



# X-Treme Sports Camp

**July 12 – July 16**

**camp director – Jan Parcell**

<b>Monday 7/12</b>	<b>Tuesday 7/13</b>	<b>Wednesday 7/14</b>	<b>Thursday 7/15</b>	<b>Friday 7/14</b>
<b>lazer X</b>  Tug of War  Volleyball  Depart – <b>10:00</b> Return – <b>2:00</b> <b>** LUNCH**</b> <b>INCLUDED</b> <b>TODAY!!!</b>	<b>Vertical Endeavors</b>  field horseshoes  Depart – <b>9:00</b> Return – <b>2:00</b> <b>waivers</b> <b>necessary!!</b>	<b>Paintball</b>  Switch... Change... Rotate!  Depart – <b>8:00</b> Return – <b>2:30</b> <b>EARLY</b> <b>DEPART</b> <b>TIME!!!</b>	<b>Starved Rock</b>  Depart – <b>9:00</b> Return – <b>4:30</b>	<b>National Dodgeball Tournament</b>  Depart – <b>8:00</b> Return – <b>4:00</b> <b>EARLY</b> <b>DEPART TIME</b>

**Please remember lunch, snacks, water, gym shoes,  
and sunscreen every day!! let's get extreme!!!!**