



Preparation Information

Drop Off/Pickup Times: Training will begin at 8:00am on July 11, 2022. All recruits can be dropped off as early as 7:30am. Please have them on time. They will be ready for pickup at 3:00pm. Friday, July 15, 2022 is overnight with a graduation ceremony on Saturday, July 16, 2022 at 10am.

Lunch: The recruits must bring a sack lunch. WE WILL NOT PROVIDE LUNCH. You are encouraged to send them with snacks such as trail mix, fruit, or oatmeal/granola bars. Please no chocolate or candy that will melt.

Uniform: The recruits are to report for duty wearing running shoes, blue jean pants, camp shirt, and military cap. The camp shirt and military cap will be given on the first day.

Equipment: The recruits will need-

- ⇒ Re-usable water bottle (camel-back type is authorized)
- ⇒ Leather gloves (for climbing the obstacle course)
- ⇒ Long sleeve T-shirt (any color is good – it will be for the obstacle course and the airsoft battles).
- ⇒ Hand towel (small one to wipe their sweat).
- ⇒ Facemask (optional; if not we will provide one for airsoft).
- ⇒ Backpack (to store all their belongings- color does not matter).
- ⇒ 2 man tent or greater (optional; this is needed on Thursday)

Items not allowed:

- ⇒ Cell Phones (if you need to reach your boy call Gunny)
- ⇒ CD player/MP3 player
- ⇒ Video games
- ⇒ Personal airsoft guns (we will only use the ones at camp valor).

Conditioning:

We recommend that your recruit begin jogging or walking at home before Camp Valor. Recruits will run laps based on ability and age (i.e. 8 year old will run 1-2 laps [10-20 minutes]). However, it would be less tiresome for them if they had practice before they arrive.



Camp Valor
"The making of Mighty Men of Valor!"



Acclimatizing:

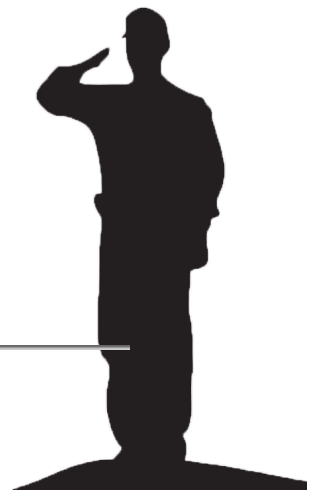
We recommend that the recruits prepare for camp valor by spending some recreational time outside. By doing this, the recruits would be able to adjust to the warm temperatures throughout the camp.

| Time | Monday | Tuesday | Wednesday | Thursday Overnight | Friday |
|--------|--------------|---------------|---------------|--------------------|---------------|
| 8am | Introduction | Physical Trng | Physical Trng | Physical Trng | Physical Trng |
| 9am | Run/O Course | Run/O Course | Run/O Course | Run/O Course | Run/O Course |
| 10am | Class | Class | Class | Class | Class |
| 11am | Marching | Marching | Marching | Marching | Marching |
| 12pm | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1pm | Class | Class | Class | Class | Class |
| 1:30pm | Archery | Archery | Airsoft | Airsoft | Airsoft |
| 2:30pm | Bible Study | Bible Study | Bible Study | Bible Study | Bible Study |
| 3pm | Dismiss | Dismiss | Dismiss | Dismiss | Overnight |

Schedule:

- a. Saturday, July 16, will be graduation at 10am. Parents, please be present at 9:30am for reception and to get your seat.
- b. You can purchase your recruit's portraits.

Emergency Contact Number: In case of an emergency call 661-345-8266 (Aniceto Hernandez)



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