

Welcome to CREATIVE SUMMER'S Speed & Agility Training Camp

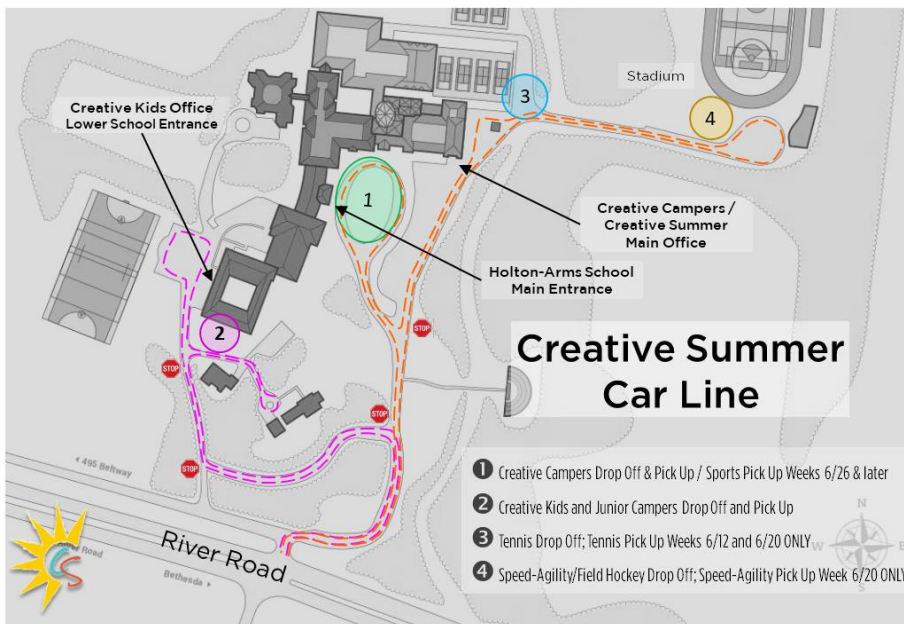
LOCATION AND SCHEDULE

Five weeks of Creative Summer's half-day Speed and Agility Training Camp take place from June 20 to July 21 at Holton-Arms' track. Should there be inclement weather, the program will move indoors into the Field House.

Typical Daily Schedule

8:30 a.m.	Morning Drop off begins at the Stadium Circle – Area 4 on map below
9:00 a.m.	Group Huddle (introductions)
9:15 a.m.	Warm-Ups
9:45-10:15 a.m.	Block 1 – Sport Specific Activity
10:15 a.m.	Water Break
10:20-10:40 a.m.	Game incorporating Agility, Fine Motor Skills, and Movement
10:45-11:15 a.m.	Block 2 – Sport Specific Activity
11:15-11:20 a.m.	Water Break
11:20-11:40	Game incorporating Agility, Fine Motor Skills, and Movement
11:45-12:00 p.m.	Group Huddle (closing remarks) and Dismissal from Stadium Circle

Daily drop off and pick up occurs at the Stadium Circle – **Area 4** on the map below.



WHAT TO WEAR, WHAT TO BRING

Speed & Agility campers should arrive **dressed for the weather** in light colored comfortable clothing and **athletic shoes**. A ball cap or sun visor (to keep sun out of the camper's eyes) is recommended but optional.

No other equipment is needed, but remember to bring a refillable **water bottle**, sunscreen*, and plenty of enthusiasm! Make sure **EVERYTHING** is labeled with your camper's name!

CAMPER ATTENDANCE AND DISMISSAL CHANGES

If your camper will be late to or absent from camp, or will have a change in their dismissal plan, please inform us in writing, either by filling out our online Attendance/Dismissal Notice, or by emailing creative.summer@holton-arms.edu.

Dismissal changes must be submitted no later than 10:00 a.m. the day of the dismissal, unless it is a bona-fide emergency.