

2009 Summer Camp On-Site Itineraries

Monday	Session 2 6/29/09	Flag Football	Tuesday	Session 2 6/30/09	Flag Football
	6:30-8:30	Extended Care		6:30-8:30	Extended Care
	8:30	Campers Arrive & Camp Warm Up		8:30	Campers Arrive & Camp Warm Up
	9:00	Camp Meeting/Organization		9:00	Camp Meeting/Organization
	9:30	Review Flag Football Rules		9:30	Warm-Up /Review Drills
	10:00	<i>Drills: Catching, passing, kicking and field positions</i>		10:00	
	10:30	Snack		10:30	Snack
	11:00	Continue drills		11:00	Skill Game: Ultimate Football
	11:30			11:30	
	12:00	Lunch		12:00	Lunch
	12:30	Free Choice/Rest		12:30	Scrimmage Game
	1:00	Flag Football Skill Game: Flag Tag		1:00	
	1:30			1:30	Skill Game: Ultimate Touchdown
	2:00	Swimming/Free Choice		2:00	Swimming/Movie
	2:30			2:30	
3:00		3:00			
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		
Wednesday	Session 2 7/1/09	Flag Football	Thursday	Session 2 7/2/09	Flag Football
	6:30-8:30	Extended Care		6:30-8:30	Extended Care
	8:30	Campers Arrive & Camp Warm Up		8:30	Campers Arrive & Camp Warm Up
	9:00	Camp Meeting/Organization		9:00	Camp Meeting/Organization
	9:30	Decorate Team Jerseys		9:30	Warm-Up/ Review Drills
	10:00	<i>Snack</i>		10:00	
	10:30	Warm-Up/Stretching		10:30	Snack
	11:00	Scrimmage Game		11:00	Practice Skills
	11:30			11:30	
	12:00	Lunch		12:00	Lunch
	12:30	Drills		12:30	
	1:00			1:00	Parent v. Camper Game
	1:30			1:30	
	2:00	Swimming/Free Choice		2:00	Swimming/Movie
	2:30			2:30	
3:00		3:00			
3:30	Camp Meeting	3:30	Camp Meeting		
4:00	Camp Ends	4:00	Camp Ends		
4:30-6:30	Extended Care	4:30-6:30	Extended Care		

Main Location: Big Field

*All itineraries are subject to change without notice.