

STRETCH: Winter Boot Camp <i>Details to come!</i>	Jan. 22-24, 2016
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<u>Event</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Check-in	4:00 Church (No Gear)	8:00 Garage (Gear)	8:00 Garage (Gear)
Opening: Boot Camp Style	4:15 The Church	8:10 The Hall	8:10 Top of Parking Structure
Baseball/Softball Training (3 hrs)		9:00 - 12:00	
Games & Olympics/HR Derby <i>2 hrs & 2 hrs plus Leadership</i>			9:00 - 1:30
Lunch & Leadership		12:00 - 1:00	1:30 - 2:15
Baseball/Softball Training (3 hrs)		1:00 - 4:00	
Leadership	5:00 - 5:30	4:00 - 5:30	
Dinner & Team Activity	5:30 - 8:00	5:30 - 8:00	
Wrap-up & Ice Cream	8:00 - 8:30	8:00 - 8:30	
Home Derby Finals			2:00 - 2:30
Closing Ceremony			2:30 - 4:00

Location:	Valley Community Church * Amador Valley High School
Leadership Training:	High School Mentors * FCA
Leadership:	TBD
Team Activity:	Fri: Team Building - Amazing Race * Sat: Movie - TBD
Family Invited: Join us please!	Games * Closing Ceremony
Need us during Camp? Text/Call	Tiffany 963-6702 * Kelly 699-3950

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 Pants/Sweats-Girls
SHOES: Wear tennis shoes. Players will change into cleats for Training (Sat) / Games (Sun)
RAIN?: Bring Rain Gear (jackets) & extra set of clothes/shoes/socks incase of rainy weather.
OUTREACH: TBD