



# All Skills - Gold Cyclone Volleyball Camp July 18-20, 2017



## Check In/Check Out Procedures

**\*\*BOTH COMMUTERS AND RESIDENTS CHECK IN AT FRILEY HALL!!\*\***

- **Check In: Tuesday, July 18<sup>th</sup> at Friley Hall, 212 Beyer Ct, Ames 50012**
  - Campers with last names beginning with A-L check in from 12:00pm-12:30pm
  - Campers with last names beginning with M-Z check in from 12:30pm-1:00pm
- Meals are provided *starting with dinner on Tuesday, July 18<sup>th</sup> through lunch on Thursday, July 20<sup>th</sup>*
- First Camp Session begins at 1:30 p.m. on Tuesday, July 18<sup>th</sup>
- Last Camp Session ends at 4:00 p.m. on Thursday, July 20<sup>th</sup>
- Volleyball, water bottle, and camp t-shirt provided to all campers

## Daily Schedule

### Tuesday

- 12:00-1:00 Check In (\*lunch *is not* provided\*)
- 1:30 Afternoon session
- 4:00 Dinner break
- 6:00 Evening session
- 8:00 Campers dismissed and residents walk to dorms  
Parents pick up commuters at Lied Rec

### Wednesday

- 8:15 Breakfast for residents
- 9:00 Morning session
- 11:30 Lunch break
- 1:30 Afternoon session
- 4:00 Dinner break
- 6:00 Evening session
- 8:00 Campers dismissed and residents walk to dorms  
Parents pick up commuters at Lied Rec

### Thursday

- 8:15 Breakfast for residents
- 9:00 Morning session
- 11:30 Lunch break
- 1:30 Afternoon session
- 3:45 Awards and goodbyes
- 4:00 Campers dismissed and residents walk to dorms to check out  
Residents – picked up by parents at the dorm  
Commuters – picked up by parents at Lied Rec

## What to Bring...

- Court shoes
- Comfortable athletic shorts, t-shirt, and socks
- Knee pads (optional but highly recommended)
- Extra money for Camp Store Apparel and snacks
- *Do not* bring a lot of cash or valuables
- Residents bring toiletries (towel, soap, linens provided). There will *not* be a refrigerator in the dorms. Dorm rooms are air conditioned.
- Any medications (we can not distribute Advil, Tylenol, etc)

Residents will be provided breakfast, lunch and dinner.

Commuters will be provided lunch and dinner

There will be a tournament during the last session - **Thursday afternoon starting at 1:30pm.** Parents are welcome to watch, just bring a chair!

Friley Hall  
212 Beyer Ct  
Ames, IA 50012

## Emergency Contact Information

Jesse Klein – Camp Director  
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Cell (515) 450-3597  
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