

Camp Information –

We will be leaving Whitman on Thursday, July 28th at 9:30 am to travel to Shepherd. Please plan to arrive at Whitman by 9 am for departure. We will return to Whitman on Saturday, July 30th around 2 pm. Our arrival time back at Whitman is tentative depending upon how long it takes us to check out of the dorms and traffic. So, stay in touch with your son to know the exact arrival time. If you're picking your son up at Shepherd, please arrive around noon.. Everyone is expected to ride the bus to and from camp, unless you have cleared alternate arrangements with Coach Kuhn. Please contact me at 240-938-1484 if you have any questions. Here is a list of things that you should take to camp:

1. Gold Bond/Desitin/Vaseline – Anything to deal with chafing. This is the biggest problem we have every year.
2. Shorts
3. T-shirts
4. Socks
5. Underwear – I would also recommend bringing compression shorts if you have them.
6. Cleats – Make sure they're broken in or you'll be miserable
7. Slides or flip flops – anything to wear around when we're not on the field
8. Bring a laundry bag or garbage bag. You'll have lots of sweaty clothes.
9. Tennis shoes
10. Sunscreen
11. Bug spray
12. Bed stuff – sheets, pillow and a blanket/sleeping bag
13. Tooth brush and toothpaste
14. Shampoo and soap
15. Money – the camp sells pizza, water, Gatorade and snacks each night after our last practice. We'll also stop at McDonald's on our way home from camp.
16. Towel
17. Games – cards, etc. down time activities
18. Water/Gatorade
19. Food – snacks/power bars, etc., but not a bunch of junk food. You'll get sick.
20. Please pack a lunch for the bus ride to Shepherd
21. Movies – PG-13 or less. No R rated movies