

CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD

825 NE 20th Avenue, Suite 120, Portland, OR 97232 / Phone: 503-231-9484 / Fax: 503-231-9531

Website: cyocamphoward.org

IMPORTANT INFORMATION FOR CYO SUMMER SPORTS **LA SALLE HGH SCHOOL – JULY 27 – 31, 2009**

Thank you for choosing CYO Summer Sports. We look forward to having you with us for Basketball Camp at La Salle High School, 11999 SE Fuller Road, Milwaukie, OR 97222.

Transportation:

Drop off and check in is from 8:00 am to 9:00 am. Pick up is from 4:15 pm to 5:00 pm. A representative of CYO/Camp Howard will be in attendance until all students are picked up.

Directions from Portland: Take I-205 to Sunnyside exit, west on Sunnyside, Sunnyside turns into Harmony Rd. past the Toys R Us, right at Fuller Rd.; La Salle High School is on the left a half-mile.

Registration:

Full payment and Health History Exam form must be complete and received by the CYO/Camp Howard office before attending CYO Summer Basketball Camp. All of the forms are available on our website: cyocamphoward.org

Below you will find some helpful information and a schedule. If you should have additional questions please contact the CYO/Camp Howard office at 503-231-9484 and ask to speak with Dana Wheeler @ x109.

What to wear:

T-shirt
Shorts
Socks
Outdoor shoes (not to be worn on inside courts)

What to bring:

Court shoes (to be worn on the court only / no street shoes)
Water bottle – **clearly marked with your full name**
Sunscreen
Gym Bag (for your belongings and CLEARLY MARKED with your name)

What NOT to bring:

Electronic Devices (Game Boy, cell phone etc.)
Money

Lunch:

A sack lunch will be provided each day. **Please advise the CYO/Camp Howard office of any special dietary requirements.**

Water will be available at all times.

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Confirmation of CYO Summer Sports – La Salle High School

Schedule:

- 8:00 am to 9:00 am - Drop off and check in at La Salle High School
- 9:00 am - Welcome / Prayer / Announcements / Warm up & Stretching
- 9:30 am - Small group basketball & activity sessions
- 12:00 pm - Lunch
- 12:30 pm - Small group activities
- 1:30 pm - Group Rotations
 - a) Outdoor Games
 - b) Basketball skills group & individual instruction
- 4:00 pm - Snack
- 4:15 pm - Pick up / with supervision until 5:00 pm