

## SKATE LIKE A GIRL SKATE CAMP OUTLINE & PRO TIPS

Updated 5/31/2023

<u>Time</u>	<u>Activity</u>
8:00am	<u>Lead Arrival (30 minutes)</u> <ul style="list-style-type: none"><li>• Check on weather - communicate with Director if wet/rain/poor air</li><li>• Check on skate space - where's bathroom, shade, grassy area for levels 1's, etc.</li><li>• Ensure all gear is present - skate gear, first aid, camp shirts, binder, etc.</li></ul>
8:30am	<u>Squad Huddle (10 minutes) AM Assistant and Volunteer arrival</u> <ul style="list-style-type: none"><li>• Lead delegate roles</li><li>• Lead goes over agenda for the day</li><li>• Check in on any issues from prior days</li></ul>
8:40am	<u>Set up (10 minutes)</u> <ul style="list-style-type: none"><li>• Clean and tidy up the skate space - check for rocks and debris</li><li>• Set up any gear, ramps or special activities for the day</li></ul>
8:50am	<u>Camper Check in Start (25 minutes)</u> <ul style="list-style-type: none"><li>• Be welcoming and inclusive!</li><li>• Everyone in roles from Delegation Sheet</li></ul>
9:15am	<u>Circle Up (15 minutes)</u> <ul style="list-style-type: none"><li>• Land Acknowledgement and Community Agreements on Day 1!</li><li>• Start earlier if all campers arrive on time!</li><li>• Name, pronouns, check in question (Either/or question)</li></ul>
9:30am	<u>Stretch and SHRED theme (15 minutes)</u> <ul style="list-style-type: none"><li>• 5 movement based stretches to warm up bodies</li><li>• Don't just talk at the kiddos - let them share what they know about the theme!</li></ul>
9:45am	<u>Lesson Group Skate Instruction (60 minutes)</u> <ul style="list-style-type: none"><li>• Counselors keep their lesson group engaged the whole time</li><li>• Counselors teach both marathon and sprint style tricks</li></ul>
10:45am	<u>Water/Snack/Bathroom Break (15 minutes)</u> <ul style="list-style-type: none"><li>• Keep campers in a circle for breaks</li><li>• No open skate during break</li><li>• Don't share snacks</li></ul>
11:00am	<u>Lesson Group Skate Instruction (30 minutes)</u> <ul style="list-style-type: none"><li>• Counselors keep their lesson group engaged the whole time</li><li>• Counselors teach both marathon and sprint style tricks</li></ul>
11:30am	<u>Showcase (20 minutes)</u> <ul style="list-style-type: none"><li>• Each skater can get applause or show off something they worked on that day at camp</li><li>• Counselors go first to demonstrate</li></ul>
11:50am	<u>Closing out activity (10 minutes)</u> <ul style="list-style-type: none"><li>• Shoutout circle</li><li>• AM campers pack up gear/ PM campers get ready for lunch</li><li>• Camper cheer</li></ul>
12:00pm	<u>AM Campers: Parent announcements &amp; check out (15 minutes)</u> <ul style="list-style-type: none"><li>• AM campers must sign out by 12:15pm</li><li>• Call parents / emergency numbers if no one arrives by 12:15pm to pick up child<ul style="list-style-type: none"><li>○ Let Director know if any kids are not picked up on time</li></ul></li></ul>

	<ul style="list-style-type: none"> <li>● Squad debrief for half day camps</li> </ul> <u>PM campers: Lunch (30 minutes)</u> <ul style="list-style-type: none"> <li>● Campers sitting in a circle</li> </ul>
12:30pm	<u>Group Game (30 minutes)</u> <ul style="list-style-type: none"> <li>● Games change day to day, refer to camp games &amp; activities outline</li> </ul>
1:00pm	<u>Water/Snack/Bathroom Break (15 minutes)</u> <ul style="list-style-type: none"> <li>● Keep campers in a circle for breaks</li> <li>● No open skate during break</li> <li>● Don't share snacks</li> </ul>
1:15pm	<u>Skate Culture/Art Activity (30 minutes)</u> <ul style="list-style-type: none"> <li>● Activities change day to day, refer to camp games &amp; activities outline</li> </ul>
1:45pm	<u>Supervised Open Skate Practice (45 minutes)</u> <ul style="list-style-type: none"> <li>● Counselors skating with campers</li> <li>● Campers in sight of counselors at all times</li> </ul>
2:30pm	<u>Water/Snack/Bathroom Break (15 minutes)</u> <ul style="list-style-type: none"> <li>● Keep campers in a circle for breaks</li> <li>● No open skate during break</li> <li>● Don't share snacks</li> </ul>
2:45pm	<u>Group Game (15 minutes)</u> <ul style="list-style-type: none"> <li>● Games change day to day, refer to camp games &amp; activities outline</li> </ul>
3:00pm	<u>Supervised Open Skate Practice (30 minutes)</u> <ul style="list-style-type: none"> <li>● Counselors skating with campers</li> <li>● Campers in sight of counselors at all times</li> </ul>
3:30pm	<u>Showcase (20 minutes)</u> <ul style="list-style-type: none"> <li>● Each skater can get applause or show off something they worked on that day at camp</li> <li>● Counselors go first to demonstrate</li> </ul>
3:50pm	<u>Closing out activity (10 minutes)</u> <ul style="list-style-type: none"> <li>● Shoutout circle</li> <li>● Campers pack up gear</li> <li>● Camper cheer</li> </ul>
4:00pm	<u>Parent announcements &amp; check out (15 minutes)</u> <ul style="list-style-type: none"> <li>● PM campers must sign out by 4:15pm</li> <li>● Call parents / emergency numbers if no one arrives by 4:15pm to pick up child <ul style="list-style-type: none"> <li>○ Let Director know if any kids are not picked up on time</li> </ul> </li> </ul>
4:15pm	<u>Squad Debrief (15 minutes)</u> <ul style="list-style-type: none"> <li>● Rose, bud, thorn</li> <li>● Game plan for the next day</li> </ul>

### **Special Tasks for the First Day:**

- Set up:
  - Gear requests ready
  - Name tags
- Kids arrive:
  - Pass out gear requests
  - Give each camper a tape name tag for their helmet with name

- Can add pronouns the first day if they want, or wait until the second day after we have described pronouns at circle time
  - Circle up:
    - Land Acknowledgement
      - *We acknowledge that today we are skateboarding on \_\_\_\_\_. If you don't already, we invite you to think about your own relationship with the land you live and skate on and join us in taking action in solidarity with indigenous communities.*
    - Community agreements on day 1 (reminders on other days if needed!)
    - Read camper code of conduct from the parent info sheet (in binder)
    - Campers sign the air to communicate they are in agreement

### **Special Tasks for the Last Day:**

- Drawstring bags:
  - Give each camper a drawstring bag, ideally at the end of the day after showcase
  - If you don't have enough bags, notify director immediately - count your bags early in the week
- 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/storage unit ON FRIDAY unless otherwise approved by Director

### **Themes for each day:**

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

<b><u>Date</u></b>	<b><u>Theme</u></b>	<b><u>Ways to embed this</u></b>
Day 1	Self Confidence	Challenge a camper with something new/scary to try on their boards or within camp activities (showcase, etc)
Day 2	Humility	Ask campers what is feeling difficult for them/how falling makes them feel, or how to support other campers instead of bragging/showing off
Day 3	Radical	Create space for campers to invent/name their own trick, share what makes them unique as a person
Day 4	Equity	Encourage campers to ask for help or help others in need, have campers try out each others boards and share the differences/similarities
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*** (harder, longer learns)

- 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*** (easier, quicker learns)

- 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:** Get campers attention, share information, transition them to the next activity

- Actions - If you can hear me: clap once, put your hands on your head, sit down on your board

- Get loud - Make as much noise as you can! (when energy is low)
- Get small - Bring the group in (sardine circle - shoulder to shoulder), take a knee (bring energy down)
- Call and response - Who lives in a pineapple under the sea? (Sponge Bob Square Pants)
- Call and response - Peanut butter (Jelly time)

**Circling up:**

- Feet magnets (Toes touching) or Elbow magnets (elbows touching)
- Sardine Circle (Shoulders touching)
- Huddle around the campfire (put skateboards in a pile like a fire, pretend it's hot, making s'mores)
- Skateboard flower (skateboards in the middle, pretty like a flower)
- Adjust the circle as needed (pump air in the tire, no double parking aka folds outside the circle)

**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 staff member should have their own group of 3-7 campers
  - Volunteers assist lesson groups and should not have their own group BUT could help one camper one-on-one if they have a specific trick they want tips on that no one else wants to do (ex: lesson group working on kick turns but one camper wants to do ollies)
- You can break up groups based on:
  - Ability level (1, 2, 3 - which you'll be able to assess after the first class)
  - Age
  - Height
  - Counting off
- Instructors can stay with each group for the entire lesson period
  - Option for Stations: Towards the end of the week, counselors can host stations where campers 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 campers space to try
  - Give campers options for an easier/harder version (flippy uppy w/ one foot vs. flippy uppy 180)
  - Go up to each student and check in on them individually
  - Assess progress and introduce new trick or send off to new instructor if absolutely necessary
  - Have youth who already know the trick help show and lead the lesson when possible

**Bathroom breaks:**

- Ideally all bathroom breaks happen during the whole group 15 min. breaks
  - If camper has to go at a random time, staff member is to bring their group to the bathroom
  - Don't send a camper alone or with a buddy to the bathroom
  - Volunteers should NOT take campers to the bathroom
  - When possible, campers that do not need to go can stay back with one counselor, while the other counselor brings youth to the bathroom
- Take wrist guards off before the bathroom, so youth can wash their hands
- Only one person in the bathroom at a time (watch to make sure that this happens)
- While you're waiting you can play games - telephone, jokes, favorite food/video game/animal
  - Give youth opportunities to decide/lead the game or conversation
- Abuse prevention: Counselors never alone with a camper & no 2 campers alone together

**Water/snack/bathroom breaks:**

- Sit in a circle: Share stories, play games, and engage with campers
- Allergies exist: Do not share snacks
- Any youth that need to use the restroom are walked to bathroom by 1 counselor

- Ensure trash is thrown away & all pads/helmets are back on before skaters get back to skating

### **Game/Time Killer Ideas:**

Games can be found in the activities & games tab of the binder, and in **the program tool kit pages 35-37**. Here are some examples:

- Biggest fan (rock paper scissors tournament)
- Coping hang contest
- Knee slides
- Everybody's It (freeze tag where anyone can tag anyone)
- Stack boards as high as possible, and make a rainbow or a house
- 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)

### **How to Run Stations:**

- Do not do this on Days 1 or 2
- Each counselor will be assigned to a different obstacle. Include flatground and a small ramp, as well as other obstacles that work for the space (ride on grind, grassy area, curb, etc)
- Students can choose which station they want to be at and switch stations, but they must be at one of the three assigned
- Rotate every 5-10 minutes

### **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.

Some ideas:

- |                                 |   |
|---------------------------------|---|
| ● Help lead the class           | ● Watch a skate video                     |
| ● Help clean up                 | ● Encourage and cheer for skaters         |
| ● Skate photography/videography | ● Help counselor/lead class               |
| ● Build a board                 | ● Pick up trash in the park               |
| ● Disassemble a board           | ● Create obstacle course/game for skaters |
| ● Griptape art                  | ● Lead a game or be the "ref"             |

### **Showcase:**

- Every person gets a chance to show off something or get an applause (big or small)
- Start with a counselor
- Sit youth in a line, or in a circle, don't take volunteers (some kids will be too shy)

### **Closing Activity:**

- Bring all skaters together in a sardine circle, either standing or take a knee
- Remind campers of the SHRED theme of the day
- Starting with counselors, give shout outs specific to the SHRED theme
- Give campers a chance to take off their gear, gather their belongings
- End with a camp cheer
  - "Thank you skateboarding!"
  - 8, 6, 4, 2 - Can't wait to skate with you - AGAIN TOMORROW!
  - 2, 4, 6, 8 - Skateboarding is really great!