

POWER CAMP INFORMATION SHEET

June 28 – July 2, 2010

CAMP SCHEDULE:

**Basketball, Fitness, Boys Football,
Golf, Girls Lacrosse, Soccer, Sports
Media, Volleyball, Boys Wrestling**

- 8:30 Warm-up (Assembly:
Worship/Speaker)
9:15 Power Boost (Quiet Time)
9:30 Practice
11:15 Huddles (Small Group Time)
Noon Lunch (**Bring Your Own**)
12:30 Huddles (Small Group Time)
1:00 Practice
2:30 Recreation
3:15 Snack (We provide)
3:30 Pro-File (Guest Speaker)
4:00 Pick-up (*Friday will be family day!)

***FRIDAY IS FAMILY DAY! Come and eat lunch
with your athlete-details later!**

METRO MD FCA Office:

9065 Clendenin Way
Frederick MD 21704
Office Phone: 301-363-8611
Director: Mark Stephens
Cell: 301-801-0722
Email: markstephens@fca.org

Website: www.metromdfca.org



SPECIAL GUEST:

We are excited to have Bob with us at the 2010 Power Camp as our Team Chaplain!

Bob Attrill - Team Chaplain



Bob is the elementary director at Seneca Creek Community Church in Germantown. Bob was a multi-sport athlete in high school. He has a HUGE heart for kids!

Camp Location:

Covenant Life Church
7501 Muncaster Mill Road
Gaithersburg, MD 20877

On-site Emergency Contact # :

DO NOT CALL Covenant Life Church
Please call the Camp Director or Registrar
Director: Mark Stephens Cell-301-801-0722

WHAT TO BRING:

**EVERYONE SHOULD BRING A
BROWN BAG LUNCH AND WATER
BOTTLE**

Please label everything

BASKETBALL

- Indoor Basketball shoes
- Basketball (w/ camper's name)

FITNESS

- No special equipment required

BOYS FOOTBALL

- Athletic shoes for indoor activities
- Cleats with rubber studs (optional)
- Sun block
(Please do **NOT** bring helmet or pads)

GOLF

- Golf Clubs

GIRLS LACROSSE

- Lax Stick
- Goggles
- Mouth guard
- Athletic shoes for indoor activities
- Cleats with rubber studs (optional)
- Sun block

SOCCER

- Shin guards
- Soccer Ball (w/ camper's name)
- Athletic shoes for indoor activities
- Soccer cleats (optional)
- Sun block

SPORTS MEDIA

- Pen & Journal

VOLLEYBALL

- Athletic shoes for indoor activities
- Knee pads (optional)

BOYS WRESTLING

- Shorts & t-shirt
- Wrestling Shoes (optional)
- Athletic shoes for indoor activities