

Florida Flips Sports Camp Daily Activity Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Things to bring to camp	lunch gym shoes socks	picnic lunch gym shoes socks sunscreen suit and towel	lunch gym shoes socks	lunch gym shoes socks sunscreen suit and towel

9:00 AM drop off

9:00 AM	welcome/sign-in rolling drills obstacle course dodgeball rules and archery tumble tramp belt tramp black tramp	belt tramp gauntlet black tramp	dodgeball trampoline tumble tramp	archery tournament trampoline tumble tramp rope swing spud
10:00 AM	archery tumble tramp belt tramp black tramp foam building-pit	water skiing tubing knee boarding canoeing kayaking picnic lunch	bowling	pit football catch vault flips baseball hot-box ring spin rope climb/swing pom-pom
11:00 AM	pom-pom foam pit double mini tramp black tramp rings beam bars		trampoline tumble tramp jump rope balance beam rings foam pit	rings vault football catch – pit rope swing castle
noon	LUNCH		LUNCH	LUNCH
1:00 PM	trampoline tumble tramp dodgeball relay races tug 'O war jump rope		baseball hot box trampolines jump rope octopus tag	swimming diving
2:00 pm	trampoline parachute races foam pit hot box freeze-pops for all	(all together) shipwreck hot box pom-pom trampolines freeze-pops		

3:00 PM pick up