Hello Potential Campers!

On top of clearing some new heights, we will be teaching both the fundamentals of runway speed and applying these new skills to your invert!

We plan to have meals, informational practices, and laughs. Be prepared for a fun filled vaulting weekend. To follow up on our itinerary here is a list of things to bring with you to camp.

Drop off day one of Camp will be between

Wednesday Morning 8:30am-9:15am

Pick Up at the end of Camp

Thursday afternoon 2:30 pm – 5pm

 \*\* Come watch our competition at 3pm \*\*

Things to Bring

1. Water bottle
2. Athletic shoes
3. Athletic clothes
4. Track spikes (if you have them)
5. Overnight bag: **Tooth brush, towel**
6. One to two changes of clothes
7. Favorite Pillow
8. Sleeping bag/blanket (if you plan to stay overnight)
9. **Swimsuit**
10. **Goggles for pool vaulting.** (We will have a few pairs to share)
11. Good energy and excitement for trying some new things!
12. **Allergy/personal medications needed**
* Please reply if you do not intend to stay with us Wednesday evening.
* Camp Contact: Scott Houston (336)-255-8390