

BRING IT IN



Weather Forecast

Tuesday



90° 70°

Isolated T-Storms

Wednesday



85° 63°

Partly Cloudy

Word of the Day

Bulwark – something that provides protection for or against something.
A defensive wall.

Don't forget to apply sunscreen regularly! Also, footblocks...

Today's Schedule

6:45 AM
7:00 AM
8:00 – 11:30 AM
12:00 PM
1:00 PM
3:00 PM
4:10 PM
5:20 PM
6:00 PM
7:00 PM
8:00 PM
9:30 PM

Wake Up
Breakfast
Ultimate/Camp Photo
Lunch
Distance Contest & MTA
Tournament Round 1
Tournament Round 2
Dinner
Rec Hour
Trade Night
Team Meetings
Floor Meetings



Drink Water!

Quote of the Day

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion." – Muhammad Ali