Coaches:

* Michele “shell” Luccketta , Squishy and Luccketta

Itinerary:

* 7:15am Coaches Arrive
* 7:30am Campers Arrive
* 7:30am-8:00am Arts & Crafts/Greeting Time
* 8:30am Calisthenics & Lessons begin
* 1130am-12:30pm Lunch
* 4:30pm Lessons End & Open Play
* 6pm Last Pick-up

Monday: Get to know Camp Jordan & Lionhearts

7:30a-8:00am Orientation, name tag, water bottle

8:30am-9:00am Calisthenics

9:00am-11:30am Fitness Assessments

Lunch

12:30pm-4:30pm Get to Know Camp Jordan

Walk the Trail

Scavenger Hunt

Tuesday: Baseball & Soccer

8:30am-9:00am Calisthenics

9:00am-11:30am Baseball: Training and Conditioning

Lunch

1:00pm-2:00pm Soccer Footdrills

2:00pm-2:30pm Scrimmage

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

Wednesday: Volleyball & Football

8:30am-9:00am Calisthenics

9:00am-11:30am Volleyball: Training and Conditioning

Lunch

1:00pm-2:00pm Football Skills

2:00pm-2:30pm Scrimmage Flag Football

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

All that sign up early will get a free water bottle