

# Maryland Farms YMCA Sports Camp at Our Savior Lutheran Academy 2008 Parent Handbook Addendum

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## Typical Daily Schedule (Mon.-Thurs.)

7 a.m. – 9 a.m.	Before Care
9 a.m. – 9:30 a.m.	Announcements, Rules, Prayer
9:30 a.m.–11:30 a.m.	Sports Camp: Rules of the game, Strategy, Skills
11:30 a.m.–12:30 p.m.	Lunch, Announcements, Sport of the Week Video
12:30 p.m. – 3:30 p.m.	Sports Camp: Games, Scrimmages, Team-play
3:30 p.m. – 6:00 p.m.	Aftercare and Pick Up

**Friday:** Campers have the option to pay \$2.50 and receive 2 slices of pizza with drink, which the Counselor will order from Papa John's. If they choose not to participate, they may bring their own lunch and join everyone for the picnic.

**Friday's Schedule:** will be the same as the other days from 7 a.m. – 12:30 p.m., Friday afternoon will be filled with exciting games and activities following the pizza party. Your child will have the option of participating in water games in which he or she may get wet, so please come prepared with a towel and change of clothes.

**PICK-UP & DROP OFF EVERYDAY AT:** Our Savior Lutheran Academy  
5110 Franklin Rd., Nashville, TN

Directions from the Maryland Farms YMCA: Turn right onto Maryland Way, then take a Left onto Franklin Rd., the school is about 2 miles on the right.

**Important:** Counselors are not responsible for holding a camper's belongings. This includes money, glasses, lunch, water bottle, clothes. All belongings **must be labeled** with the camper's name and be kept in the child's bag when not being used.

## What to Bring:

**Bag:** Please provide each camper with a bag/backpack to help keep all belongings together.

**Footwear:** Tennis shoes are required for all campers. We will be inside and outside for all sports. For the weeks of Soccer/Softball, cleats will be allowed during outdoor activities, but are not required. Cleats are not allowed to be worn in the building.

**Lunch/Snack:** Campers need to bring a sack lunch with drink. Snacks and drinks are not provided by the camp. There will be time following Sports Camp in the afternoon which campers can eat snacks brought from home.

**Water Bottle:** Water bottles or sports drink are required for Sports Camp. Camp will provide water coolers when outside to refill water bottles.

**Clothes:** Please wear clothes that can get dirty and wet. Camp may still be held outside on rainy days. Please see the Friday Schedule above for more information on what to bring on Fridays.

**Shin-guards during Soccer Week:** are strongly recommended.

**Ball:** During the weeks of Soccer and Basketball it is important to bring a ball, we will be doing many drills that require each camper to have his or her own ball. Camp will have a few extra balls in case one is misplaced or forgotten.

*Recommended Soccer Ball Sizes: Age 5-7 sz. 3, Age 8-10 sz 4, Age 11-12 sz 4 or 5*

**Baseball/Softball Glove:** During the week of Softball/Kickball, campers are encouraged to bring a glove.