

STRETCH: Boot Camp

All in!

Jan. 26-28, 2018

<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 (Gear Bag)
Check-in & Morning Drop-off <i>See Welcome Email - suggestions! Week of Camp</i>	If rainy weather...	EXTRA CLOTHES?	EXTRA CLOTHES?
Opening: Boot Camp Style	4:15 The Church	8:05 The Hall	8:05 Top of Parking Structure
Baseball/Softball Training (3 hrs.)		9:00 - 12:00	<i>Parents Welcome!</i>
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 (3 hrs.)		1:00 - 4:00	
Leadership	4:30 - 5:30	4:30 - 5:30	1:45-2:30
Dinner & Team Building	5:30 - 8:00	5:30 - 8:00	
Wrap-up & Dismissal Pick-up Gear!!	8:00 - 8:30 <i>No Gear to P/U</i>	8:00 - 8:30 <i>Gear: Gathering Place</i>	<i>Parents Welcome!</i>
Closing Ceremony			2:30 - 4:00 <i>Gear: Parking Garage</i>

Location: Valley Community Church * Amador Valley High School

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

Leadership - Speakers: Athletes: To be determined

Team Building: Fri: Amazing Race * Sat: Movie-TBD * Sun: 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 8:00 to unload gear **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-jackets) PLUS BACK PACK of **extra set of clothes/shoes/socks.**

OUTREACH: To be determined