

CCU Camp Details

- 7:20 Wake Up Call (For Girls That Want To Shower In The Morning)
- 7:40 Wake Up Call-All Players
- 8:00 Breakfast
- 8:30 Get Dressed
- 8:45 Stretch
- 9:00 1st Practice
- 11:30 Lunch Break
- 12:30 2nd Practice
- 3:00 Showers
- 5:00 Dinner
- 6:00 Clean Up
- 6:15-9:59 Free Time
- 10:00 Lights Out

Varsity players will come to the WA gym at 5:00 pm on July 29th. JV players will come to the WA gym at 6:00 pm on July 29th. Players need to be dressed in practice clothes for a pre-camp practice when they arrive. Varsity and JV must bring their bags with them during these times. We will be spending the night on Thursday and Friday night. **Again, we will be spending the night on Thursday, July 29th and Friday July 30th.**

We would like each player to bring \$20 Thursday, to help cover the cost of lunch and dinner.

Breakfast- Fruit, protein bars, cereal, muffins, doughnuts, milk, orange juice, apple juice, pop tarts, and peanut butter for bananas.

Lunch- Subway and Sonic will cater

Dinner- 1st night- Domino's Pizza 2nd night- IGA

The snacks we are going to offer are: chips, rice krispie treats, protein bars, apple sauce, fruit snacks, veggie trays, cookies, sandwiches, and popcorn. The coaches will provide bottled water and gatorade. If any of the parents would like to donate any snacks, let a coach know. The coaches contact information is listed below.

Mildred Easler (843) 372-3604

Madelyn Heathcott (843) 372-5363

Alyssa Elliott (843) 372-1095

We will also have a projector, DVD player, and a Wii in the cafeteria for the players to use during their free time. If you have any movies or Wii games you would like to bring, please make sure your name is written on the case.

It is strongly recommended that all of the campers have a current physical to ensure that there are no existing injuries or medical conditions. However, players are not required to bring the physical with them to camp. WA coaches and CCU staff members are NOT allowed to administer any prescription or non-prescription medications. This includes any pain relievers such as Advil or tylenol. If you need to take any medications, you are responsible for bringing your own and taking it as needed. However, we will have a first aid kit, athletic tape, and a defibrillator in the gym.

Parents are welcome to come watch on Saturday, July 31st, at 12:30pm.

