

Camp Day Checklist

BEFORE YOU GO

- ☐ Research the coaching staff and program before you arrive
- ☐ Print or save your registration confirmation
- ☐ Get some rest
- ☐ Eat

WHAT TO PACK

- ☐ Two sets of gear, just as a precaution
- ☐ Water jug
- ☐ Snacks for between sessions
- ☐ A pen and something to write on

AT THE CAMP

- ☐ Introduce yourself to coaches. Name, school, position
- ☐ Run every rep at full speed
- ☐ **COMPETE**

AFTER THE CAMP

- ☐ Send a follow up email within 24 hours
- ☐ Log what you learned and what to work on
- ☐ Self evaluate