



Higher Level Camps

Going Back to the Basics Fundamentals Camp (Boys)

Boys: June 17, 2012 1st Day Schedule

- 8:00 a.m.** Coaches arrive and check in rooms
- 9:00 a.m.** Coaches meeting
- 11:00 a.m. – 1:00 p.m.** **Check in is at the Student Union in the Lindsay Complex**
- 1:00 p.m.** Meeting with parents and athletes in Jackson Family Field House
(Come to meeting ready to workout.)
- 2:00 p.m.** **Workout in gym**
- 5:00 p.m.** **Dinner**
- 7:00 p.m.** Open Swim for Junior High – located in the gym
- JV and Varsity workout in Gym

- What to bring:**
- **sheets, pillow, towels,**
 - everything you need to live on a daily basis
 - **swimsuit-** open swim and swim workout
 - **Shorts, shirts, and Socks**
 - **2 pair of Tennis Shoes** required to workout in case one pair gets wet from sweat
 - **Spandex- 4 pair**
 - **Baby**
 - **powder/ Monkey Butt**
 - You may also bring a **Cooler / Refrigerator**
 - Ice is available from the trainer for your coolers
 - **Box Fan-** put in dorm window to take hot air out of room
 - **Money** to buy pizza and drinks at night

What not to bring: **Please do not bring soda or junk food.** Stay away from processed foods with sugar. If you bring a DVD, please do not bring R rated movies. We have middle school participants at this camp. **Scoters** are not allowed at this camp to ride from the dorms to the gym and commons.