

Sportika Program Q&A

General Information

Q: Do we have to sign up for all 8 weeks?

A: Yes. All classes have a max number of participants that are allowed to enroll in the class. If you enroll in the program you are taking one of those roster spots that fills the class. No refunds, discounts, or make up classes if you choose to not attend a class.

Q: What if my child does not like the class?

A: If your child does not like the class after the first 2 weeks and you no longer wish to attend you must contact Sportika and we will issue a credit for the remaining classes. This credit can be used for another program, activity, camp or rental for up to one year.

Q: What does my child need to wear?

A: Your child should wear comfortable clothing similar to what they would wear to school on PE days. Every child must wear closed toed shoes. No Crocks! They should also bring plenty of water!

Q: Are classes Co-ed?

A: All Classes are Co-ed unless other wise stated.

Soccer Programs

Sportika soccer training typically involves a combination of physical conditioning, technical skills development, and tactical understanding of the game. It may include activities such as running drills, ball control exercises, and scrimmage games.

Q: What day of the week is soccer training?

A: Our beginner and intermediate classes are on Wednesday nights. Our Advanced training is on Thursday nights.

Q: What is the difference between beginner/ intermediate and Advanced classes?

A: Beginner/ intermediate classes are for children who have never played the sport before or have a vague idea of the sport with some recreational play. Advanced classes are for children who have played the sport at a high level who are looking to sharpen specific techniques in a small group training.

Q: What equipment is needed for soccer?

A: No equipment is needed. All children should come in comfortable clothing , bring water and wear sneaker or cleats.

Q: What is the Golden Boot Program?

A: The Golden Boot Program is small group training for children that have soccer experience. This is a fast pace program to sharpen all skills. The program is also broken down into a girls only and boys only classes.

Q: How much does the program cost?

A: For soccer 101, soccer 201 and soccer 301 it is \$240 for 8 weeks. For Advanced Soccer (golden boot) it is \$340 for 8 weeks.

Basketball Programs

Sportika basketball programs include drills and exercises to improve skills such as shooting, dribbling, passing, and defense. It may also include strength and conditioning exercises to improve overall fitness and endurance.

Q: What days of the week are basketball training?

A: Advanced basketball is on Tuesday nights and beginner and intermediate basketball is on Thursday nights.

Q: What is the difference between beginner/ intermediate and Advanced classes?

A: Beginner/ intermediate classes are for children who have never played the sport before or have a vague idea of the sport with some recreational play. Advanced classes are for children who have played the sport at a high level who are looking to sharpen specific techniques in a small group training.

Q: What equipment is needed?

A: No equipment is needed. Please make sure to send them with plenty of water!

Q: What should my child wear?

A: They should wear comfortable clothing and sneakers.

Q: How much does the program cost?

A: For basketball 101, basketball 201 and basketball 301 it is \$240 for 8 weeks. For Advanced basketball it is \$340 for 8 weeks.

Lacrosse Programs

Lacrosse training typically involves a combination of drills, conditioning exercises, and scrimmages to improve skills such as stick handling, passing, shooting, and game strategy. Depending on the level of play, training sessions may focus on individual or team skills.

Q: What day of the week is lacrosse?

A: Lacrosse is on Tuesday nights

Q: What equipment do they need?

A: Each child must have a lacrosse stick and helmet(Boys) or goggles (Girls)

Q: Is the program contact?

A: No, they will be learning the skills of lacrosse and different techniques to help grow there game.

Q: How much does the program cost?

A: \$240 for 8 weeks

Baseball Programs

With our Sportika baseball 101 training your young player will do exercises to improve strength, agility, speed, and coordination. They will also focus on drills to improve hitting, fielding, and throwing. For our Infield clinic players will be practicing to be stronger defensive players on a baseball team who play in the infield positions (first base, second base, shortstop, and third base). This type of clinic will focus on improving skills such as fielding ground balls, throwing accurately, and teamwork.

Q: What day of the week is baseball?

A: Baseball 101 and the infield clinics are both on Monday nights.

Q: What does my child need to bring?

A: They will only need a glove.

Q: How much does the program cost?

A: For baseball 101 it is \$240 for 8 weeks. For the infield clinic is it \$288 for 8 weeks.

Volleyball Programs

Sportika volleyball programs involve practicing serves, passes, sets, hits, blocks, and defensive plays. Additionally, drills and exercises are used to improve agility, speed, and

strength. It's important to have a well-rounded training program that includes both individual skill development and team strategy.

Q: What day of the week is volleyball?

A: Beginner volleyball is on Monday or Wednesday, Intermediate Volleyball is on Monday or Wednesday, and Advanced Volleyball is on Tuesday nights

Q: What is the difference between beginner/ intermediate and Advanced classes?

A: Beginner/ intermediate classes are for children who have never played the sport before or have a vague idea of the sport with some recreational play. Advanced classes are for children who have played the sport at a high level who are looking to sharpen specific techniques in a small group training.

Q: What equipment does my child need?

A: No equipment is required however Knee pads are recommended.

Q: How much does the program cost?

A: For the beginner and mixed intermediate classed it is \$240 for 8 weeks. For the advanced classes it is \$500 for the 8 weeks

Multi-Sport

Sportika multi-sport class is an intro to all sports and gross motor activities. Each week kids will learn a different sport and walk away with basic knowledge of how to play it. The goal of this program is to find out what sports your child likes so you can get them into more skill specific programming!

Q: What days are multi-sport?

A: Monday nights

Q: What sports do they play?

A: They will cover soccer, baseball, basketball, throwing and catching skills and much more!

Q: How much does the program cost?

A: \$240 for 8 weeks

Football

Sportika football provides football training and instruction to young athletes. It's an opportunity for individuals to improve their skills, learn new techniques, and work with experienced coaches and players. This program is ran by RBC head coach Mike Lange.

Q: What days are football?

A: Monday Nights

Q: What kind of equipment is needed?

A: No equipment is needed. This is a no pads training session.

Q: Is it position specific?

A: The training goes into offensive and defensive tactics. The kids get broken into groups each class based on these skills.