



FCA Power Camp Greater Portland | July 21-24, 2025

Presumpscot Park, Portland

FCA Power Camp

Thank you for registering for FCA Power Camp Greater Portland, July 21-24, 2025, from 9:00am-2:00pm. We are so excited to share this camp experience with you and your child(ren)!

Sport Focus: FCA Power Camp Greater Portland is a day camp for athletes of all experience levels who want to reach their potential through comprehensive athletic and spiritual training.

Through sport practices and small group times, our team of experienced coaches will concentrate on a fun and challenging introduction to basic sports skills.

Checking In

Upon arrival at Presumpscot Park on July 21, enter the parking lot through the entrance on Leland Street, and park anywhere in the parking lot parallel to the fields. Once parked, check in at the registration table to get your camper registered.

Camp registration will take place from 8:30-9:00am on the field as indicated below. Volunteers will greet and check your campers in at a registration table before they are led to meet their huddle group on the field. Your camper will need to check in at the registration table when you arrive for camp each morning.

There will also be coffee available for parents, so please stick around for a few minutes and watch the camp day begin!



Departing Camp

Pick up will be in the same location as drop off each day promptly at 2pm. **Please check out at the registration table before going into the field area to get your camper.** Each day at check-in, parents will receive a bracelet with a “camper number.” Whoever will be picking up your camper must have a “camper number” for each of those they are picking up. ALL campers will need to sign out with camp staff.

Family Celebration Dinner

Please join us on the evening of Thursday, July 24, from 5:30-6:30pm for a Family Celebration Dinner. You can start arriving at 5:00pm. We will provide food, and it will be an opportunity for you to hear more from our partnering church (Christ the Redeemer) and celebrate a great week at camp together!

We will be hosting this on the opposite side of the Deering High School gym from the parking lot used for camp day drop-off. There is a grass area with picnic tables, and you will see FCA signs directing you to the spot!

****Please plan to bring camp chairs or blankets if you can as the picnic tables will not seat everyone.**

Please pay attention to your email as this is an outdoor venue and the weather may not permit dinner.

What to Wear and Bring

All equipment will be provided except for personal equipment*. Please send your camper with their own water bottle, labeled with their name. Athletes may wear cleats for soccer, baseball, and football, but sneakers are also acceptable. We also encourage all campers to apply sunblock before arrival each morning.

***This would include** Footwear, mouthguards, shin guards for soccer, and water bottles, baseball/softball gloves, helmets, and cleats

If you do need help with equipment needs, we are happy to help on an individual basis. Please get in touch with the camp director (contact info below)

***Football pads will not be needed for equipment – training will be focused on skills & drills.**

IN CASE OF RAIN: As of right now we have no indoor option in the event of weather. If there is light-moderate rain, we plan to hold camp. In that case, please pack rain gear and extra clothes. If there is heavy rain or thunder, we will not hold camp that day. We will communicate exact rain plan details via email the night before camp, so please keep an eye on your email each evening of camp week.

Lunch: Please send your camper with a packed lunch. We will not be providing lunch unless you are in need of help, in which case please reach out to the camp director.

Please refrain from sending your camper(s) with any foods containing common allergens such as peanuts, tree nuts, shellfish, etc. We will likely have campers/volunteers with severe allergies.

What to Not Bring

Make sure to leave anything expensive or valuable at home to prevent damage or loss—especially phones or tablets.

Insurance & Medical

FCA will only provide secondary insurance coverage for the athletes during Power Camp. In case of injury or illness, athletes will need to provide proof of insurance coverage at the time of treatment. Campers not covered by family insurance will be cared for. **If your camper has a known medical need or allergy, please touch base with the onsite Athletic Trainer at check-in on Day 1.**

Camp Day Schedule

Below is an idea of a typical day at camp:

8:30 AM	Registration Open
9:00 AM	Camp Begins
9:10 AM	Large Group Warm-up
9:20 AM	Sports Practice #1
10:20 AM	Snack & Bathroom
10:40 AM	Large Group Games
11:00 AM	Large Group Teaching
11:15 AM	Music
11:30 AM	Lunch & Huddle
12:15 PM	Bathroom

12:25 PM	Sports Practice #2
1:00 PM	Crafts & Free-Time
1:50 PM	Wrap-up & Dismissal
2:00 PM	Clean-up

Connect With Our Church Partner

This camp is only possible through the support of volunteers from local churches in Southern Maine. Should you desire to get connected with our main church partner please visit their website below. If you would like to connect with a church nearer to you, please reach out!

**Christ the Redeemer Presbyterian Church
(Portland):**

<https://www.ctrportland.org/>

Questions?

Contact Logan Gailitis at lgailitis@fca.org or
207.332.7647

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