Coaches:

* Michele “shell” Luccketta
* Victoria Phillips

Itinerary:

* 7:30am Coaches/Early Campers Arrive
* 7:30am-8:00am Arts & Crafts/Greeting
* 8:30am Calisthenics & Lessons begin
* 11:30am-12:30pm Lunch
* 4:30pm Lessons End & Open Play
* 5:45pm Late Pick-up

Monday: Get to know Poplar Springs Gym & Lionhearts

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

8:30am-9:00am Calisthenics

9:00am-11:30am

Lunch

12:30pm-4:30pm

Tuesday:

8:30am-9:00am Calisthenics

9:00am-11:30am

Lunch

1:00pm-2:00pm

2:00pm-2:30pm

3:00pm-4:30pm

Wednesday:

8:30am-9:00am Calisthenics

9:00am-11:30am

Lunch

1:00pm-2:00pm

2:00pm-2:30pm

3:00pm-4:30pm

Thursday:

8:30am-9:00am Calisthenics

9:00am-11:30am

Lunch

1:00pm-2:00pm

2:00pm-2:30pm

3:00pm-4:30pm

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!

Supplies

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

Equipment:

* Cones
* Pinnies
* Arts & crafts
* Jump ropes
* Water guns
* Water balloons
* Slip n slide tarp
* Kiddie pools
* Bubbles

Nerf guns

* + Extra bullets
* Dodge balls
* Basketballs at Poplar Springs

Party Materials

* + Cake
  + Gift bag
  + Medal/Trophy

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.
* Closed toe athletic shoes
* Hat & Sunglasses
* Bathing Suit & Towel
* Change of Clothes
* Water Shoes
* Backpack
* Sunscreen