

# Appalachian State Team Camp

Boone, North Carolina

July 14th - 17th



The Sentinels football team will be attending a padded team football camp at Appalachian State University in Boone, North Carolina this summer. The dates of the camp are July 13-18. The cost of the camp is \$325 per player. All Varsity football players (9<sup>th</sup>-12<sup>th</sup> grade) are strongly encouraged to attend camp. This camp is essential to the success of the ECS football program. This camp serves as a great opportunity for players to bond together and compete against other competition.

The following is included in the cost of camp:

- Transportation provided by charter bus
- 8-9 practices/scrimmages led by Appalachian State coaching staff
- 9 meals as follows:
  - o Thursday July 14 - Dinner
  - o Friday July 15 - Breakfast, Lunch, Dinner
  - o Saturday July 16 - Breakfast, Lunch, Dinner
  - o Sunday July 17 - Breakfast & Lunch
- Team chapel (Sunday) hosted by App. St. team chaplain

**Players need to bring the following:**

- Sleeping bag or twin sheets and blanket
- Pillow
- Towel and washcloths
- Soap and shampoo
- Personal toiletries
- Football equipment
- Clothing
- Shorts/T-Shirts

- Cleats/ Tennis shoes/ sandals or water shoes
- Swimsuit
- Additional money for meals while traveling

Camp Schedule is as follows:

- **Wednesday July 13**
  - o Meet at ECS at 9pm
  - o Leave ECS at 10pm
  - o Players will drive through the night and stop for breakfast and lunch on Thursday
- **Thursday July 14**
  - o Stop for Breakfast and Lunch
  - o Arrive in Boone, North Carolina around 1pm
  - o Check into dorms
  - o Eat dinner (provided by App. St.)
  - o Team walkthrough under the lights of Kidd Brewer Stadium
- **Friday July 15 & Saturday July 16**
  - o Morning practice
  - o Breakfast (provided by App St.)
  - o Mid-day practice
  - o Lunch (provided by App St.)
  - o Free time for team building activities (Lazy river tubing and trip to Grandfather Mountain)
  - o Dinner (provided by App. St.)
  - o Scrimmage under the lights of Kidd Brewer Stadium
- **Sunday July 17**
  - o Possible morning practice
  - o Breakfast (provided by App. St)
  - o Church led by App. St team chaplain
  - o Final scrimmage
  - o Lunch (provided by App. St)
  - o Clean out dorms and pack up bus
  - o Return to Ft. Myers after stopping for dinner

The bus will arrive at ECS late Sunday July 17 or early morning Monday July 18. The exact time will depend on travel time and departure time. Players will be reminded to notify parents when we are a few hours outside of Ft. Myers.