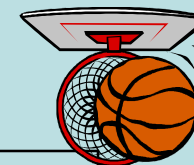


CAC 2010 Camp Overall Schedule



Dates: 07/26 – 08/28/2010 (Mon – Fri) 08/28/2010 (Sat = Banquet)	Location: Crofton Middle School Outdoor Courts	Times: 16:00 -- 18:00 (8 – 12 year olds) 18:00 – 20:00 (13 – 16 year olds)
Goals: Learn Plays, drills, build endurance, improve skills, sportsmanship, and have FUN!!!		

Camp Web Site: www.crosnest.zoomshare.com

Daily Schedule/Activities

Time Intervals	Event	Remarks
5 min	Warm Ups	Prepares the body for physical activities
2 min	Camp Talk	Inform campers of the days events
60 min	Skill Development	Drills are implemented/taught for development
50 min	Scrimmage **Fridays Parents vs. Campers**	Allows campers to put in to practice what they have learned Fridays lets the parents see how their child has improved and have FUN
3 min	Camp Talk	Provides a quick overall assessment of campers and allows campers to ask questions, as well as, for the instructors/coaches to put out information
*Note: Times are subject to change do to guess speakers, weather, or campers' participation...		

Camp Banquet

Date	Activity
08/28/2010	Banquet – The only Saturday the camp is open. Parents will play against the Campers for bragging rights (winners own the plaque for a year). After the games a banquet will be held at the Bell Branch Pavilion. *Note: The majority of the food and drinks will be provided at no cost.

