Girls Got Game Holiday Clinic

Who? All girls grades 1-5. All sports and abilities welcome.

What? A clinic designed specifically to help build strength, agility, athleticism, and confidence among young female athletes.

Where? The University of New England
11 Hills Beach Rd
Biddeford, ME 04005

When? Friday-December 22nd
Drop-off: 8:30-9:00am to 4:00pm

Why? Our goal is to help encourage healthy practices and a healthy lifestyle by teaching young female athletes about nutrition, strength training, agility, mental toughness, positive attitudes, and a growth mindset. Clinic highlights include: speed and agility training, perfecting the skills of jumping and running, practice with hand-eye coordination, swimming, ice skating, and classroom sessions lead by college coaches and athletes.

Cost: $40.00 (full day)  $25.00 (half day)
Discounts offered for full day registration:
UNE employee discount: $32.00
Multi-child discount: $10.00 off per additional child registered
Play-up discount: $35.00 for any athlete who has participated in another Girls Got Game Camp or Clinic

An all-girls sports camp designed to promote athletics, fitness, a healthy mind and body. Camp participants will work on crucial techniques of basic athletic tasks, participate in games, and learn how to be a well-rounded athlete. Hosted by the University of New England Women’s Rugby team.