



Mini Sports



Mr. Chris

Mini Sports includes sports activities, fitness and games. Emphasis will be put on the fundamentals regarding each sport, safety, drills and skills. The class will develop strength, balance and coordination while building self-esteem and confidence. Children will be educated about the basic learning skills regarding each sport. Our goal is to establish which sport sparks an interest in your child prior to participating in youth recreational sports. Rewards will be given for sportsmanship and achievements. All sports can be done indoors or outdoors. The class also includes sports science.

SPORTS

The class includes...

- soccer
- football drills
- hockey
- golf / tennis skills
- tee ball
- lacrosse
- basketball
- track and Field



Mr. Chris pitching

FITNESS

The class includes calisthenics and fitness. Fitness is done with a creative twist. Exercises and conditioning are done with balls, cones, stations, steps, jump ropes, gliders, hoops, ladders and much more.

Activities and Games

Sleeping giant, Bounce to the bucket, ladder relays, scrimmages, partner games, world cup, sticky ball, crab drill, soccer bowling, glider hockey and many more.

What to wear?

Comfortable clothes and sneakers.

About the Instructor

Christopher Arensberg is a graduate of Rutgers University. Mr. Chris has been teaching Mini Sports for 8 years. His Mini Sports program is currently in 22 pre-schools. He has played competitive soccer, baseball and street hockey for 25 years. Chris was a camp counselor in Marlton for 5 years and was a volunteer for the Special Olympics. He was an assistant coach for a 5-6 year old Evesham Twp boy's soccer team. He currently plays on an adult soccer, baseball and ice hockey team. He was on a NJ State Championship baseball team and won MVP of the South Jersey Ralph Shaw HS baseball tournament in 2004. Chris also went to the Nationals for street hockey.