

Confidence Camp

Self-Confidence is the goal...Sports are the means to get there...



Participants will increase their self-confidence to enable them to take on life's challenges head on! They will be equipped to not only succeed in sports, but most importantly, the game of life!!!

This session of Confidence Camp will focus on...

1. Self-Talk - teaching the kids how to talk to themselves in a positive way to help them realize just how awesome they are!!!
2. Serving Others - teach the kids how serving others will help them grow stronger and more self-reliant
3. Gratitude - teach the kids to appreciate what they can do now, and what they can accomplish in the future with others help
4. Sports - Baseball, Basketball, Football and Volleyball

Where - Intermediate Center

Dates and Times - June 2, 9, 16, 23

- 1st Graders - 9-10am (15 spots available)
- 2nd Graders - 10-11am (15 spots available)
- 3rd Graders - 11am-Noon (15 spots available)

What's Included

- Quality, positive instructions focusing on fundamentals and fun
- Licensed, professional counselor that specializes in working with children
- Workbook to continue building confidence after camp is over
- Free Camp T-shirt

Cost - \$50/participant

To sign up your child, please complete the [Online Registration](#).

Please contact Brigham Joy at 785-806-4100 with any questions.