



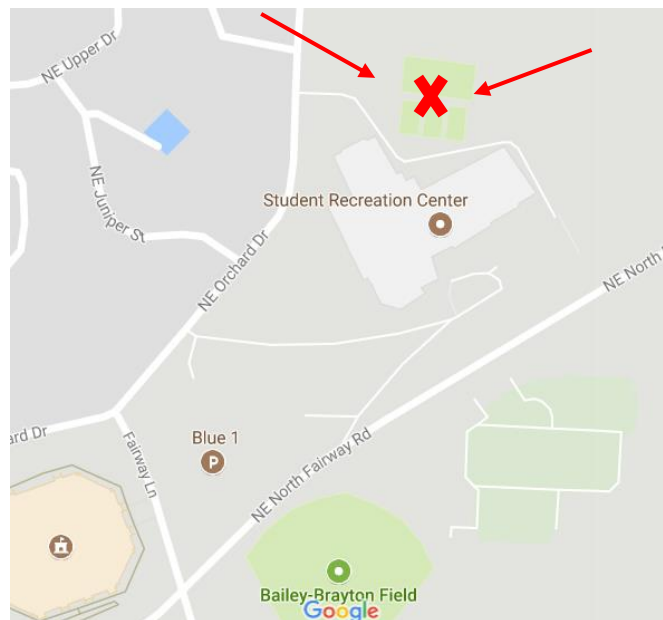
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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JULY 27<sup>TH</sup>: BASKETBALL HOOPS

Athletes will work on drills and skills such as passing, shooting and dribbling.

### **Location: Courts behind the Washington State University Student Recreation Center (UREC)**

Recreation Facility is located at *1105 NE Fairway Drive*, but courts can be accessed off of Orchard Drive. There is a driveway for temporary drop-off and pick-up directly adjacent to the courts.



### **What to Bring:**

- Comfortable Sports Clothes
- Athletic Shoes
- Water Bottle
- Hat/Sunglasses
- Sunscreen



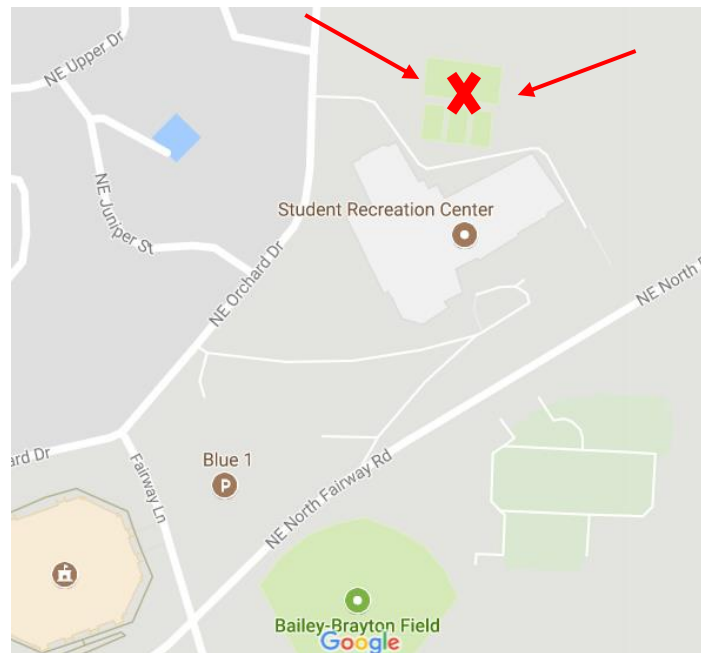
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## AUGUST 3<sup>RD</sup>: VOLLEYBALL

Athletes will work on volleyball skills and drills in the sand. We will try digs, sets and spikes and play a game of "Keep It Alive".

### **Location: Courts behind the Washington State University Student Recreation Center (UREC)**

Recreation Facility is located at *1105 NE Fairway Drive*, but courts can be accessed off of Orchard Drive. There is a driveway for temporary drop-off and pick-up directly adjacent to the courts.



### **What to Bring:**

- Comfortable Sports Clothes
- No Shoes Needed!
- Water Bottle
- Hat/Sunglasses
- Sunscreen

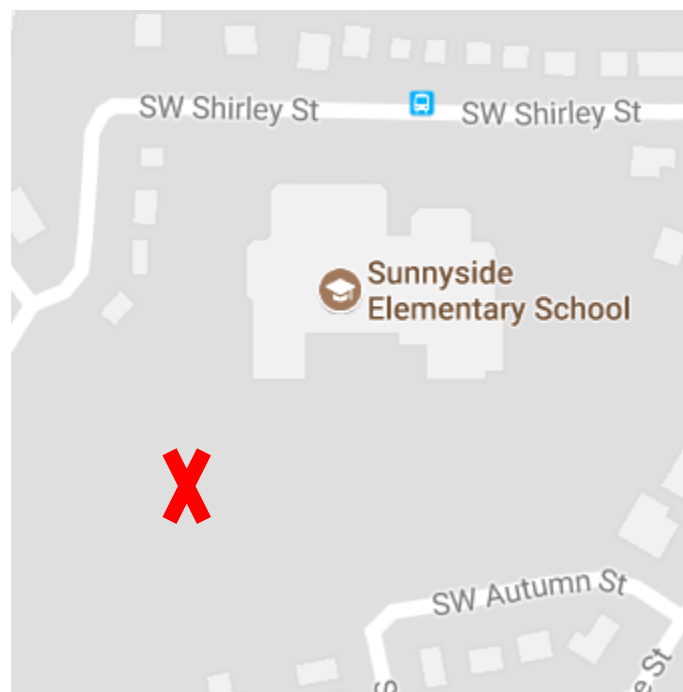


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## AUGUST 10<sup>TH</sup>: SOCCER SKILLS

Our soccer activity will feature drills and a scrimmage. We will work on passing, shooting and dribbling skills, followed by a game of mini soccer on a modified field.

**Location: Sunnyside Elementary Field**  
**425 SW Shirley St. Pullman, WA 99163**



### What to Bring:

- Comfortable Sports Clothes
- Athletic Shoes
- Water Bottle
- Hat/Sunglasses
- Sunscreen

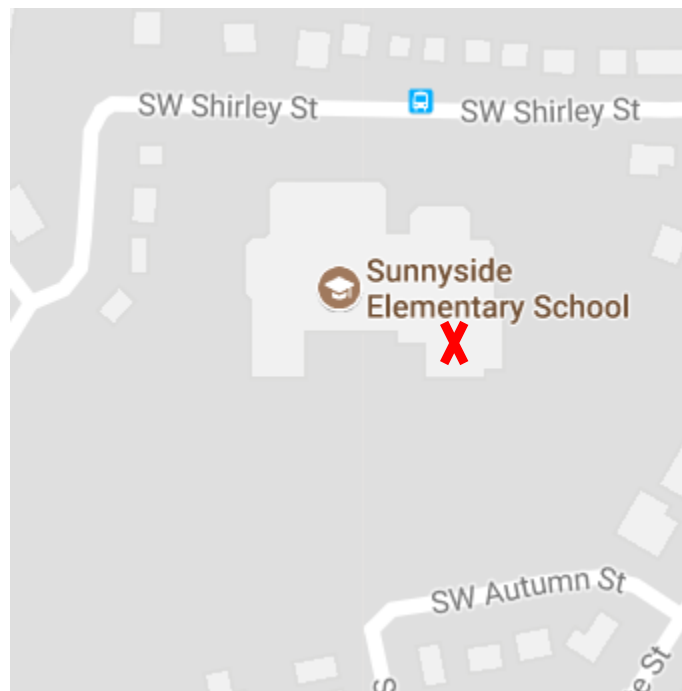


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## AUGUST 17<sup>TH</sup>: DODGEBALL

We will be inside a gym, going through throwing and catching drills. We will end with the whole group participating in a dodgeball game. We will be utilizing soft balls to prevent any injury.

**Location: Sunnyside Elementary Gym**  
**425 SW Shirley St. Pullman, WA 99163**



### What to Bring:

- Comfortable Sports Clothes (recommended full arms and leg coverage)
- Athletic Shoes
- Water Bottle
- Any protective equipment (goggles for those with glasses, etc.)



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## AUGUST 24<sup>TH</sup>: PERSONAL TRAINING IN THE PARK

Athletes will engage in activities intended to get you heart rate up! We will be working on different exercises, movement, and energy. Exercises may include: planks, cone running, position holds, stretching and mobility.

### Location: Sunnyside Park

**147 SW Cedar St. Pullman, WA 99163**

(Parking available off of Cedar St. and Wawawai Rd.)



### What to Bring:

- Comfortable Sports Clothes
- Athletic Shoes
- Water Bottle
- Hat/Sunglasses
- Sunscreen

### YMCA OF THE PALOUSE

105 NE Spring Street, Pullman WA 99163  
P 509 332 3524 palouseymca.org



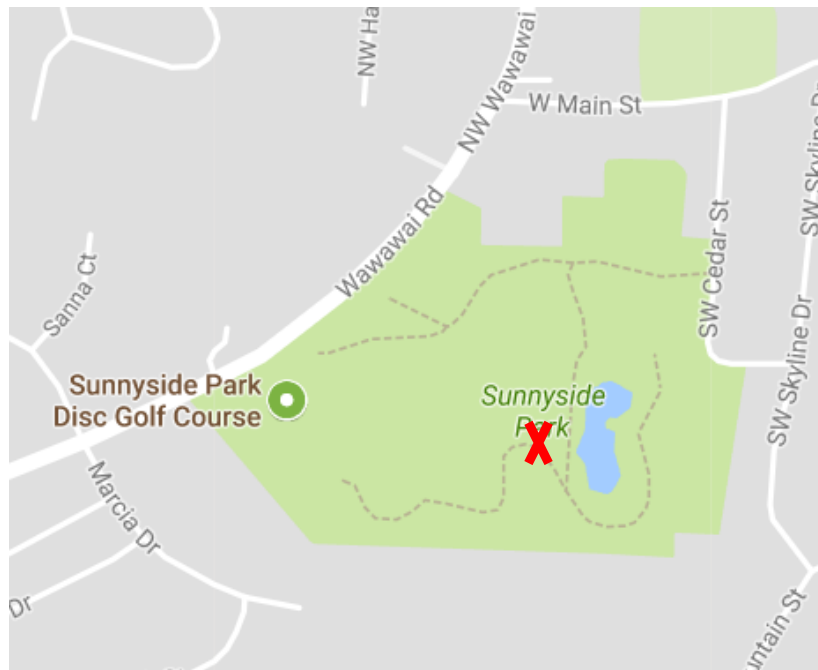


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## AUGUST 31<sup>ST</sup>: BBQ IN THE PARK

This will be a healthy and fun social event in the summer sun to conclude our summer activities. We will cook some delicious burgers, with awesome choose your own toppings!

**Location: Sunnyside Park Picnic Shelter**  
**147 SW Cedar St. Pullman, WA 99163**  
(Parking available off of Cedar St. and Wawawai Rd.)



### What to Bring

- Yourself and your appetite!