NSCD: Sports Sampler Information 2016 (COG.)

This half day clinic is for people with cognitive disabilities who want to experience, learn, and explore the world of sports. During this camp athletes will participate in a variety of different sports including: Soccer, hockey, football, fencing, boxing, lacrosse, golf, and rugby. We believe that through individual and team sports our athletes are able to learn important lessons about themselves, and others as well as increasing their overall fitness and quality of life. Each day will consist of two different sports and will be taught by local coaches with specialized experience in each sport.

Schedule:

Monday 6/06: Soccer and fencing.

Tuesday 6/07: Hockey and football

Wednesday 6/08: Lacrosse and boxing

Thursday 6/09: Tennis and basketball

Friday 6/10: Golf and rugby

Logistics:

- Drop Off
  - Arrive at the days designated venue @ 1:00pm
- Pick Up
  - Arrive for pick up at the days designated venue @ 4:00pm
- Because some of these sports happen outdoors certain activities may need to be altered or locations changed due to weather and conditions. We will let you know of any program changes as soon as is possible.
- Please make sure to sign the NSCD waiver and bring it with you on the first day of camp. Without a properly filled out waiver athletes will not be allowed to participate in the days activities.
- Things to bring for Sport Sampler Day:
  - Sunscreen
  - Water bottle (full of water)
  - Active clothing & Layers for possible cold weather
  - Snack
  - Sunglasses
  - Active footwear (NO SANDALS)
  - Any other personal care items.

COST: $150 **Sign-Up please visit:** http://nscd.org/program/day-camps/?season=summer

Please always feel free to contact the Trip Leader with any questions you may have.

Trip Leader: Michael Gabbianelli**,** mgabbianelli@nscd.org

303.633.5805 (office); 248.840.1079 (cell)