

Outreach Event – January 21, 2015

Family Fitness Challenge & Summer Camp



MOVEMENT. HEALTH. PERFORMANCE.

Overview

- Funding News!
- Family Fitness Challenge
- Summer Camp

Funding To Date

- October 2015: COSG Faculty Outreach (\$25,000)
- December 2015: IGP Faculty Research (\$81,646)
- December 2015: EAMC Gift (\$20,000)

- A-Day Run (April)
- Color Run (August)

Semester Program Family Fitness Challenge

Family Fitness Challenge

- Special Olympic Young Athletes
 - First program in Alabama
 - May – State Special Olympics (Montgomery)
- Exercise Buddy
 - Provide Apple ID
- Map My Fitness
- Actigraphs

Family Fitness Challenge

- What do I get for participating?
 - FAMILY FITNESS!
 - Top family in each age group gets \$150 discount for camp

Summer Camp Abilities Unlimited

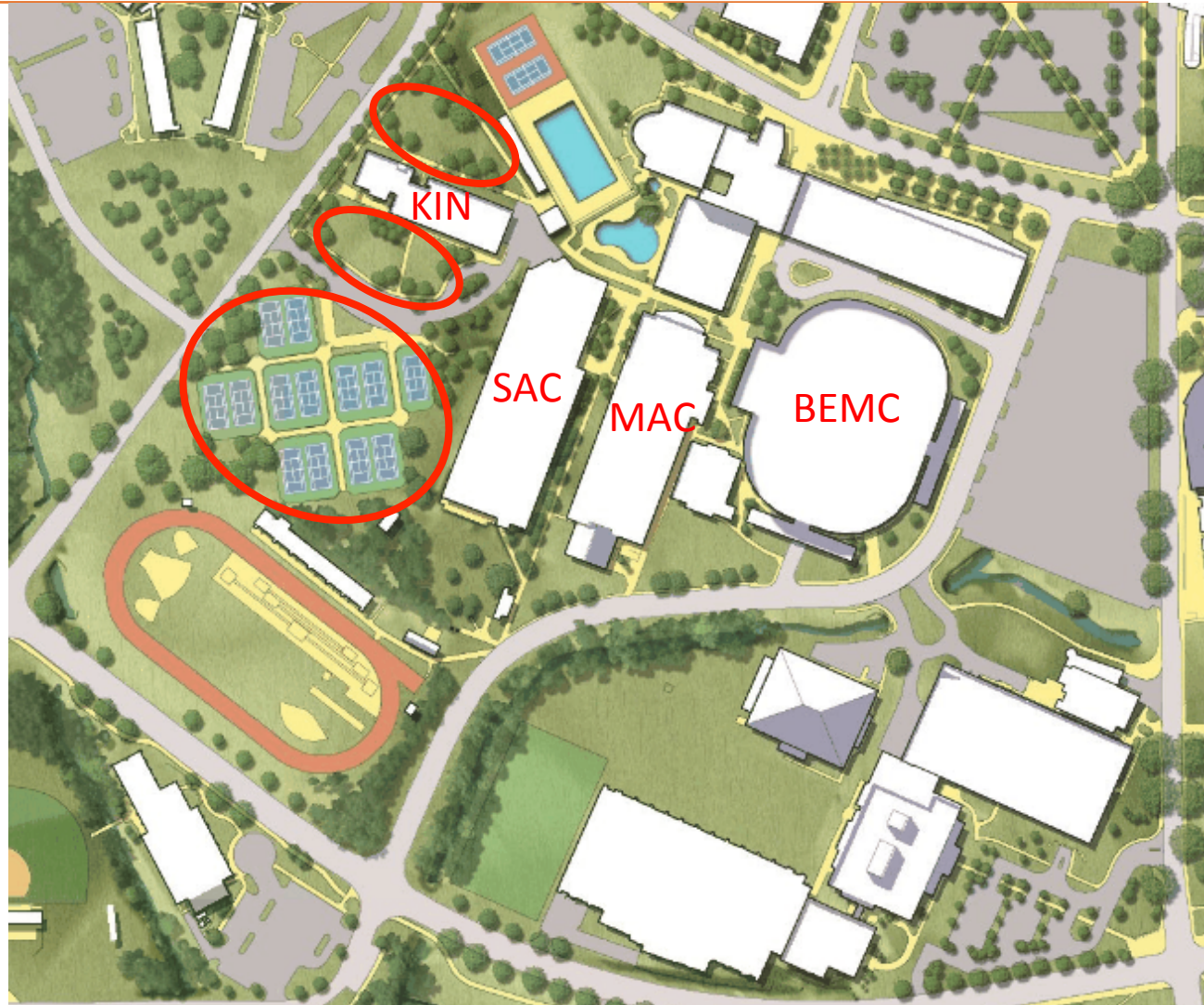


Camp Logistics: Dates and Cost and Numbers

- Orientation Sessions: July 9-10
- Camp: July 11-29 (M-F) 8:30am – 3pm (after care until 5pm)
- Registration: Opens at the beginning of February
- Cost: \$300/camper
 - Arrangement can be made for individual aides.
- Research pre-test measurements: June
- Research post-test measurements: August
- 100 campers ages 5 – 12 years
- 50 counselors-in-training ages 13 – 22 years
- undergrad student counselors
- 5 grad students

Camp Logistics - Where

- KIN
 - 4 spaces
- SAC
 - 3 classrooms
- BEMC
 - Concourse
- Outdoor
 - 3 spaces



Main Initiatives

- Motor Skill/Fitness Training
 - I canshine Bicycle Training (week 1 M-F): 75 minute sessions
8 – 16 riders per session
 - Swimming Lessons with Auburn Aquatics (weeks 2-3 M-Th):
30 minute sessions 9:00-12pm
 - Yoga/Mindfulness
 - Adapted recreation (SO Young Athletes/Exercise Buddy)
- Literacy Training (5-12 year old)
- Math Training (5-12 year old)
- Work Readiness (Teens/Young Adults)
- Computer Time

Orientation Day 1

- July 9: 10am – 2pm - School of Kinesiology
 - All campers: 10am – 12pm
 - Counselors & Staff
 - Schedule and logbooks
 - Spaces
 - Rules
 - Sensitivity training for typically-developing campers
 - Q&A
 - Counselors-in-training: 12 – 2pm
 - Responsibilities/Assignments
 - SOPs
 - Q&A

Orientation Day 2 – Bike Only

- July 10: 4 – 5:30pm
 - Overview of the training
 - Tips during training
 - Bike fitting with technicians
 - Q&A with parents

Camp Schedule Week 1 (5 – 9 year olds)

	Rec	Reading	Math	Fine Motor
8:30-9	Drop off at 8:30am, Roll-call, Schedules, and Goals – All Groups			
9-9:45	5-7 Groups 8-9 Groups			
10-10:45		5-7 Groups 8-9 Groups		
11-11:45	Lunch – All Groups			
12-12:45				5-7 Groups 8-9 Groups
1-1:45			5-7 Groups 8-9 Groups	
2-2:45	5-7 Groups 8-9 Groups			
3-5	Pick up at 3pm After care from 3-5pm – All Groups			

Camp Schedule Week 1 (10 – 22 year olds)

	Bike	Reading/Fine Motor	Math/Fine Motor	Work Readiness
8:30-9	Drop off at 8:30am, Roll-call, Schedules, and Goals – All Groups			
9-10:15	10-12 Groups	16+ Groups 13-15 Groups		
10:35-11:50	13-15 Groups	10-12 Groups		16+ Groups
12-1	Lunch – All Groups			
1:20-2:35	16+ Groups		10-12 Groups 13-15 Groups	
2:55 – 4:05*	*For Dana Stewart's Camp	Pick up at 3pm After care from 3-5pm – All Groups		
4:25-5:40*	*For Dana Stewart's Camp			

Camp Schedule Week 2-3 (5 – 9 year olds)

	Swim	Rec/Yoga	Reading	Math	Fine Motor
8:30-9	Drop off at 8:30am, Roll-call, Schedules, and Goals – All Groups				
9-9:45	5-7 Groups 8-9 Groups				
10-10:45			5-7 Groups 8-9 Groups		
11-11:45	Lunch – All Groups				
12-12:45		5-7 Groups 8-9 Groups			
1-1:45				5-7 Group 8-9 Group	
2-2:45					5-7 Group 8-9 Group
3-5	Pick up at 3pm After care from 3-5pm – All Groups				

Camp Schedule Week 2-3 (10 – 22 year olds)

	Swim	Rec/Yoga	Reading	Math	Fine Motor	Work Readiness
8:30-9	Drop off at 8:30am, Roll-call, Schedules, and Goals – All Groups					
9-9:45			10-12 Groups 13-15 Groups 16+ Groups			
10-10:45	10-12 Groups 13-15 Groups 16+ Groups					
11-11:45	Lunch – All Groups					
12-12:45				10-12 Groups 13-15 Groups		16+ Groups
1-1:45		10-12 Groups 13-15 Groups 16+ Groups				
2-2:45					10-12 Groups 13-15 Groups 16+ Groups	
3-5	Pick up at 3pm After care from 3-5pm – All Groups					