

Scarlet Summer Sports Camp

Dear Participants and Parents,

Thank you for joining us for the Scarlet Summer Sports Camp! Our goal is to promote physical and mental well-being through a variety of sports and engaging activities. We are excited to have you participate in this incredible journey of fitness, fun, and friendship.

This manual will guide you through everything you need to know about our schedule, events, and what to expect during the camp.

Contact Us:

- Email: info@scarletsummersports.com
- Phone: +1 (555) 123-4567
- Location: Scarlet Sports Complex, Downtown City Center

Camp Overview

What to Expect

- Dates: June 15 - June 30, 2024
- Time: 8:00 AM to 4:00 PM daily
- Location: Scarlet Sports Complex

Sports Offered:

1. Football - Develop teamwork and strategy.
2. Basketball - Improve coordination and shooting skills.
3. Netball - Build communication and precision.
4. Hockey - Master agility and tactical play.
5. Swimming - Learn technique and endurance in our Olympic-sized pool.

Amenities Provided:

- Healthy meals and snacks
- Fully equipped training facilities
- Professional coaches and counselors
- Safety measures and first aid support

Daily Schedule

Time	Activity	Location	
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8:00 AM - 9:00 AM	Check-in & Warm-Up	Main Field	
9:00 AM - 10:30 AM	Sport-Specific Training	Assigned Areas	
10:30 AM - 11:30 AM	Fitness Workshop	Indoor Gym	
11:30 AM - 12:30 PM	Nutrition Session	Cafeteria	
12:30 PM - 1:30 PM	Lunch Break	Cafeteria	
1:30 PM - 3:00 PM	Team Competitions	Main Field	
3:00 PM - 4:00 PM	Wrap-Up & Feedback	Main Hall	

Key Dates and Events

Key Dates to Remember:

- June 15, 2024: Camp Begins - Opening Ceremony at 9:00 AM
- June 20, 2024: Skills Showcase for Parents at 2:00 PM
- June 25, 2024: Mini Olympics - All-Day Event
- June 30, 2024: Closing Ceremony and Awards at 3:00 PM

Special Workshops:

- June 18, 2024: Mental Health in Sports - Hosted by Dr. Jane Doe
- June 23, 2024: Injury Prevention Techniques - Led by Coach John Smith

Camp Rules and Expectations

Camp Rules:

1. Respect your peers and coaches at all times.
2. Arrive on time and ready to participate.
3. Wear appropriate sports attire and bring personal water bottles.
4. Follow instructions and stay within designated areas.
5. Report any injuries or concerns immediately to staff.

What to Bring:

- Proper sportswear
- Swimsuits (for swimming sessions)
- Sunscreen and hats
- A positive attitude and willingness to learn!

Safety First!

Our camp is dedicated to providing a safe and inclusive environment for everyone. Trained staff and medical professionals will be on-site throughout the camp duration.