

SUMMER CAMP

REGISTRATION OPEN NOW
AGES 5-12/ CAMP SHIRT INCL.
\$184 / WEEK

Allstars
Sportsplex

FULL DAY 8:00 AM - 6:00 PM

BRING LUNCH/ SNACKS

1007 Sunshine Lane Altamonte Springs FL 32714

SPORTS

Baseball & Softball

- **Hitting** (Bat Speed, Hand Eye Coordination, Hitting with Power)
- **Throwing** (Arm Strengthening, Proper Arm Mechanics, Infield/Outfield, Pitching & Catching, Throwing Techniques)
- **Fielding** (Footwork, Soft hands, Picks, Glove to Hand Transfers)

NFL Flag Football ▪ Catching, Throwing, Formations, Routes and Defensive skills. Both Boys and Girls can participate, have fun and Scrimmages

- **Basketball** Offensive Fundamentals, Ball Handling, Footwork, Rebounding, Defensive Drills
- **Soccer** Passing, Shooting, Dribbling, Beginners welcome
- **Golf** putting, correct swinging mechanics, simulator, etc
- **Dance** Learn fun choreographed dances seen on popular social media platforms, basic

Specialty Coaches will provide skills training in the specific sport



Multi-Sport training helps
Develop a well-rounded athlete

FIELD TRIPS
ARE EXTRA

AFTER LUNCH

EACH WEEK THERE

ARE DIFFERENT ACTIVITIES

Week 1

Jun 1-5 : 'Earth Day' Week

Week 4

Jun 22- Jun 26: Rolling Days +
BOWLING FIELD TRIP

Week 7

Jul 13- Jul 17: Technology Week Gaming,
Computer Fun, Interactive

Week 2

Jun 8- Jun 12: Glo-In-The-Dark week:
Glo-sticks, glo dodgeballs, laser tag-
NERF WARS

Week 5

Jun 29- Jul 3: Water Week, WATER
SLIDES, Water Balloons

Week 8

Jul 20- Jul 24: FUN SPOT FIELD TRIP + building
mini roller coasters, cars, ramps & more

Week 3

Jun 15- Jun 19: Maze & Planet week
PLANET OBSTACLE FIELD TRIP

Week 6

Jul 6- Jul 10: Game Show Week:
Amazing Race, Jeopardy, Family
Feud

Week 9

Jul 27- Jul 31 Marvel Week, costume
party, Avenger games & more

Week 10

Aug 3- Aug 7 Ice Cream and Smoothie
Week, Ben & Jerry's visit, Jeremiah's
visit and Planet Smoothie

There will
Be field trips
Ea. month...Prior
Parent permission
will be obtained,
add'l cost

Please register @ www.SportsplexFL.com

OR call 407.773-2328

2026