

HERE'S HOW TO CHOOSE YOUR SPORTS

Note: All sports are co-ed

1. Find your grade level in Session A.
2. Circle your 1st and 2nd choices, indicating a "1" and a "2"
3. Repeat for Sessions B and C.
4. For Cross Country and Wrestling, see box:

CROSS COUNTRY RUNNERS; WRESTLERS
NOTE SESSIONS A & B.

If selecting Cross Country, you will be in that sport during both sessions A and B. Therefore, select only 2 sports—one for the morning (A&B) and one for the afternoon (C).

SESSION A — 9:00-10:15 A.M.

Jr. High—Baseball, Track, Tennis
Jr. Varsity—Basketball, Recreational Sports, Soccer
Varsity—Golf, Volleyball, Recreational Sports

All Grade Levels—Cross Country, Wrestling (A&B)
All Grade Levels—Aerobics, Karate

SESSION B — 10:30-11:45 A.M.

Jr. High—Football, Golf, Volleyball, Recreational Sports
Jr. High/Jr. Varsity (7, 8, 9 gr.)—Softball
Jr. Varsity—Track, Tennis
Jr. Varsity/Varsity—Strength Training
Varsity—Basketball, Recreational Sports, Soccer

All Grade Levels—Cross Country, Wrestling (A&B)
All Grade Levels—Aerobics, Karate

SESSION C — 2:05-3:20 P.M.

Jr. High—Basketball, Recreational Sports, Soccer
Jr. Varsity—Golf, Volleyball, Recreational Sports
Jr. Varsity/Varsity—Strength Training, Baseball
Jr. Varsity/Varsity (10, 11, 12 gr., Grad)—Softball
Varsity—Track, Tennis

All Grade Levels—Aerobics, Karate

QUESTIONS? Call (616) 363-8500.

SEND YOUR REGISTRATION AND
\$100.00 DEPOSIT MADE PAYABLE
TO CONFERENCE TREASURER
TO: Wendy Clark
Christian Athletic Camp Registrar
4250 Summerwind Ave. NE
Grand Rapids, MI 49525

FAQs

Who can register?

Any girl or boy entering 7th grade through 2010 graduates. This camp is for all students who want to become better Christian athletes.

What sports are offered?

Aerobics, Baseball, Cross Country, Golf, Karate, Recreational Sports, Soccer, Softball, Strength Training, Tennis, Track, Volleyball, Wrestling

Where is it?

Duncan Lake Middle School
9757 Duncan Lake Avenue
Caledonia, Michigan 49316

For further information, contact the Administration Team:
Joe Fifer, Administrator (616) 868-2052
Rev. Rod Kalajainen, Administrator (517) 669-9140
Wendy Clark, Registrar, Staff Coordinator (616) 363-8500;
Rev. Bill Johnson, Abuse Prevention Coordinator (616) 532-7624
Rev. Jack Scott, Counselor (219) 297-3743

More questions? Feel free to visit the Notes section of the CAC Facebook page for additional camp information and history. You can also ask a question on the discussion section, and one of the CAC staff will answer your question.

Also, see our website:
www.christianathleticcamp.com



What is Christian Athletic Camp?

A place for

- Learning about, worshiping, and connecting to God
- Sports instruction
- Team competition
- Connecting with other Christian students and reconnecting with old friends in a safe, welcoming environment

What campers say about CAC

"Karate was fun; it was the sweetest stuff that I have learned. The instructor was great."

"In basketball, I learned a lot but had a lot of fun. Good drills, fun games and scrimmages, and great coaches."

"My group was very supportive and helpful in growing my faith with God."

"My group was amazing! We had such a good time together and had such great talks. God spoke to me through them. They were the best!"

"What went well? I had the best time of my life!"

Our 39th Year

sponsored by
The Youth Councils of
Indiana and West Michigan Conferences
The United Methodist Church



July 18-24, 2010

TO BE HELD AT
Duncan Lake Middle School
9757 Duncan Lake Avenue
Caledonia, Michigan 49316

Cost: \$280.00

Christian Athletic Camp Core Values

- Show Christ-like, selfless love.
- Accept and respect others.
- Do your best in all you do.
- Aspire to grow physically and spiritually.

What is Christian Athletic Camp?

CAC is a unique overnight camp experience for students going into 7th grade through recent high school grads.. We provide team and individual sport training and competition in a fun and action-packed week. This camp meets all requirements established by both the IHSAA and MHSAA.

This Christian environment allows students to explore and develop their faith walk, or be introduced to the love of Jesus Christ. We lead a relevant and powerful Christian message through small groups, nightly praise and worship, and a daily message based on the theme of the week.

Campers return home tired, yet empowered. They have met or reconnected with friends, developed skills in various sports, and explored their relationship with Jesus Christ;

How do I register?

If you can meet the requirements of age and participation (see "Who Can Register?"), then complete both sides of the form on this brochure, and **send it with a deposit of \$100.00** to the address indicated on the form. *Please make checks payable to: CONFERENCE TREASURER* or Credit Card payment available by calling Pam Stewart (1-888-217-1905). **Refund policy for withdrawals is as follows:**

If **before May 31**, 100% of the deposit is refunded.
 After **May 31**, \$40.00 of the deposit is non-refundable.
 After **July 1**, the entire deposit (\$100.00) is forfeited.

REGISTER EARLY • LIMITED SPACE

Special note:

Registrations can be entered only for those applications completed in full, with deposit. Please double-check for all signatures and information. We request that the entire \$280.00 fee be paid in full before July 1, 2010.

Upon receipt of your application form and deposit, you will be sent a letter of confirmation and a **CAMP HEALTH EXAM FORM WHICH MUST BE COMPLETED BY A PHYSICIAN. PLEASE NOTE THAT NO ONE WILL BE ADMITTED TO CAMP WITHOUT A HEALTH EXAM FORM SIGNED BY A PHYSICIAN AS WELL AS PARENT OR LEGAL GUARDIAN.**

Scholarship Assistance is available: Call Pam Stewart 1-888-217-1905

What about food and lodging?

You will be served 17 nutritious meals to help you maintain a maximum of strength for performance plus you will be given hearty snacks every evening. The meals are carefully planned to provide a well-balanced diet. **Therefore food may not be brought nor sent to camp without documented medical reason.**

For lodging, we will live in classrooms assigned according to grade in school. **You will need** a comfortable, reliable, twin size cot and sleeping bag/bedroll, and lockable suitcase for storage of personal items. All athletic equipment can be kept in your gym locker(s) . . .bring an extra lock for this.

NOTE: Duncan Lake Middle School is air-conditioned. Be sure you have a blanket or sleeping bag.



Who is the staff?

Men and women of proven abilities as Christian coaches and players who devote themselves to personally teaching the essentials of their particular sports, while challenging young athletes to grow in faith.

What about health care concerns?

We will have a medical doctor available on call for our camp, in addition to our on-site health care team of nurses. Emergency needs of a more serious nature are met at the local hospital. Please note: Due to the strenuous activity of this camp, **a physical exam is required!**

SEVEN DAYS OF OUTSTANDING SUMMER FUN AND LEARNING FOR

ONLY \$280⁰⁰

PAID IN FULL BY JULY 1, 2010

SEND REGISTRATIONS TO:

Wendy Clark
 Christian Athletic Camp Registrar
 4250 Summerwind Ave. NE
 Grand Rapids, MI 49525
 (616) 363-8500

**Make checks payable to:
 Conference Treasurer**

REGISTRATION FORM—Be sure to complete all spaces. Print all information and obtain written signatures.

CAMPER'S NAME _____ BIRTHDATE _____ / _____ / _____ (mo.) (day) (year)

ADDRESS _____ (last) _____ (first) _____ (nickname) _____ (zip)

PHONE (_____) _____ PARENT'S NAME _____ (state) _____ (city) _____ (last)

CAMPER'S CHURCH _____ DENOMINATION _____ CITY _____ (first)

YOUR PASTOR'S SIGNATURE (must be signed) _____ GRADE ENTERING IN FALL '10 _____ SEX _____

DATE _____ WEIGHT _____

E-mail _____

Have you attended CAC before? Yes No

Parental Permission (must be signed):
 I hereby give my permission for my son/daughter to attend the Christian Athletic Camp under the joint sponsorship of the West Michigan Conf. Council on Youth Ministries and the Indiana Conference Camps and Conferences of The United Methodist Church.

PARENT'S SIGNATURE _____ CAMPER'S SIGNATURE _____

FOR OFFICE USE ONLY

Reg. Rec'd _____

Pre-reg Fee Rec'd \$ _____ Date _____

Conf. Letters sent: 1 _____ 2 _____ 3 _____

Exam Form Rec'd _____

2nd paym't \$ _____ Date _____

JH (7-8) JV (9-10) VAR (11-Grad)

Ch. _____ Per _____ CC _____ Other _____

Ch. _____ Per _____ CC _____ Other _____

Shirt Size S M L XL
 (circle size)

Camper's Pledge (must be signed):

I agree to abide by the rules of the Christian Athletic Camp and will endeavor to be a responsible and willing participant in the activities of the camp throughout the entire week. I am registered in this experience. Failure to do so could mean expulsion from camp and forfeiting all fees.

PARENT'S SIGNATURE _____ CAMPER'S SIGNATURE _____

Please be sure ALL spaces are completed. If you have questions, please call (616) 363-8500 or Email GraceWac@comcast.net (over) Make checks payable to: **CONFERENCE TREASURER**

HAVE YOU OBTAINED ALL NECESSARY SIGNATURES?