



A Typical Day at Game On! Sport Camp 4 Girls

7:30 a.m.	CAMP OFFICES OPEN
8:45 a.m.	CAMPERS ARRIVE <ul style="list-style-type: none">● Stow backpacks at Home Base● Choice of organized sports activity
9:00 a.m.	ALL-CAMP OPENING <ul style="list-style-type: none">● News of Day● Afternoon Optional Sign-up● GET THE DAY ROLLING! <p>*Sunscreen *Sunscreen *Sunscreen *</p>
9:25 - 11:35 a.m.	GAMES – CORE SPORTS: Volleyball, Softball, Soccer, Tennis, Lacrosse, Basketball, Field Hockey <ul style="list-style-type: none">● Skill work & demonstration● Fun contest or activity
11:45 - 12:30 p.m.	ALL-CAMP LUNCH (Completely NUT FREE)
12:40 - 1:25 p.m.	OPTIONAL ACTIVITY 1 – Camper’s Choice i.e. karate, flag football, golf, soccer
1:30 - 2:25 p.m.	OPTIONAL ACTIVITY 2 – Camper’s Choice i.e. ultimate Frisbee, advanced tennis, yoga, basketball
2:35 - 3:00 p.m.	CAMP CLOSING – ICE COLD POPSICLES & SILLY GAMES i.e. silly human tricks, team spirit competition, minute-to-win-it games

If you think today was great—just wait until tomorrow!