Dear Summer Sports Day Camp Parents:

Please note we will be providing complimentary, 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. Please 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).

   ![Diagram of parking lot and entrance](image)

   b. **Camp start times**: Summer Sports Day Camp (Mon-Fri) - (Full Day and Half Day AM): 8:30am

   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. 7:30am Facility doors open.
   b. 8:30am – 9:00am Breakfast in Courtside Café dining room (see daily menu below).
   c. 9:00am – 9:30am Plyo Training, Stretching and Warm ups.
   d. 9:30am – 10:30am Basketball, Futsal, Dodgeball and Assorted Group Games.
   e. 10:30am – 11:00am Snack # 1 in Courtside Café dining room.
   f. 11:00am – 12:00pm Basketball, Futsal, Dodgeball and Assorted Group Games.
   g. 12:00pm – 1:00pm Lunch in Courtside Café dining room (see daily menu below).
   h. 1:00pm – 2:30pm Competitive Basketball, Futsal, Dodgeball and Assorted Group Games.
   i. 2:30pm – 3:00pm Snack # 2 in Courtside Café dining room.
   j. 3:00pm – 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. Friday: (choice of)
      i. Breakfast: Pancakes, Sausage, Eggs, Potatoes, Cereal, Fruit, Milk, Oatmeal
      ii. Lunch: Corn Dog, Chicken Sandwich w/ French Fries
      iii. Snack: Apple, Banana, Granola Bar
   f. **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. Summer Sports Day Camp (Full Day): 4:00pm
      ii. Summer Sports Day Camp (Half Day, AM): 12:30pm

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. Chris Singleton, Director of Camp: 714-603-0059 chris.singletary4747@gmail.com
   b. Daniela Dominguez, Front Desk: 714-389-7900 info@momentoussportscenter.com
   c. Kimbrily McDevitt, Director of Facility Operations: 714-389-7905 kim@momentoussportscenter.com
   d. Mike Rangel, Facility General Partner: 949-689-0807 mrangel@momentoussportscenter.com

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

Momentous Sports Center | 14522 Myford Rd., Irvine CA 92606 | p: (714) 389-7900 | www.momentoussportscenter.com