

## **What to Bring to LVC Camp**

\* Bring Helmet, Shoulder pads, Mouth piece, and jersey. Remember you must get these out of your school locker by Thursday evening. School will be closed Friday - Sunday.

\* Bring 3-4 pair of casual clothes (t shirt, shorts, socks, briefs). Swim trunks, and clothes that you will want to relax in.

\* Cleats and Gym Shoes

\* Towels and all Toiletries. Also suggest bringing along - Suntan Lotion or Sunscreen, Gold Bond, Sore Muscle Spray or Cream, Destin or rash cream, Gauze, Tape, Band-aids, Tylenol.

\* Sheets, Summer Blanket, Pillow and Alarm Clock.

\* A little spending money if you want. Pizza and beverages are available in the evening for purchase.

\* Snacks, water, sports drinks

Optional: Fan, College refrigerator, TV, Gaming System, I Pod, Cooler (bring at your own risk)

## **Camp Schedule**

6:30-7:30 a.m. - Breakfast

8:30-10:30 a.m. - Practice #1

11 a.m.-12 p.m. - Lunch

2-4 p.m. - Practice #2

4:30-5:30 p.m. - Dinner

6:30-8 p.m. - Practice #3

9-10 p.m. Camp Meeting