

Athletics

Good Sportsmanship, Teamwork, Expert Instruction & Team Spirit
The Park Shore Athletic Program is a very vital part of every camper's day. All ages develop their skills through a definite planned schedule of athletic activities all led by our highly qualified and professional athletic specialists. These skills are improved by providing individual instruction and sports clinics. We coordinate our instructional programs with the proper amount of professional coaching and actual team play based on the age and ability of our campers. Our focus is on creating an exciting athletic environment where all of our campers progress to their highest potential.

EXCEL Philosophy
The objective of the EXCEL Sports Training is to enhance the basic athletic protocols such as speed, strength, agility, and coordination, in addition to educating children about their bodies. Athletics will use positive reinforcement to promote the importance of living a healthy lifestyle, all while having fun and improving self confidence and self esteem. Your child will gain a renewed energy and enthusiasm for sports and fitness, which are the tools needed to continue improving their growth as an athlete.

The following are some of the athletic activities offered at Park Shore Country Day Camp

- Baseball
- Softball
- Soccer
- Basketball
- Tennis
- Hockey
- Gymnastics
- Volleyball
- Beach Volleyball
- Kick Ball
- Newcombe
- Sky Trail High Ropes Course
- Rock Climbing Wall
- Bungee Trampoline
- Gaga Ball
- Inline Skate Park
- Mini Golf
- Pedal Karts
- Electronic Scoreboard
- Batting Cages
- Pitching Machines
- EXCEL Sports Training

