

FCA Sports Camp Monday June 24th through Thursday June 27th, 2019! Please read through this list for important camp information including check in, payments, a packing list, and more.

Check in on Monday the 24th is between 9:30am & 1pm in the lounge between the two tall dorms Miller & Deiseth. Lunch is NOT PROVIDED Monday, but can be purchased at the cafeteria.

Campers Should Pack:

- Sleeping Bag or Sheets & Blanket
- Pillow
- Towel
- Shower/Hygiene Essentials
- Casual clothing
- Athletic clothing for two daily (AM and PM) practices
- -Modesty is a requirement (especially in coed areas)
- Water Bottle
- Snacks
- Sun Block
- Bug Spray
- Prescribed Medications (Connect with Camp Nurse)
- Cash for the Camp Store

Sport specific equipment reminders:

- Baseball/Softball: Bat, Glove, Sliding pants, Cleats
- Basketball: Provide own ball (name on it)
- Cross Country: Swimming suit (POSSIBLE pool workout)
- Football: Bring cleats; this is a Non-Padded camp
- Soccer: Shinguards, cleats
- Swimming: Goggles, Cap
- Tennis: Racquet
- Volleyball: Knee pads

STUDENTS WITH PRESCRIPTION MEDICATION... upon arrival will need to talk to the Camp Nurse. Campers should pack pills to have easy access for the nurse to log. All medications need to be in a clearly identifiable bottle with name, correct dosing, and bring only the amount needed for camp. (This does not apply for “as needed” medications such as ibuprofen etc).

A change from previous years: **Sheets, towels & blankets will NOT be provided.** Believe us, the cost was not worth it ;-)

Dietary Concerns: Luther’s cafeteria provides a wide variety of foods for each meal, w/ detailed descriptions posted. Most dietary restrictions have been taken into account & almost any diet can easily be met.

Campers will stay in air-conditioned dorms near their age and gender appropriate huddle group. Do to the logistical and social issues that arise at a camp of this size with many differing sports: **ROOMMATE REQUESTS ARE STRONGLY DISCOURAGED.** We promise a welcoming/comforting environment as soon as your child steps on campus. (After the initial discomfort of getting to know a few kids, and the encouragement of awesome college athlete Huddle Leaders, campers will love it).

Cell phone use throughout camp will be discouraged. Just like school, campers will be expected to lock phones in their rooms to fully engage in practices, huddle meetings, and the evening program. Campers will be able to call home if needed during free times and anytime they need. (Be aware: Some cell providers have little to no coverage on campus. AT&T has been noted.)