



**HIGHER LEVEL CAMPS
GOING BACK TO THE BASICS
(BOYS)**

FIRST DAY SCHEDULE:

Wednesday, June 15, 2022

9:00am coaches arrive to check in rooms

10:00am coaches meeting

Noon - 2:00pm **check in at: Willmore Center**

2:15pm meeting with parents and athletes at Wilmore Center

3:00pm workout

5:00pm dinner

7:00pm workout

snack packs or sandwiches will be handed out after night session (Wed - Fri)

WHAT TO BRING:

sheets, pillow, towels

alarm clock

everything you need to live on a daily basis

swim suit

shorts, shirts, socks

2 pairs of tennis shoes required to workout in case one pair gets wet from sweat

cooler/ refrigerator (optional)

box fan- put in dorm window to take hot air out of room

extension cord and surge protector for fan

DO NOT BRING:

junk food, soda, processed foods with sugar, R-rated movies

no loud music in dorms; must have ear phones to listen to music

LAST DAY SCHEDULE:

Saturday, June 18, 2022

1:00pm station work, games, awards

camp will be done by 4:00pm