



MANITOU 2018



Dates: Sunday, August 12, leaving Attleboro High School parking lot at 10:00 AM, please be there by 9:30 for check-in. Returning on Sunday, August 19 at 2:00 PM at AHS.

Watertown Campers: Be at Watertown Middle School by 10:30 AM to pick the bus.

Medical Form: Each camper **must** have signed medical information and agreements form before he or she arrives at camp. No camper will be able to participate in any camp activity without a medical release. Please email or mail forms as soon as they are completed. A full time athletic trainer and full-time nurse will be available. In case of an emergency we use Inland Hospital in Waterville, Maine.

Camp Schedule: Breakfast at 8:00, lunch at 12:15 and dinner at 5:30. There will be a session in the morning, one in the afternoon and games after dinner; also some type of evening program will take place at 8:45. Everyone must be in their bunks at 10:00 and lights out at 10:30. Camp will be very demanding therefore it is important that everyone be in good shape before arriving at camp in order to avoid injuries.

Clothing: Bring as many shorts, socks and T-shirts as you have, you will need them. During mid-week you will have your laundry done. Make sure you mark your clothes. Bring soccer shoes if you are doing the soccer camp and indoors or sneakers. You will not need a lot of extra clothing such as dress-up clothing. You should have a sweatshirt or a jacket; the evenings tend to get a bit cool in Maine in late August. Also bring a bathing suit and rain gear.

Bring a pillow and a blanket; camp will supply sheets, a pillowcase and a daily clean towel.

Food: You don't need to bring any food; the food at camp is excellent. Bring snacks in case you get hungry between meals. Don't need to bring water. Camp water is fresh Maine well water.

If anyone is caught with cigarettes, drugs or alcohol, he or she will be sent home immediately at their own expense.

Ball: Everyone should have a good ball if doing the soccer camp (make sure your name is on it). Volleyball players do not need to bring a ball.

Questions: Parents or campers should call Peter Pereira with any questions or concerns. Please check the web page regularly to see camp photos and for any changes or updates: **www.peterapereira.com**.

Please send medical forms and final payment to the **Attleboro** address.

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