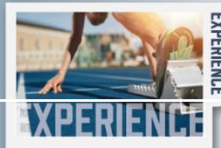




OPENING DAY

OCTOBER 26TH & 27TH

CAMP CAROLINA



A complete track and field camp and coaches clinic. Instructed by college coaches from North Carolina.



S2F CAMPS PRESENTS

Day 1		
9:00 AM-10:30 AM	Check in	Location; JDL Fast Track (2505 Empire Dr. Winston-Salem, 27103)
10:30 AM	Roll Call	
10:45 AM	Orientation	
11:00 AM	Introduction	Meet The Coaches
11:30 AM-1:30 PM		Practice Session 1
1:45 PM-2:45 PM	Lunch	
3:00 PM		Nutritional Overview – Sport Nutritionist
	Break	
4:00 PM-6:30 PM		Practice Session 2
7:00 PM-8:00 PM	Dinner	NCAA Rules and Regulations
7:45 PM-8:00 PM		DAY CAMPERS PICK UP
8:00 PM		Depart for Hotel
8:30 PM		Room check and shower
9:30 AM- 10:15	Team Meeting	
10:45 pm		Lights Out
Day 2		
6:30AM-7:45AM	Break Fast	At Hotel
7:50AM		Roll Call
8:15AM		Bus Departs for JDL
8:15AM-8:45AM		DAY CAMPERS DROP OFF AT JDL
9:15AM- 11:15AM		Practice Session 3
11:30AM-12:30PM	Lunch /Break	College Admission Overview
12:45PM- 2:30PM		Practice Session 4
2:45		Camp Wrap Up
3:00PM-4:00PM		Check Out

Important Phone #'s: Coach Meaders (919) 525-4216

Assistant Director (919) 296-0667