Coaches:

* Michele “shell” Luccketta
* Victoria Phillips

Itinerary:

* 7:30am Coaches/Early Campers Arrive
* 7:30am-8:00am Arts & Crafts/Greeting Time
* 8:30am Calisthenics & Lessons begin
* 11:30am-12:30pm Lunch
* 4:30pm Lessons End & Open Play
* 6pm Late Pick-up

Tuesday: Get to know Jack Mattox & Lionhearts

7:30a-8am Orientation, name tag, water bottle

8:30am-9:00am Calisthenics

9:00am-11:30am Fitness Assessments

Lunch

12:30pm-4:30pm Get to Know CCPR

Walk the Trail

Scavenger Hunt

Wednesday: Baseball & Soccer

8:30am-9:00am Calisthenics

9:00am-11:30am Baseball Training

Lunch

1:00pm-2:00pm Soccer Training

2:00pm-2:30pm Scrimmage

3:00pm-4:30pm Capture the Flag

Thursday: Junior Olympic Day

8:30am-9:00am Calisthenics

9:00am-11:30am

Lunch

1:00pm-2:00pm

2:00pm-2:30pm

3:00pm-4:30pm Capture the Flag

Comprised of multiple teams competing against each other:

Long Jump

Hurdle Jump

High Jump

¼ Mile

Relay Race

Shot Put

Spear Throw

Bubble Wars with bubble guns

Podium Award Ceremony

Tug of War

Friday: Closing Ceremonies

8:30am-9:00am Calisthenics

9:00am-11:30am

Lunch

1:00pm-2:00pm

2:00pm-2:30pm

3:00pm-4:30pm Party!

Scrimmage ALL day! Baseball, Soccer, Volleyball, Football, Capture the Flag

Medical:

* First aid kit
* Ice bags
* Sunscreen
* Water/water bottles

Office:

* Printer
* Parent Packet (liability waiver, welcome, discipline, extreme weather)
* Banner
* Sign in/out sheets
* Name Tags
* Tents/lawn chair for coach

Daily Equipment:

* Cones
* Pinnies
* Jump Ropes
* Arts & Crafts
* Dodge balls

Tuesday:

* Fitness assessment sheets
* Scavenger sheet/pencils

Wednesday:

* Baseball
  + Batting Tee
  + Bats
  + Gloves
  + Balls
* Soccer
  + Goals
  + Balls

Thursday:

* Duct tape markers
* Measuring Tape
* Stopwatches
* Hurdles
* 5-8 Legged Race (jump ropes)
* Shot Put/Softball/Football Throw
* Spear Throw
* Bubbles & Bubble Guns
* Tug-of-war rope

Friday:

* Baseball & soccer equipment for scrimmages
* PARTY MATERIALS
  + Cake
  + Gift bag
  + Certificate of Completion
  + Medal/Trophy
  + Nerf guns

Parent List:

* Healthy Food ONLY
  + 3 snacks & 1 picnic lunch
  + Lots of fruit especially citrus
  + No Gatorade or Sugar Filled Drinks
  + We will provide water and water bottle that stays at camp through the week. You may take home on last day.
* Any Labeled Baseball/Soccer Equipment (we always appreciate lightly used donations)
* Closed toe athletic shoes
* Hat & Sunglasses
* Towel/Change of Clothes
* Backpack
* Sunscreen