



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

Boys: June 27, 2010 1st Day Schedule

- 12:00p.m. Coaches arrive and check in rooms
- 12:30p.m. Coaches meeting
- 2:00 – 3:30 p.m. Athletes check into rooms at Scott Hall on Thorne St.
- 4:00 p.m. Meeting with parents and athletes in Storzer P.E/ Gym at 4pm
- 4:45 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. **Box Fan, money** to buy pizza and drinks at night.

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. **Scoters** are not allowed at this camp to ride from the dorms to the gym and commons.