

# MUKILTEO RECREATION DEPARTMENT



## YOUTH SPORTS SKILL-BASED PROGRAMS

*Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.*

### SPRING / SUMMER 2021

#### SOCCER

*Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7726	4/24 - 4/24	Saturday	9:00 a.m. - 12:00 p.m.	6-12	\$55	Rosehill Community Center
7727	5/22 - 5/22	Saturday	9:00 a.m. - 12:00 p.m.	6-12	\$55	Rosehill Community Center
7720	6/28 - 7/2	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$189	Rosehill Community Center

#### FLAG FOOTBALL CLINIC POWERED BY USA FOOTBALL

*Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body – USA Football – coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment with a focus on critical life lessons such as teamwork and sportsmanship*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7728	5/08 - 5/08	Saturday	9:00 a.m. - 12:00 p.m.	6-12	\$55	Rosehill Community Center
7729	6/05 - 6/05	Saturday	9:00 a.m. - 12:00 p.m.	6-12	\$55	Rosehill Community Center
7724	8/16 - 8/20	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$169	Rosehill Community Center

#### TRACK & FIELD CAMP

*Skyhawks track and field combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7709	6/28 - 7/01	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$159	Olympic View Middle School

#### TENNIS

*Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7710	7/06 - 7/09	T,W,T,F	9:00 a.m. - 12:00 p.m.	6-12	\$129	Kamiak High School (tennis courts)
7711	7/12 - 7/16	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$159	Kamiak High School (tennis courts)
7712	7/19 - 7/23	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$159	Kamiak High School (tennis courts)
7713	8/02 - 8/06	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$159	Kamiak High School (tennis courts)
7714	8/09 - 8/13	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$159	Kamiak High School (tennis courts)

The Mukilteo School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flyer. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the school district.



**SPACE IS LIMITED!**  
**REGISTER TODAY»**

**Online:**  
[mukilteorec.com](http://mukilteorec.com)

**Phone:**  
**425-263-8186**

## BASKETBALL CAMP

*This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression curriculum, we focus on the whole player -teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7715	7/12 - 7/16	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$189	Olympic View Middle School (gym)
7716	7/26 - 7/30	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$189	Olympic View Middle School (gym)
7717	8/09 - 8/13	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$189	Olympic View Middle School (gym)

## VOLLEYBALL CAMP

*Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7718	7/19 - 7/23	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$189	Olympic View Middle School (gym)
7719	8/02 - 8/06	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$159	Olympic View Middle School (gym)

## MINI-HAWK® CAMP (BASEBALL, BASKETBALL & SOCCER)

*This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7721	7/26 - 7/30	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$159	Rosehill Community Center
7722	8/23 - 8/27	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$159	Rosehill Community Center

## LACROSSE CAMP

*Athletes will learn all the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. Participants should wear appropriate athletic attire and bring protective gloves, a helmet with full mask (or goggles) and lacrosse stick.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7723	8/09 - 8/13	M-F	9:00 a.m. - 12:00 p.m.	7-12	\$159	Olympic View Middle School

## CHEERLEADING CAMP

*Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.*

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
7725	8/16 - 8/20	M-F	9:00 a.m. - 12:00 p.m.	5-10	\$159	Rosehill Community Center

The Mukilteo School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flyer. Permission to distribute this flyer should not be considered a recommendation or endorsement of the program by the school district



**SPACE IS LIMITED!**

**REGISTER TODAY»**

**Online:**  
[mukilteorec.com](http://mukilteorec.com)

**Phone:**  
**425-263-8186**