



Happy New Year to our Fundamental Youth Sports Camp Family! The holiday season might be over, but the action at FYS never slows down! We're excited to share what's been happening and what's coming up as we start the new year.

WINTER CAMP HIGHLIGHTS

Our Winter Camp was SOLD OUT - a big thank you to everyone who registered! We loved seeing our returning campers again and meeting all of our new athletes and families.

Campers worked on their soccer skills with a number of dribbling and passing drills and put an emphasis on defending. For football, campers worked on throwing, receiving and catching - we got our offensive skills dialed in! Our baseball station refined our fielding, throwing and hitting skills for a well-rounded approach. And to help our campers with their performance in every sport (and every day life!), agility skills were demonstrated with the ladder drills. Ladder drills are a fundamental agility skill that improve quickness, coordination and footwork, helping our athletes enhance their ability to change direction quickly and efficiently, which is crucial for sports like soccer, baseball and football!

SUMMER CAMP REGISTRATION

Summer Camp registration is LIVE!

[REGISTER NOW!](#)

SESSION 1: June 23 – June 27

SESSION 2: July 28 – August 1

9:00am – 12pm

South Suburban Sports Complex Turf

EARLY BIRD PRICING*:

\$400 / Child / Camp

\$350 / Sibling / Camp

*Prices increase \$50 on May 1, so register early!

NEW THIS SUMMER - LEVEL UP

In order to continue to best serve our more experienced athletes and campers that have attended multiple camps, we are introducing our new LEVEL UP programming this summer. Camp will take place at the same time and place, but this group of campers will go through more advanced drills and training for the two sports of their choice to keep them growing, progressing and honing their skills, all while still emphasizing fun!

LEVEL UP is open to campers ages 8-12, with a minimum of 2 years of experience in multiple organized sports, or 3 FUN camps.

TIP OF THE MONTH FOR YOUNG ATHLETES: Make Fun the Priority!!!

For child athletes, enjoyment is key to long-term success and development. This month, encourage a playful and positive approach to sports with one or more of the following:

1. **Focus on Fun:** Ensure practices and games are engaging and enjoyable, emphasizing learning over competition.
2. **Encourage Versatility:** Let kids explore different sports to develop diverse skills and prevent burnout.
3. **Praise Effort, Not Outcomes:** Celebrate hard work, sportsmanship, and improvement rather than just winning.
4. **Ensure Adequate Rest:** Schedule rest days to avoid overtraining and allow time for school and social activities.
5. **Teach Proper Warm-Up and Cool-Down:** Help young athletes build good habits for injury prevention and recovery.

A love for sports begins with a positive experience—keep it light, supportive, and fun!

Thank you for making 2024 an incredible year at FYS.

Wishing you all a fantastic New Year and we hope to see you all back out on the turf soon!

Thank you,
Fundamental Coaching Staff

Visit [Fundamental Youth Sports](#) for more information and follow us on [Instagram](#)!

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