

The Power of Sport *Specialty Track 1*

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SUMMARY:	“Sport has the power to change the world,” said Nelson Mandela. It can change camp, too. This specialty track will use sports as a vehicle for building character and community, and helping participants to create a positive culture of sports at their camps. - <i>Submitted by Mara Berde</i>
TOPIC(S):	Sports, Character Development
LEARNING OBJECTIVE:	You will learn to recognize the elements of sports that people love and hate, in order to think about removing the negative elements from sports at camp and making sports a positive experience for everyone. You will gain experience speaking in front of groups and you will practice leading and coaching their peers. Lastly, you will learn how to design (or re-design) sports and games to achieve certain outcomes, such as building community, increasing self-esteem, resolving conflict, or teaching communication skills.
AUDIENCE:	Cornerstone Fellows (2 nd or 3 rd year camp counselors) who maybe be leading sports programs at their camps; between 10 and 40 participants
TIMING:	90 minutes
APPENDICES:	TBD
MATERIALS NEEDED:	General supplies: flip chart paper and markers, name tag stickers, sharpies, bandanas, index cards, pens, scratch paper, Making Mensches periodic table. Sports equipment: Frisbees, basketballs, footballs, soccer balls, dodgeballs, hula hoops, gaga ball, flat cones, pinnies, inflatable dice, pump (for balls and dice), access to other miscellaneous sports equipment is ideal
SET-UP DETAILS:	This session will be held both outdoors and indoors (or somewhere outside with chairs or benches for seating.) The active sports portions will be held on the soccer field, basketball court, and gaga court. Before each session, facilitator should arrive early to set up the field and arrange all materials.

SESSION TIMELINE & OUTLINE:

Team Building through Sports (25 min)

Each Specialty Track session will begin by playing a different sport. Begin with nametag stickers, warm up (run, stretches), overview of the rules of the game, divide teams, and play.

The goal is to bring the group together, and to serve as a shared experience upon which will be able to base the rest of our learning. The experience of playing Ultimate Frisbee together on Day 1 is meant to evoke a variety of emotions in various participants -- feelings of comfort and discomfort; satisfaction and dissatisfaction; confidence and insecurity. Using these personal and shared experiences, we will create a common language and be able to dive into our ultimate goal of making sports at camp a powerfully positive experience for each participant, regardless of their ability, experience, or interest in sports.

- Day 1: Ultimate Frisbee
- Days 2 & 3: Fellows' choice (basketball, soccer, flag football, gaga, dodgeball)

Introductions (15 min)

After the playing session, we will gather for introductions and to unpack the playing experience. Group introductions: name, camp, job at camp (counselor, sports specialist, other?), "triathlon" icebreaker.

- Explain our goals and plan for how we'll get there.
- Create group agreement.
- Have general outline written on flipchart paper.

Sports Deconstruction (5 min)

- A. What are the elements of sports that you **love**? Think about the minutiae, the tiny moments that happen so frequently that we hardly notice.
 - Examples: striking a ball, catching an object, falling on the ground, hitting someone, running fast, jumping, the sound of a ball entering a net, being alone
- B. What are the elements of sports that you **don't love**? Moments or parts that are not-so-positive?
 - Examples: too competitive; unbalanced or lopsided teams; too difficult / too many rules; too boring or too much standing around; too much running; one person dominates game; people on the team have different goals (win vs. fun)
- C. After the group adds things to list "B" from their personal experience, they can add to the list based on experiences of others.
 - Feeling like not good enough; pressure to not let down teammates; desire to have fun but others just want to win

The answers from list "B" above (elements of sports that we don't love) will become the foundation for thinking about how we re-Design sports to eliminate these negative elements and make sports a positive experience for everyone at camp.

Understanding Sports at Camp (10 min)

Brainstorm:

- What **sports programs** or activities does your camp offer? (activity period, not specific sport)
 - Electives? Cabin Activities? Maccabiah (Color War)? Intercamp competitions? Tournaments? Traditions like CITs vs. Staff game? Pickup Games?
- What are the actual sports that are offered?
 - Basketball, soccer, tennis, flag football, softball, ultimate frisbee, lacrosse, other?

In small groups, list the goals of each of these sports programs. (One group takes electives, one takes cabin activities, etc.) After a couple minutes, have each small group present to the large group and write on flipchart paper so we can come back to these goals later.

Understanding Games at Camp (20 min)

Create 4 stations of common camp games (5 min. each rotation). After each station, all participants pause and do a written “emotional critique”. How did this game make me **feel**? (Excited? Bored? Stimulated? Confused? Craving more? Unfair?)

Stations:

1. Gaga
2. Tag
3. 4 Square
4. Ball Tap

Come back together and make list of other camp games:

- Tetherball, 9 square in the sky, spikeball, kickball, dodgeball, roofball, pickleball, etc.

Games vs. Sports at Camp (5 min)

Pass out Venn Diagram handout and have each person fill it out based on what they believe. After playing ultimate and playing these games, what are the differences and where do they overlap (similarities)?

Closing Circle (10 min)

Bring the group together for Q&A, sharing how they feel, what they hope to get out of Sessions 2 and 3. Decide which sport to play tomorrow and who is going to facilitate it.