

SKATE LIKE A GIRL SKATE CAMP GUIDE

Updated 7/8/22

<u>Time</u>	<u>Activity</u>
8:00am	<u>Lead Arrival</u> <ul style="list-style-type: none">● Check on weather - communicate with Director if wet/rain/poor air● Check on skate space - where's bathroom, shade, grassy area for levels 1's, etc.● Ensure all gear is present - skate gear, first aid, camp shirts, binder, etc.
8:30am	<u>Squad Huddle</u> <ul style="list-style-type: none">● Delegate roles● Get clear on agenda for the day● Check in on any issues
8:45am	<u>Set up</u> <ul style="list-style-type: none">● Clean and tidy up the skate space - check for rocks and debris● Set up any gear, ramps or special activities for the day
8:50am	<u>Camper Check in Start</u> <ul style="list-style-type: none">● Be welcoming and inclusive!● Everyone in roles:<ul style="list-style-type: none">● Camper sign in (Lead) - check vax/negative test on day 1● Pad helper (Assistant)● Skatepark greeter/lifeguard (Assistant)
9:15am	<u>Circle Up</u> <ul style="list-style-type: none">● Start earlier if all campers arrive on time!● Name, pronouns, check in question (Either/or question)
9:25am	<u>Stretch and SHRED theme</u> <ul style="list-style-type: none">● 5 movement based stretches to warm up bodies● Don't just talk at the kiddos - let them share what they know about it!
9:30am	<u>Lesson Groups / Breaks / Games</u> <ul style="list-style-type: none">● Counselors keep their lesson group engaged the whole time● Counselors teach both marathon and sprint style tricks● Counselors take their groups group water/bathroom/snack breaks as needed● Camp lead may call for a game at any time to keep the energy up
11:45am	<u>Showcase</u> <ul style="list-style-type: none">● Start early at 11:30am for groups of 15-20, start at 11:45am for 14 or less● Reiterate the rules - each skater can get applause or show off something they worked on that day at camp● Counselors go first to demonstrate● Ensure each camper is recognized
11:55am	<u>Closing out activity</u> <ul style="list-style-type: none">● Lead brings group together to let the campers know that camp is done for the day● Examples of closing activities:<ul style="list-style-type: none">○ Shout out circle○ 1 word check out○ Camp cheer
12pm	<u>Parent Announcements & check out</u> <ul style="list-style-type: none">● All campers must sign out by 12:15pm● Call parents / emergency numbers if no one arrives by 12:15pm to pick up child

	<ul style="list-style-type: none"> Let Director know if any kids are not picked up on time <p><u>Clean up</u></p> <ul style="list-style-type: none"> Ensure we leave the skate park cleaner than we found it!
12:15pm	<p><u>Squad Debrief</u></p> <ul style="list-style-type: none"> Rose, bud, thorn Game plan for the next day

Special Tasks for the First Day:

- Set up:
 - Gear requests ready
 - Name tags
- Kids arrive:
 - Check for a vax card or negative test in the last 3 days
 - Pass out gear requests
 - Name tag person
- Circle up: community agreements
 - Read camper code of conduct from the parent info sheet (in binder)

Special Tasks for the Last Day:

- Shirts:
 - Give each camper a shirt, ideally at the end of the day after showcase
 - If you don't have enough shirts/wrong sizes, notify Director immediately
- Camp Photo:
 - Take a photo of the whole group of skaters - include counselors too, if possible!
- Get all loaner gear back from campers
 - If there is a question about whether or not a student can keep gear, contact Director
- Thank Parents for an awesome week
- After camp end, Lead return old binder, gear, etc. to office

Themes for each day:

Always ask the students if they know what it means and if they can share any examples FIRST before explaining.

<u>Date</u>	<u>Theme</u>	<u>Ways to embed this</u>
Day 1	Self Confidence	Challenge a camper with something new/scary to try on their boards
Day 2	Humility	Encourage campers to ask for help or help others in need
Day 3	Radical	Create space for campers to invent/name their own trick
Day 4	Equity	Have campers try each others skateboards exploring how everyone has a board, but they aren't all the same, and how everyone is a skater, but not everyone knows the same tricks.
Day 5	Determination	Create space for campers to tinker with a "marathon" trick that's hard for them such as ollies, kickflips, or pumping

Skate Tricks to Teach

Try to mix up between marathon (harder, longer learns) and sprint (easier, quicker learns)!

Marathon tricks

- Level 1: Pushing and riding, tic tacs
- Level 2: Pumping, kickturns, ollies in the grass

- Level 3: Ollies, drop-ins, rock to fakie, carving/pumping in bowl

Sprint Tricks

- Level 1: Popping board up, body varial, flippy uppy in the grass, drop down
- Level 2: flippy uppy, fakie on ramp, going down small ramp, half cab, carving on flat
- Level 3: run and jump on board, tail drop from curb, grabs while rolling

Transitions:

- If you can hear me clap once/put your hands on your head, sit down
- Make as much noise as you can! (when energy is low)
- Who lives in a pineapple under the sea?

Circling up:

- Follow the person in the middle of the circle
- Toes touching find something in common with a shoe next to yours
- Shoulders touching
- Huddle around the campfire
- Put some air in the tire
- Skateboard flower

Notes on breaking up into groups (first half of class):

Lead will be in charge of the agenda for each day, these are some ideas to go off of:

- Each instructor (paid staff) should have a group
 - Any volunteers will assist and should not have their own group
- You can break up groups based on:
 - Ability level (1, 2, 3 - which you'll be able to assess after the first class)
 - Age
 - Birthdays
 - Grade
 - Height
 - Counting off
 - Playing a game
- Instructors can stay with each group for the entire 20 mins or switch groups every 5-10 mins
- What to do once you are in groups:
 - Explain the trick you are going to teach
 - Demonstrate the trick
 - Have the group try
 - Go up to each student and check in on them individually
 - Asses progress and introduce new trick or send off to new instructor
 - Have youth who already know the trick help show and lead the lesson

Bathroom breaks:

- Your entire group must go to the bathroom together
- Only one person in the bathroom at a time
- While your waiting: telephone, jokes, favorite food/video game/animal
 - Give youth opportunities to decide/lead the game
- Counselors never alone with a camper & no 2 campers alone together

Water/snack breaks:

- Sit in a circle
- Share stories and engage with campers

- Ensure trash is thrown away before skaters get back to skating

Game Ideas:

Give youth opportunities to decide/lead the game. **More games are on tool kit page 35-37 of the Program Tool Kit.**

- Red light green light, running or with skateboards
- Coping hang
- Dead fish
- Look up look down
- What time is it Mr Wolf?
- Everybody's It (freeze tag where anyone can tag anyone)
- Biggest fan (rock paper scissors tournament)
- Skateboard walk (flip boards trucks side up in a long line and have skaters walk on the boards to see if they can make it across without falling off)
- Stack boards as high as possible, and make a rainbow or a house

Stations:

During stations, each coach will be assigned to a different obstacle. Include flatground for level 1s and a ramp for level 2s, and a third obstacle to mix it up and have fun. Give youth opportunities to decide what the 3rd obstacle should be. Students can choose which station they want to be at and switch stations, but they must be at one of the three assigned.

Notes on non-skate activities

Some students may not be able to physically participate, but that doesn't mean they should just sit there or goof off. If you give them a specific task they will work on it. If there are more than 3 students who aren't able to skate, dedicate one person (preferably a volunteer) to hang with them during the class. More in depth curriculum can be found [here](#)

Some ideas:

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| • Help lead the class | • Griptape art |
| • Help clean up | • Magazines |
| • Skate photography | • Collaging |
| • Skate videography | • Help coach/lead class |
| • How to build a board | • Pick up trash in the park |
| • How to disassemble a board | • Create obstacle course/game for skaters |

Showcase:

- Every person gets a chance to show off something or get an applause (big or small)
- Start with a coach

Closing Activity Ideas

- If there's plenty of time - Shout outs
- Go over SHRED theme
- Shout outs specific to the SHRED theme
- "Thank you skateboarding!"