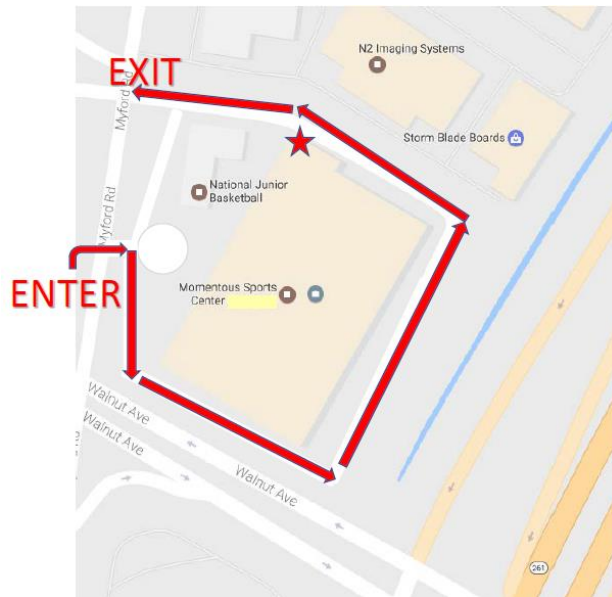


Dear Summer Volleyball Camp Parents:

Please note we will be providing complementary, fresh-brewed coffee and creamer & sugar each camp morning to help you start your day off right! Please note the following important information:

I. Drop-Off Instructions:

- a. For the safety of the children and their parents who enjoy their time at Momentous, see the diagram below for instructions on how to enter the facility's parking lot and where to drop off your child (front gym entrance).



- b. Camp start times: Beginner's Volleyball Camp (M-TH): 9:00am
- c. **Facility address:** Momentous Sports Center, 14522 Myford Rd., Irvine CA 92606.
- d. **Early Drop-Off:** We offer Early Drop-Off for an additional fee of \$10.00 per day which will allow you to drop your child off at camp up to one (1) hour before the start of your child's summer camp. Should you choose to take advantage of our Early Drop-Off program, we will provide a staff member that will wait with your child until the summer camp begins.
- e. **Note:** On Mondays, parents must walk in and check in to the gym front desk.

II. Daily Itinerary

- | | |
|----------------------|---|
| a. 8:30am | Facility Doors open |
| b. 9:00am – 9:30am | Breakfast in Courtside Café dining room (see daily menu below) |
| c. 9:30am – 10:00am | Plyo Training, Stretching and Warm ups |
| d. 10:00am – 11:00am | Assorted Volleyball Drills |
| e. 11:00am – 11:30am | Snack # 1 in Courtside Café dining room |
| f. 11:30am – 12:30pm | Technical Training and Scrimmaging |
| g. 12:30pm – 1:30pm | Lunch in Courtside Café dining room (see daily menu below) |
| h. 1:30pm – 3:00pm | Coach-controlled Scrimmaging |
| i. 3:00pm – 3:30pm | Snack # 2 in Courtside Café dining room |
| j. 3:30pm – 4:00pm | Cool-down Time: Board Games, Coloring, Movies, etc. in Dining Room. |

III. What Your Child Should Bring:

- a. Non-marking athletic footwear (required).
- b. Sports attire (i.e. gym shorts or pants and a t-shirt).
- c. A refillable sports water bottle labeled with your child's name (recommended).
- d. **Note:** Please bring all items necessary to address or counteract any specific allergies or medical conditions (i.e. asthma, diabetes) that your child may have; you are required to notify your child's coach of any such medical conditions.

IV. **Camper Grouping:**

- a. Campers will be grouped according to age, skill level and any special requests given to us during the registration process (i.e. "please group Ashley R. and Robyn B. with Megan Z.)

V. **Weekly Meal and Snack Menu:**

- a. Monday: (choice of)
 - i. Breakfast: Pancakes, Sausage, Eggs, Potatoes, Cereal, Fruit, Milk, Oatmeal
 - ii. Lunch: Pizza & Pasta, Salad, Fruit
 - iii. Snack: Apple, Banana, Granola Bar
- b. Tuesday: (choice of)
 - i. Breakfast: Pancakes, Sausage, Eggs, Potatoes, Cereal, Fruit, Milk, Oatmeal
 - ii. Lunch: Hamburger or Hot Dog, Fries, Fruit
 - iii. Snack: Apple, Banana, Granola Bar
- c. Wednesday: (choice of)
 - i. Breakfast: Pancakes, Sausage, Eggs, Potatoes, Cereal, Fruit, Milk, Oatmeal
 - ii. Lunch: Teriyaki Chicken Bowl, Salad, Fruit
 - iii. Snack: Apple, Banana, Granola Bar
- d. Thursday: (choice of)
 - i. Breakfast: Pancakes, Sausage, Eggs, Potatoes, Cereal, Fruit, Milk, Oatmeal
 - ii. Lunch: Sandwich (Turkey, Ham or Almond Butter & Jelly Sandwich), Fruit, Mac 'n' Cheese
 - iii. Snack: Apple, Banana, Granola Bar
- e. **Vegan & Vegetarian Options (daily choice of):**
 - i. Garden Burger, Bean & Cheese Burrito, Chick Pea Marsala
 - ii. Cheese Pizza, Almond Butter & Jelly Sandwich

VI. **Weekly Beverage Menu:**

- a. Breakfast: Milk or Fresh Water
- b. Lunch: Powerade or Fresh Water

VII. **Pick-Up Instructions:**

- a. We encourage you to pick up your camper(s) on time at the end of camp each day.
- b. **Late pick-up**: We also offer Late Pick-up for an additional fee of \$10.00 per day which will allow you to pick your child up at camp up to one (1) hour after the end of your child's summer camp. Should you choose to take advantage of our Late Pick--up program, we will provide a staff member that will wait with your child until you arrive.
- c. Our staff will not leave the Facility until every camper is picked up by their parent.*
- d. See below for camp end times:
 - i. Beginner's Volleyball Camp: 4:00pm

VIII. **Medical Devices / Medicine Instructions**

- a. Campers are to keep any medical devices or prescribed medicine with their personal belongings (i.e. in the backpack or lunchbox). MSC personnel are not responsible for storing these items.

IX. **Emergency Contact Numbers**

- a. Daniela Dominguez, Front Desk: 714-389-7900 | info@momentoussportscenter.com
- b. Kimbrily McDevitt, Director of Facility Operations: 714-389-7905 | kim@momentoussportscenter.com
- c. Mike Rangel, Facility General Partner 949-689-0807 | mrangel@momentoussportscenter.com

X. **Momentous Sports Programs Tax ID: 46-4856975**