



OVERNIGHT CAMP

REMINDERS:

- ☐ For All Medications Watch For An Email From Kelly Richardson For Protocol
- ☐ If You Want To Help With Meals Please Notify Ryann Utt
- ☐ Make Sure To Pack Enough Change of Clothes and Toiletries
- ☐ Student-Athletes May Not Leave Once They Are At The School Unless There Is An Emergency

WHAT TO PACK:

- ☐ Sleeping Bag/Blanket/Pillow
- ☐ Any Medications Needed (Must Be Checked In)
- ☐ Blow Up Mattress/Cot
- ☐ Toiletries (Toothbrush, Toothpaste, Soap, Towel, Etc.)
- ☐ Snacks/Bottled Water
- ☐ Change of Clothes (Practice, Sleep, & Lounging
- ☐ Can Pack Xbox/Playstation/TV

SCHEDULE:

- ☐ Check In @ 12 PM on Friday August 8th
- ☐ Breakfast 8:00 AM, Lunch 12 PM, Dinner 8:30 PM
- ☐ Practice 4:30-8:00 PM
- ☐ Red/White Scrimmage 7 PM Saturday

WHAT NOT TO DO:

- ☐ Bring Alcohol/Tobacco/Drugs
- ☐ Harass/Hazing

SIDE NOTES:

- ☐ Cell Phones Will Be Collected (If They Need To Get A Hold of You We Will Let Them Use Them. If You Need To Reach Them You Can Text Me And Tell Me They Need To Call You (906)221-5664)