

Landsports Director

Overview

Landsports is a unique activity at camp. It is available to campers to enjoy in their free time and the activity area itself is dispersed throughout camp. While most other activities operate during the five daily periods and a few twilights, landsports is open during regular activity periods, most twilight periods, Monday morning sleep-ins, and almost every other free play time. It operates informally from the time the first camper wakes up in the morning to the time the last counselor goes to sleep at night. If JT's could play tetherball 24 hours a day, they most definitely would! All of camp is your landsports playground so you should use it all and have fun!

Unlike most other activities, Landsports has no single dock area or lodge. The landsports facilities are scattered across Tamakwa's 25 acres to keep the Landsports Director the model of fitness that he/she should be. Therefore, the Landsports Director has no one particular area to supervise, but many.

- Softball / Baseball
- Football
- Soccer
- Basketball
- Volleyball
- Dodge Ball
- Lacrosse
- Track & Field
- Table Tennis
- Quoits
- Hacky Sack
- Tetherball
- Nok Hockey
- Shuffleboard
- Horseshoes
- Parachute Games
- 'PH'lips (washer toss)
- Frisbee Games
- Frisbee Golf
- Fitness (*)
- Half-Court Tennis (*)
- Inline Hockey (*)
- Archery (*)

(*) These sports usually have separate Activity Leaders in-charge

Daily Tasks

With so many different landsports activities and areas, it's key that you plan your day effectively each morning. The most important role of any Landsports director is to delegate well. Go through your block schedule and individual choice for the day and ensure you have appropriate activities for each age group. You don't need to be confined to conventional sports – improvise and adapt to suit all campers and situations.

When planning for the day, remember to take into account all activities that may be taking place, including tournaments, intercamp, staff games etc. If you have JT's for block schedule, check to see what they may be doing that night for twilight or even during evening program to make sure they don't end up doing the same activity twice that day. Similarly, plan your staff accordingly, don't put them on the same activity all day and all night, they will become bored and tired and lack the energy and enthusiasm needed later in the day. As Landsports Director, your main job is to be the supervisor of all your activities, but you should get involved a lot as well. You should walk around to activities checking on staff/campers and help teach and have fun.

A few tips about Activity Periods: (there are five per day, each about an hour long)

- they should combine instruction and fun
- periods should be planned in advance, and designed for the specific age group and skill level that are coming
- your staff should know ahead of time where they are working, and what is expected of them that period
- instruct – prepare & carry out a system of instruction at all areas
- be sure to make rounds to each area to check on the campers and the performance of your staff

At the end of each day, make sure all equipment is put away and in good order. We take great pride in all of our activities and need to manage all equipment properly. This means keeping your sheds tidy, your courts clean and free of lost and found. As Landsports Director, you must count on your staff working at their respective activities to clean their areas because you can't be everywhere. Make sure you make it clear to them that it is a part of their duty to keep areas clean as a Landsports staff.

Programming Requirements

There is much to organize for a Landsports Director and you may often want and need to discuss plans with the program director and/or camp director to ensure everything runs smoothly. Try to plan ahead of time for as many events as possible. The Landsports program is not confined to set activities. The ball field can be used for track and field events, golf skills, soccer, dodge ball or even a giant game of twister. There is no limit to what you can do in and around camp. ***you are expected to run 4 activities every night – listed under free time... but perhaps we should repeat it here?

Tournaments: **Plan at least one tournament per age group per session.** They should run over a few days or a week at most. If they linger for too long their excitement will fizzle and canoe trips get in the way. When appropriate, appoint coaches and officials and even consider some sort of simple reward... other than just tuck bars! (such as movie nights, dinner outside, etc... ask the Program Director for prize options if you need help) Tournaments can vary between one-game eliminations, week-long events, one on one camper games or, of course, camper versus staff games. Make them original... traditional tournaments are boring and monotonous for campers and staff. Staff coaches are always a great idea because they really keep the excitement rolling and all campers active and involved.

Canada/America (or Can/World) Staff Sports: As you may know, though Tamakwa is located in Canada, many of our campers and staff are American. This created great fuel for tournaments! Canada vs America events are a great way for staff to have fun together, exercise and of course provide entertainment for kids. Switch the sports up throughout the summer to encourage all staff to participate in at least one Can/Am game and keep them involved. North America vs International staff can work sometimes too... or Canada vs the World.

Intercamp: We are lucky to be close to many other camps with similar programming to Tamakwa. This make it very exciting to be able to participate in intercamp, where our campers and staff go to neighbouring camps to represent Tamakwa. Most intercamp days are planned well before the start of the summer so be sure to speak to the Camp Director as early as possible regarding dates and

sports. When planning tryouts, refer to the trip schedule and confine tryouts to a short window of time so kids can try out and know whether they've made the team before leaving on any trips. There's a lot more information about Intercamp that will be provided at camp.

General Swim / Twilight / Free Play (before and after dinner): Most Landsports facilities should be available during many non-activity period times. And though it is considered free time, many campers need direction and specific events to captivate their interest. So:

1. Keep open many Landsports areas, with proper supervision available on certain days.
2. Provide organized events (at least 4) for various levels of campers almost on a nightly basis, including some that appeal to campers of all ages, boys and girls. These are specifically after dinner and can be a combination of tournaments, clinics, one-time games or contests. Change them up as often as possible to provide variety not only to kids but to your staff as well who need to supervise each activity. There is usually approximately 1 hour available before and after dinner for these activities.
3. Delegate staff to supervise each event.
4. Make a schedule/ calendar in pre-camp and be sure to follow your monthly calendar of events and feel free to add to it. This calendar will include: all major Landsports events like tournaments, team tryouts, intercamp competitions, triathlons, track meets, Landsports evening programs, etc. It will also map a schedule of smaller events such as after-dinner clinics, contests, games, team practices, etc.
5. Try to adhere to scheduled programs except where there's some flexibility.
6. During free play activities, circulate to areas to ensure proper and smooth operation.
7. Keep records of participants and winners.
8. Give needed supplies to your staff.
9. Account for all equipment. Tend to minor repairs and upkeep.
10. Make ladders/brackets for all tournaments to keep campers and staff in the know of who is playing who and when. Post all of these in the same location to keep it simple.

On top of your Regular Activity periods, you are also responsible for a few other things

Miscellaneous Landsports Specific Duties:

1. Plan, set-up and play a major role of Track & Field meets along with the Program Team
2. Help plan all triathlons, more information to come this summer.
3. Help plan intercamp, with Camp/Program Directors.
4. Report to the Activity Leader Director on progress of all events
5. Take responsibility for morning callisthenics or stretches. Every morning of the summer, about ten minutes before we enter the Dining Hall for breakfast, gather campers and staff in Main Camp and lead some simple exercises "to get the blood circulating". You can either lead this yourself or delegate periodic guest leaders. It's a camp tradition. ROUTINE is the key. Even though people tend to get lazy, this is a routine that requires perseverance and leadership on your part. Be creative.
6. Organize "Lunch at the Ballfield" when scheduled

Summary

This may seem like a lot of information, but we just want you to be as informed as possible. We do not expect you to memorize this document but please take notes and ask lots of questions. We are very excited to have you on board as an Activity Leader and look forward to spending time with you on the sunny shores of South Tea Lake.

LANDSPORTS RULES

(needs updating/etc)

Baseball / Softball

- Players must wear running shoes, staff included
- Players may not climb the fence
- Players must stay behind the fence while a game is in play
- Batting helmets must be worn
- Be alert for foul balls
- Be sure to put all equipment away after use

Soccer / Frisbee / etc

- Players must wear running shoes, staff included
- Be sure to put all equipment away after use

Basketball

- Players must wear running shoes when on the basketball court at all times, staff included
- The court cannot be used when wet... even when damp can be very dangerous
- Be sure to put basketballs away after using them

Volleyball

- Players should not wear running shoes when playing
- Be sure to put volleyballs away after using them