

# **CATHOLIC YOUTH ORGANIZATION / CAMP HOWARD**

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

Website: [cyocamphoward.org](http://cyocamphoward.org)

## **IMPORTANT INFORMATION FOR CYO SUMMER SPORTS** **VALLEY CATHOLIC HIGH SCHOOL – JULY 13 – 17, 2009**

Thank you for choosing CYO Summer Sports. We look forward to having you with us for Basketball Camp at Valley Catholic High School, 4440 SW 148<sup>th</sup> Avenue, Beaverton, OR 97007.

### **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 Sunset Highway West to Murray Blvd. Turn left and head south. After you cross Tualatin Valley Hwy (TV Hwy) you will cross the railroad tracks. Take the first right. You will see the large brick building with the green dome. You are now on the St. Mary of the Valley Campus. Valley Catholic High School is west of you – the two story white stone faced building. Take a left and then a right.

### **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](http://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**  
Towel (for swimming)  
Swimsuit (no bikinis)  
Sunscreen & Flip Flops (or pool shoes)  
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.**

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**Water will be available at all times.**

## **CONFIRMATION FOR CYO SUMMER SPORTS VALLEY CATHOLIC HIGH SCHOOL**

### **Schedule:**

- 8:00 am to 9:00 am - Drop off at Valley Catholic
- 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) Swimming
  - b) Outdoor Games
  - c) Basketball skills group & individual instruction
- 4:00 pm - Snack
- 4:15 pm - Pick up / with supervision until 5:00 pm