



Bruins Sports Camp 2023



The Bruins welcome athletes of all ability levels in our camps. Athletes will be grouped by age and skill in their respective sports. We offer a balanced program of instruction in fundamentals and game competition. Our camp staff is comprised of Lake Braddock Secondary staff, alumni, and current players.

Week One	Mornings 9:00 -12:00	Afternoon 1:00 - 3:00	Evening 5:00-7:00
June 20 – 23 2023 Tues - Friday	Track and Field Distance grades 7-12 Field Hockey grades 3-6 Baseball grades 3-6 Soccer grades 9-12	Track and Field Lunch Classroom grades 7-12 Volleyball grades 6-8 Baseball grades 3-6	Track and Field Jumps and Sprints grades 7-12 Girls Basketball grades 7-10 Boys Lacrosse grades 6-8
Week Two			
June 26 -30 2023	Baseball grades 7-8 Boys Basketball grades 7-12 Soccer grades 9-12	Baseball grades 7-8	Soccer grades 3-6 Football grades 2 - 6
Week Three			
July 3, 5-7 2023 July 4 th no camp	Baseball grades 3-6	Baseball grades 3-6	Soccer grades 3-6
Week Four			
July 10-14 2023	Baseball grades 7-8 Boys Basketball grades 7-12	Baseball grades 7-8	Football grades 2-6
Week Five			
July 17-21 2023	Girls Basketball grades 3-6 Softball grades 6-8 Baseball grades 3-6	Baseball grades 3-6 Softball grades 6- 8 Volleyball grades 9-12	

Weather Policy

In the event of inclement weather, all activities will move to an indoor location.

What to Bring

Personal gear will not be provided. Campers should be properly equipped including all sport specific safety gear including indoor shoes. Water will be provided in large coolers, but we ask campers to bring their own water bottles.

Grades Rising 2 - 12

Students entering grades 2 thru 12 for the 2023-2024 school year are invited to participate in the Bruins Sports Camp.

Lunch

Campers should bring their own lunch. The concession stand will be open during lunch to purchase drinks and snacks.

Enrollment

Sessions will have minimum enrollment requirements and the number will vary for each activity.

BRUINS SPORTS CAMP APPLICATION:

Child's Last Name: _____ Child's First Name: _____

Parent/Guardian's Name: _____ Parent/Guardian's Name: _____

Address: _____

City: _____ State: _____ ZIP _____

Home Phone: _____ Other Phone: _____ Age: _____ Rising Grade: _____

School: _____

E-Mail: _____ *(To receive important information on camp updates)*

ACCIDENT INSURANCE INFORMATION:

This must be completed to attend. All campers must provide insurance coverage for any injury or sickness while attending the Bruins Sports Camp.

We hereby waive and release Bruins Sports Camp from any injury or illness incurred going to camp, while attending camp, or returning home from camp. I hereby give permission for emergency medical treatment in the event I cannot be reached.

Name of Insurance Company: _____

Policy Number: _____ Emergency Phone: _____

Parent/Guardian Signature: _____

Camp choices

	Morning Camp 9:00-12:00		Afternoon Camp 1:00 – 3:00		Evening Camp 5:00 – 7:00		Total
Week one (4-days)	120		80		80		\$
Week two	150		100		100		\$
Week three (4-days)	120		80		80		\$
Week four	150		100		100		\$
Week five	150		100		100		\$
					TOTAL		\$

The easiest way to pay for your camps is at www.myschoolbucks.com. If you would rather pay by check or with cash, you can mail your payment or drop it off in the main office in an envelope with Attn: Paul Agner.

Questions? Email Paul Agner, peagner@fcps.edu.

Mail completed forms:

Bruins Sports Camp
Attn: Paul Agner
9200 Burke Lake Rd
Burke, VA 22015