



## Higher Level Camps Going Back to the Basics Fundamentals Camp (Boys)

### Boys: June 29, 2008 1<sup>st</sup> Day Schedule

- 12:00p.m. Coaches arrive and check in rooms
- 12:30p.m. Coaches meeting
- 2:00 - 4:00 p.m. Athletes check into rooms at Scott Hall on Thorne St.
- 4:15 p.m. Meeting with parents and athletes in commons area
- 5:00 p.m. Dinner
- 5:45 – 9:00 p.m. Workout in Gym

**What to bring:** You will need sheets, pillow, towels, and everything you need to live on a daily basis. Bring a swimsuit because we will have open swim. Shorts, shirts, socks, and tennis shoes required to workout. You may also bring a cooler / refrigerator. Ice is available from the trainer for your coolers.

**What not to bring:** Please do not bring soda. If you bring a DVD, please do not bring R rated movies. We have middle school participants at this camp. **Scooters** are not allowed at this camp to ride from the dorms to the gym and commons.