



2015-2017 LEAGUE CHAMPIONS | 2017 CIF CHAMPIONS

CAMP VANGUARD CHECKLIST

CAMP RUNS AUGUST 5TH THRU AUGUST 9TH (MONDAY THROUGH FRIDAY)

Check In: August 5th at 3 PM at the Gym

Yary Photography will be taking individual and team photos on August 7th at 4:00 PM

EACH PLAYER MUST BRING TO CAMP:

- Spirit Pack Items (soft helmets, practice jerseys, etc.)
- Helmets and Full Pads
- Mattress, Air Mattress, or Cot with Bedding or Sleeping Bag and Pillow
- Extra Clothing: T-shirts, Shorts, Underwear, Socks
- Flip Flops, Cross Trainers, & Cleats
- Soap, Toothbrush, Toothpaste, Lotion, Sunblock, Shampoo and Conditioner
- Bathing suit
- 2 Towels
- 2 Hangers to Hang Clothes to Dry
- Any Medications – Check in with Trainer/Coach (Include parent note)
- Baby Powder/Ointment
- Team Picture Order Envelope

OPTIONAL ITEMS TO BRING:

- Extension Cords or Power Strips
- Picture of Mom & Dad or Family
- TV
- DVD Player, Stereo, iPods
- Musical Instruments
- Summer Reading Material
- Ping Pong Table
- Fake Trees
- 2 Bags for Clothes (1 for clean, 1 for dirty)
- Lounge Chair
- Bean Bags
- Lava Lamp/Night Light
- XBOX and/or Wii, Video Games, etc.
- Hammock
- Favorite Snacks: Beef Jerky, Chips, Cookies, etc.
- Personal Fans

***** YOU CAN BRING CELL PHONES, BUT THEY WILL BE CHECKED-IN UPON ARRIVAL *****

Disclaimer: El Modena Football and Coaching Staff and Vanguards Football Boosters will take every precaution to make sure that all personal belongings are secure. El Modena High School, El Modena Football Coaching Staff and Vanguards Football Boosters are not responsible for any belongings that are lost and/or broken. Each player is responsible to maintain and contain their own personal belongings. Thank you for your cooperation.