

## SPORTS CAMP

Sports Camp was amazing this year! We lucked out with perfect weather and a group of campers who were up for new challenges. This year's camp theme was indoor vs. outdoor sporting experiences. The campers had the opportunity to try a sport in an indoor setting and then an outdoor setting to compare.



Monday we started off strong with biking around the OSSB track and learning something new in the way of indoor kayaking and paddle boarding. The campers were split into two groups and while one group biked the track, the other group learned all about kayaking and paddle boarding in the OSSB pool. In the afternoon, we took our experiences to a new height with indoor rock climbing at Vertical Adventures. The kids explored the difference between auto belaying and manual belaying.

*"I liked riding the tandem bike with Mr. Lee, it was fun. I enjoyed feeling the breeze on my face."* -**Alexis Miller**

Tuesday had us kayaking and paddle boarding outdoors, courtesy of Adaptive Sports Connection. The friendly staff helped us get the kids out onto their reservoir and each had the opportunity to try kayaking as well as paddle boarding. Once Back on campus, the kids got to preview some CrossFit moves to prepare them for the next day's adventure.

*"I learned how to paddle board. At first it was hard in the beginning, but now it's fun."*

-**Marwan Hassan**

*"I liked paddle boarding, except for falling in. And maybe that was still ok..."*

-**Emmie Bennett**





On Wednesday we traveled to Back Home CrossFit where the campers were able to test their strength and apply the moves they learned on Tuesday. This activity provided great opportunities for team building and supporting each other's goals. After CrossFit, the campers had to muster their strength once more to complete the OSSB obstacle course. They were given a preview of the course before racing through while being timed. Our winners are Mya and Maddie for the girls and Philip and Garrett for the boys. Congrats to our winners!

*"I like CrossFit because it gives me a positive outlet"* -  
**Kurtacee Goines**

Thursday, we headed to Granger Scioto Audubon Metro Park for outdoor rock climbing where they were able to compare indoor vs. outdoor rock climbing. The kids also got a chance to explore an outdoor obstacle course at the park and see how it differed from the homemade version back at OSSB. We traveled straight from the park to Cyclebar for a 45 minute stationary cycle class. This class was not for the faint of heart but our campers rose to the challenge.

*"It was so neat. Even though it wasn't a real rock, it felt real."* -**Philip Sotak**

*"Spin class was my favorite. I can't wait to do it again."* -  
**Adam Carathers**

*"I prefer indoor rock climbing over outdoor rock climbing because there was a higher contrast."* -**Ely Potter**

*"I liked kayaking because I was learning how to paddle with Mrs. Kallie."* -**Alexis Miller**

*"Mrs. Brewer-Wood- The days flew by because we were doing so many things we enjoyed."* -**Alison Brewer-Wood**

*"I liked kayaking and paddle boarding. It was a new experience because I've never done that before."* -**Jana Alo**



SNAP SHOTS

