

# STRETCH: Boot Camp

## Amazing Grace

Jan. 25-27 2019

<u>Event</u>	<u>Friday</u> 4:00 FRONT Church (No Gear)	<u>Saturday</u> 8:00 AVHS Garage (Gear Bag)	<u>Sunday</u> 8:00 AVHS Garage (No Gear)
Check-in & Morning Drop-off			
<i>See Welcome Email - Week of Camp (Suggestions in event of rain)</i>	If rainy weather...	<b>EXTRA CLOTHES?</b>	<b>EXTRA CLOTHES?</b>
Opening: Boot Camp Style	4:15 The Church	8:05 The Hall	8:05 Top of Parking Structure
Baseball/Softball Training (3hrs.)		9:00 - 12:00	
Olympic Explosion (6 stations)			9:00 - 12:30 Softball Grass Area
Home Run Derby: Finals			12:30 - 1:00
Lunch & Team Time		12:00 - 1:00	1:15-1:45
Baseball/Softball Training (3hrs.)		1:00 - 4:00	
Leadership	4:30 - 5:30	4:30 - 5:30	1:45-2:30
Dinner & Team Building	5:30 - 7:30	5:30 - 7:30	
Wrap-up & Dismissal	7:30 - 8:00	7:30 - 8:00	
Pick-up Gear!!	No Gear Friday	Gear: Gathering Place	Parents Welcome!
Closing Ceremony			2:30 - 3:30 No Gear Sunday

Location: Valley Community Church \* Amador Valley High School

Leadership - Training: High School Mentors \* FCA-Fellowship of Christian Athletes

Leadership - Speakers: Leader Athletes: TBD

Team Building: Fri: Amazing Race \* Sat: Movie-TBD \* Sun: Team Olympics

Family - Welcome to join us Sunday Olympics (Softball Grass) \* Closing Ceremony (Church)

Need us during Camp? **TEXT** Kelly 925-699-3950 \* Tiffany 925-963-6702

### **HELPFUL HINTS:**

8:00 SHARP: Eat a healthy breakfast & arrive at 8:00am to unload **IN** AVHS Parking Garage.

UNIFORM: STRETCH Shirt (given Fri. ), Undershirt (Red/Black?) & Baseball/Softball Pants

SHOES: **Wear tennis shoes!!** Players will change into cleats for Training on Saturday.

RAIN?: Bring Rain Gear (light jacket) + BACK PACK of extra clothes/shoes/socks.

OUTREACH: To be determined