**Question: What time should my child arrive to camp?**

**JUNE 3TH:**

Please arrive 30-45 minutes before the start of camp on the first day for registration/orientation

**Question: What should my child wear?**

Please have your child wear athletic attire so that they are comfortable for the duration of the camp. Also, cleats are strongly encouraged to help minimize any risk of injury and to help the athlete achieve their best possible results during the speed and agility training drills.

**Question: What should my child bring to camp?**

Please bring enough water/sports drinks to provide your child with proper hydration throughout the camp. For you convenience, we have attached a guide on hydration and sports from the American College of Sports Medicine. We also suggest items such as sunscreen and rain jackets to prepare for any weather issues that we may experience. Finally, if your child needs any additional medical requirements please inform us of the situation prior to the start of camp (epipens, insulin injections etc). It is the sole responsibility of the guardian to provide the coaching staff any information regarding any medical conditions that their child may have.

\*\*We will answer all weather, medical, and scheduling issues during the orientation prior to the start of camp. Thank you for your support and we look forward to working with your young athletes!\*\*