



YOU ARE REGISTERED FOR THE HAMPDEN FCA SPORTS CAMP

June 22-25, 8:30am-12:00pm at Hampden Academy

Hampden FCA Sports Camp

You are registered for the Hampden FCA Sports Camp June 22-25, 8:30am-12:00pm at Hampden Academy.

You are in store for a SUPER FUN week of athletic, spiritual and leadership training. Athletes will have a blast growing in sport and growing in faith.

Checking-In

Please arrive at Hampden Academy for check in on Monday June 22 at 8:00am as camp will begin promptly at 8:30am. **DROP OFF will be at the MAIN ENTRANCE of Hampden Academy.**



Departing Camp

Pick up will be inside the Main Entrance of Hampden Academy each day promptly at 12:00pm. Each day at check-in, campers will receive a unique "camper code". The person picking up your camper(s) must have each "camper code" for those that they are picking up. All campers will need to sign out with camp staff (even if leaving early). Parents will walk through the auditorium and we will announce camper names and campers will meet you as you walk through (just like last year).

Insurance

FCA will only provide secondary insurance coverage for the athlete during Sports Camp and will need to complete an incident report with the athletic trainer. In case of injury or illness, athletes will need to provide proof of insurance coverage at the time of treatment.

CAMP STORE

We will offer a camp store each day at camp which includes T-Shirts, Water bottles, hats, and MORE! Cash or check payable to "FCA" preferred, but we plan to have the ability to accept card* payments (*with an additional 2.8% charge).

COINS FOR CAMPERS PROGRAM

This year we will be raising money again for FCA in East Asia as our US region of FCA is partnered with this Global region. Campers have the opportunity to bring in spare change (with a parent's permission) to raise money to support FCA Campers around the world. *This part of the program is **COMPLETELY OPTIONAL** and designed to generate a culture of generosity and giving.

What to Wear and Bring

Please bring the proper shoes and equipment you will need for practice and competition of your sport. Game equipment such as balls will be provided. Wear/Bring personal gear (athletic shorts, shirt, shoes, and shin guards, mouthguards, etc.) Please bring your own water bottle labeled with camper's name AND a small bag/backpack. Please apply sunblock before you arrive. Below is a list of equipment needed for each sport.

Baseball- Glove, helmet, bat, sneakers & cleats.

Basketball- Indoor only sneakers/basketball shoes.

Cheering- Indoor sneakers/cheering sneakers.

Boys Lacrosse - Stick, helmet, gloves, shoulder pads, Mouthguard, sneakers/turf shoes.

Girls Lacrosse- Stick, goggles, mouthguard, sneakers.

Field Hockey- Stick, sneakers, shin guards, mouth guard, goggles*(*optional) We can provide sticks if needed.

Football- Sneakers/Turf Shoes

Soccer- Cleats/Sneakers, shin guards (*Optional- a Soccer Ball labeled with name if you want)

Softball- Glove, helmet, fielding mask, bat and sneakers.

Track & Field- Sneakers

If you are missing any equipment, please email mpoplaski@fca.org

IN CASE OF RAIN: We will be practicing outside unless it is pouring rain or lightning. Please PACK extra clothes in a plastic bag if possible, raincoats/an extra pair of shoes for your child if rain is expected. In the event of poor conditions, we have an alternative rain plan inside.

Daily Schedule

Each day includes top-notch athletic training from current and former local high school/collegiate athletes and coaches. Campers choose their sport for the week and will be assigned to a huddle group for the week. ****We will provide an individually wrapped snack each day for campers.*** You may pack an additional snack for your camper, but please **DO NOT PACK ANYTHING WITH NUTS.** *Please be sure to let us know if your camper has any food allergies at registration.*

TIME	ALL SPORTS
8:00AM	Registration Begins/Check-in
8:30AM	Welcome Program
9:00AM	Speaker/Program
9:30AM	Practice
10:50AM	Snack
11:00AM	Huddle Time
11:25AM	Practice/Competitions
11:50AM	Wrap Up
12:00PM	Check Out

Partnership with Discover Church

If you do not already have a church home, we would like to invite all parents and family members to join us at Discover Church at 7:30am, 9:00am or 10:30am on Sundays. Discover Church has been a big part of making this camp possible providing snacks and volunteers!

Find out more about Discover Church here:
<https://discoverchurchmaine.com/>



270 Main Road North
Hampden, ME 04444

207-862-4010
hello@discoverchurchmaine.com

What to Not Bring

Make sure to leave anything expensive or valuable at home to prevent damage or loss- especially phones or tablets. If you do plan to send your camper with a phone, please have them leave it in their bag (in something waterproof) for the duration of the day.

Camp Photo

We will plan to take an all-camp photo on Thursday (the final day of camp). Please plan to have campers wear their camper t-shirt provided at registration on Thursday.

Directions

From I-95: Follow I-95 to Coldbrook Rd. Take exit 180 for Coldbrook Road toward Hermon/Hampden. Turn left onto Coldbrook Rd (signs for U.S. 1A/Hampden). Turn right onto US-202 W. Continue straight through the light. Turn left at the first intersection.

Final Program

On Thursday, June 25, we invited all parents to come early for pick up for our final camp program in the auditorium, which will start at 11:40am. We hope to see you there!

Questions?

Contact the Director, Margaux Poplaski at
mpoplaski@fca.org or (207) 858-5617
Follow us at FCAMaine on Facebook & Instagram