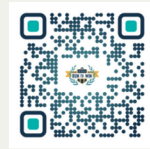




MULTI-SPORT DAY CAMPS

★ PURSUIT OF EXCELLENCE ★



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RunToWin.org

MULTI-SPORT DAY CAMP DETAILS



COST

\$300/week

- *Limited scholarships available*
- Email alysanne@runtowin.org for more info

DATES

July 8 - August 16

See the *LOCATIONS & DATES* section for more info

CAMP TIME

9 AM - 4 PM

Drop off: 8:30-9am

Pick Up: 4-4:30pm

WHAT TO BRING

1. Sack lunch (*lunch is not provided*)
2. Snacks
3. Sunscreen
4. Closed toe athletic shoes
5. Water bottle

SPORTS VARY BY DAY

Baseball, Basketball, Flag-Football/Cheer, Lacrosse, Soccer, Volleyball



LOCATIONS & DATES: Edmonds School District

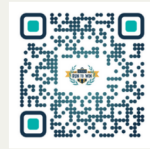
Week 1	MADRONA K-8 SCHOOL	July 8-12
Week 2	COLLEGE PLACE ELEMENTARY	July 15-19
Week 3	WESTGATE ELEMENTARY	July 22-26
Week 4	WESTGATE ELEMENTARY	July 29-August 2
Week 5	MADRONA K-8 SCHOOL	August 5-9
Week 6	COLLEGE PLACE ELEMENTARY	August 12-16

FLIP PAGE



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Typical Multi-Sport Day Schedule

	Camper Check-in/Free time	8:30 - 9 am
	Warm-Up Stretches & Game	9 - 9:30 am
	Team Time (Focus for the Day)	9:30 - 10:00 am
	Sports Drills	10:00 - 10:45 am
	Snack Break Time	10:45 - 11:00 am
	Sports Drills	11:00 am - 12:00 pm
	Lunch & Free Time	12:00 - 12:45 pm
	Reading/Quiet Time	12:45 - 1:15 pm
	Sports Scrimmages	1:15 - 2:45 pm
	Snack Break Time	2:45 - 3:00 pm
	Craft Time	3:00 - 3:30 pm
	Team Time Close Out	3:30 - 3:50 pm
	Camper of the Day	3:50 - 4:00 pm
	Camper Pick-Up/Free Time	4:00 - 4:30 pm

