

2010 Central Florida Volleyball Camps

What to Bring: (DO NOT BRING ANY VALUABLES)

- Enough volleyball clothing all sessions (make sure to bring extra of everything)
- Twin Sheets, blanket (or sleeping bag), pillow (pillow case)
- Small Athletic Bag to carry gear and personal items
- Bath Towels and Toiletries
- Rain Jacket or Umbrella
- Refillable Water Bottle (water is provided)
- Alarm Clock
- **Bathing Suit/Sunscreen. We will be doing a training session at our sand courts this year.**
- You won't need money for basic meals, but you may want to bring some spending money. We will have a camp store with snacks and apparel. Also many athletes like to order pizza back in the dorms at night.
- There will be no alcohol, no drugs, or tobacco products allowed on campus. Violation of this policy will result in the immediate expulsion of the athlete and a flight home.
- Behavior standards for this camp are extremely high. Athletes are expected to demonstrate respect for coaches, each other, service people (e.g., dining staff), etc.

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