

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

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

Please send your camper(s) with regular shoes to be worn inside. Cleats are not permitted to be worn in the building.

***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.

Snacks: Please send your camper(s) with snacks. We will not be providing snacks unless you need 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.

Sunscreen: Please send your camper(s) with sunscreen already applied. Our volunteers will prompt campers to reapply but will not be responsible for making sure they do so. There will be sunscreen available for use.

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 through FCA's secondary insurance. **If your camper has a known medical need or allergy, please talk with the onsite Athletic Trainer at check-in on Day 1.**

Camp Day Schedule

Below is an idea of a typical day at camp:

8:15-9:00AM Arrival & Check-in

9:00-9:20AM – Welcome, Instructions, Games & Music

9:30-10:30AM – Sports Practice #1

10:40-11:10 – Snack & Teaching

11:20-12:20PM – Sports Practice #2

12:30PM – Closing Instructions & Dismissal

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 help connecting with a different local church, 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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