIND MORE? HERE'S A LIST OF PREP FOR CONTACT ACTIVITIES:

- |  |  |
|--|--|
| • Crab Walk Bear Crawl                         | • Forward Roll to Sprint 4-Way Balance |
| • Push-up and Roll Shoulder Rolls Forward/Back | • Log Rolls Seal Crawl                 |
| • Lateral Shuffle and Roll Bird Dog            | • Surfer Somersault to Sprint          |
| • Hollow Rolls Shrimping                       | • Helicopters Angle of Pursuit         |

You can find more activities like these on [www.usafootball.com/fdm/resources](http://www.usafootball.com/fdm/resources)

### CAN YOU COME UP WITH YOUR OWN?

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### CAN YOU COME UP WITH YOUR OWN?

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# PGA GAME GUIDE

## GETTING TO KNOW THE GOLF COURSE

### GENERAL AREA

This covers all other areas of the course (including the fairway and the rough). If it's not any of the below, it's the general area!

### TEERING AREA

You will play from this area when you start each hole. Your designated tees will be what's best based on your age!

### PUTTING GREEN

The part of the golf course made for putting. Be extra careful when walking on it!

### BUNKER

A specially prepared area for sand.

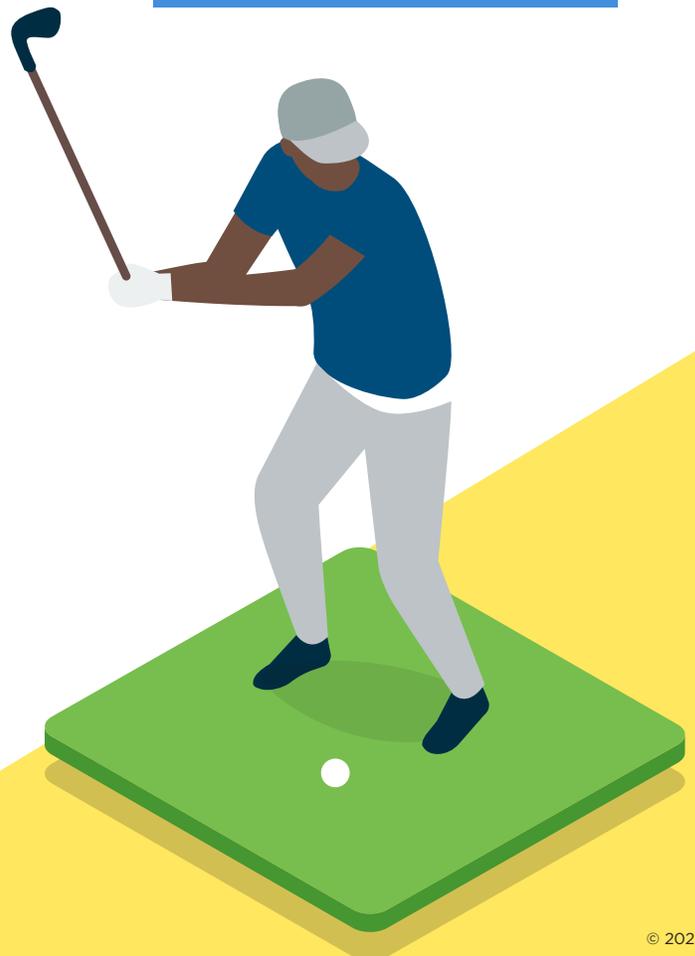
### PENALTY AREA

If your ball comes to rest here, you may either play it as it lies, or take a penalty stroke to move it out. It may not always have water, so keep an eye out for red or yellow stakes in the ground.

### PRO TIPS

Follow these steps and take care of the course!

- Walk softly on the greens. Never run or scuff your feet!
- Always rake the sand before leaving the bunker!
- Repair your divots. Fix your ball marks and your friends' too!



# HOW TO BE A GOOD FRIEND AND TEAMMATE



Just a few things to remember...  
Make new friends and say "Hi" to other golfers.



Leave the course better than you found it.



Wait your turn and be quiet while others are hitting.



Replace your divots and fix your ball marks



Listen and learn from players more experience than you.



Rake sand before leaving a bunker.

## ACTIVITY

CAN YOU SPOT THE SIX DIFFERENCE IN THE PICTURES BELOW?



# FUN AT BAT

## AT HOME ACTIVITIES

Fun At Bat is a bat-and-ball skills development program for all children. The overarching goal of this program is to promote fun and active lifestyles for children, while teaching them the fundamental skills of bat-and-ball sports. Together, we can ensure children’s experiences with bat-and-ball sports are safe, positive and enjoyable! Fun At Bat At Home was created to bring the components of bat-and-ball activities right to your home!

[WATCH VIDEO](#)

## DYNAMIC WARMUP

The dynamic warm-up incorporates activities designed to improve and develop basic function that are the building blocks of higher level sports skills and physical fitness. These are exercises that emphasize postural alignment, mobility, balance and coordination. The objective is to stimulate and prepare the brain and body to behave and work together.

1. March in Place
2. Slides
3. Single Leg Jump
4. Double Leg Jump-Squat/Reach/  
Toe Raise-Squat Jump
5. Cross Crawl
6. Bridge and Hip Extension
7. Super Slow Motion March
8. Stand On One Leg
9. Whirly Birds

[WATCH VIDEO](#)

## ACTIVITIES

These activities are designed to introduce children to bat-and-ball sports in a fun and safe way, all while using common household items. For descriptions or to see each of these demonstrated, click on the “Watch Video” button below.

1. Targets, Targets Everywhere...
2. Hitting Derby
3. GET TO THE CHOPPER!

[WATCH VIDEO](#)



# FUN AT BAT

## CHAMPIONSHIP PRINCIPLES BOOK

Participating in youth sports not only allows for children to develop physically with strong muscles and bones, but it also provides a platform for emotional development. The social interactions that children experience playing sports can build a foundation for good character and positive self-esteem. The Fun At Bat skill development program is committed to assisting in the development of positive character building traits. Throughout the curriculum, USA Baseball has incorporated eight Championship Principles that can positively impact children beyond their time in sports, and throughout their life.

[WATCH VIDEO](#)

[READ](#)

## USA BASEBALL ACTIVITIES BOOKLET

Click to access the USA Baseball Activity Booklet for a baseball themed word search, mad libs, spot.

[READ](#)

**TO SEE THE FULL FUN AT BAT AT HOME CURRICULUM, COMPLETE WITH ADDITIONAL ACTIVITIES, CLICK THE BUTTON BELOW. BE SURE TO SHARE ON SOCIAL MEDIA USING THE HASHTAG #FABATHOME.**

[SEE MORE](#)

