

Outline for DLB Academy Summer Soccer Camp

Weekly overnight camp - 7 days from Sunday to Sunday

Arrival of campers ages 7-16 years of age

Every Sunday in the months of July and August are at 5pm to 7pm

Departure times of campers every Sunday at 12pm to 2pm

Day of Arrival

- 7:30pm - Introductory walk about for the campers with their councilors around the DLB building as well as outside with a nature walk
- 8:15pm - Camp fire (nice day)
- Gathering in the gym with music (rainy day)
(Introduction of camp councilors and campers)
- 10:00pm - Clean-up and washroom breaks before bed
- 10:30pm - lights out

Day of Departure

- 8:30am - Wake-up call and washroom break
- 9:00am - Breakfast
- 9:30am - Pack and leave sleeping area
- 10:00am - Go to Church (OPTIONAL)
- Free time, relaxation, saying goodbyes
- 11:30am - Closing ceremony and awards

Outline for Daily Incoming Campers

- 8:30am - Drop-off
- 8:45am - Morning announcements
- 9:00am - (1) Soccer training
(2) Judo training
(3) Exercise activities
(4) Walk/Run on the nature path
(5) Swimming at the local pool
- 1:00pm - LUNCH
- 2:00pm - (1) Soccer Training (games/scrimmages)
(2) Exercise activities
(3) Option of field trips to surrounding lakes and beaches for designated groups
- 6:00pm
to 6:30pm - Pick-up