



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

Girls: June 20, 2010 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. Athletes check into rooms at Scott Hall on Thorne St.

1:00 p.m. Meeting with parents and athletes in gym
(Come to meeting ready to play.)

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: 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. **Scooters** are not allowed at camp to ride from the dorms to the gym and commons.