

		Location
Monday Camp Schedule		
7:00 AM	Buses Arrive at Palo Alto High School	
7:30 AM	Buses leave Paly for Bear Valley Lodge (Busriders must bring bag lunch), stop at San Leandro approx 45 minutes post Palo Alto departure.	
11:30-12:30	Check-In at Bear Valley Lodge; Camp Buses Arrive (Counselors not on bus: arrive by 10:45.)	Front of Lodge
1:00-1:30	All-Camp Orientation / Camp Kickoff Meeting	Cathedral Room
1:30	Meet with your group outside for Lax Session, Walk to Fields with group	With Counselors; Front of Lodge
2:00-4:15	Lax Session 1	BV Fields
4:15-4:45	Walk back from Lax Session 1, put gear away, change into swimsuits, meet outside for bus to lake	
4:45-6:00	Bear Lake Swimming and Activities	Bear Lake - Main Beach
6:00-6:15	Bus or walk back to main lodge	BV Lodge
6:15-7:00	Dinner - BBQ Chicken, Mac&Cheese, Dinner Rolls with Butter, Garden Salad, Milk, Lemonade, dessert	Creekside Restaurant/Lounge
7:15-7:30	All-Camp Meeting: Day debrief, Camper of the Day awards, preview of tomorrow	Cathedral Room
7:30-8:30	Sit with your Group/Counselor... 1) All-camp ice-breaker (Trivia) 2) With your Group: Goals for the Week.	Cathedral Room
9:00 PM	Showers/Call Home/Shuttle Bus Leaves to Tamarack	With Counselors; Front of Lodge
10:00 PM	Lights out	
Tuesday Camp Schedule		
7:20 AM	Shuttle Bus leaves Tamarack for Lodge	Tamarack Lodge
7:30-8:15	Breakfast - Scrambled Eggs, Bacon, Sausages, Bacon, Breakfast Potatoes, Fresh Baked Assorted Mini-Danish, Fruit Salad, Cold Cereal & Milk, Drinks: Orange juice & water station, hot tea & coffee for adults.	Creekside Restaurant/Lounge
8:15-8:30	Clean up breakfast, brush teeth, get ready for lacrosse/day, etc.	
8:30	Meet outside for Lax Session to Walk to Fields	With Counselors; Front of Lodge
8:45-12:00	Lax Session 2	BV Fields
12:00-12:30	Lunch on the Fields - Bag Lunch with Turkey Sandwich, Chips, Juice and Cookie. (Counselor 3by game.)	BV Fields
12:30-3:15	Lax Session 3 - lacrosse for all boys. All girls do activity (rock climbing or lake).	BV Fields / Rocks / Bear Lake
3:15-6:00	Lax Session 4 - lacrosse for all girls. All boys do activity (rock climbing or lake).	BV Fields / Rocks / Bear Lake
6:15-6:45PM	Dinner - Pasta with Bolognese Sauce, Garlic Bread, Vegetables, Caesar Salad.	Creekside Restaurant/Lounge
6:45-7:00	All-Camp Meeting: Day debrief, Camper of the Day awards, preview of tomorrow	Cathedral Room
7:00 PM	Shuttle Buses Leave to Tamarack for All Campers	With Counselors; Front of Lodge
7:00-9:00	Tamarack Outdoor Activites: Cornhole, Ping Ping, Bonfire with S'mores, Watch the Sunset, Stargazing	Tamarack Lodge
9:00 PM	Shuttle Bus Return to Lodge; Showers/Call Home	
10:00 PM	Lights out	
Wednesday Camp Schedule		
7:20	Shuttle Bus leaves Tamarack for Lodge	Tamarack Lodge
7:30-8:15	Breakfast - French Toast (Butter, maple syrup), Scrambled Eggs, Fresh Fruit, Cold Cereal & Milk. Drinks: Orange juice & water station, hot tea & coffee for adults.	Creekside Restaurant/Lounge
8:15-8:30	Clean up breakfast, brush teeth, get ready for lacrosse/day, etc.	
8:30	Meet outside for Lax Session to Walk to Fields	With Counselors; Front of Lodge
8:45-12:00	Lax session 5: Stations, including Fastest Shot prelims	BV Fields
12:00-1:00	Lunch on the field: Pizza!!	BV Fields
12:30-1:00	Counselor game (campers finish eating while they watch)	BV Fields
1:00-4:00	Lax session 6: Sixes or 3by tourney.	BV Fields
4:00-6:00	Camper Choice: stay at field to play lacrosse or go to lake to swim	BV Fields / Bear Lake
6:00-6:15	Walk back to main lodge	
6:30-7:00	Dinner: Pulled Pork Sandwich, Garden Salad, Tater Tots, Ranch Mac&Cheese, Water and Lemonade, Root Beer Floats.	Creekside Restaurant/Lounge
7:00-7:15	All-Camp Meeting: Day debrief, Camper of the Day awards, preview of tomorrow	Cathedral Room
7:15 PM	Meet in groups; Coaches hand out glow-sticks; Walk to Fields	With Counselors; Front of Lodge
7:30-9:30PM	Moonlight Capture the Flag	BV Fields
9:30 PM	Walk back to lodge/showers/Call Home/Shuttle Bus Leaves to Tamarack	
10:30 PM	Lights out	
Thursday Camp Schedule		
7:20 AM	Bus Leaves Tamarack for Lodge (Tamarack Campers need to take all their luggage)	
7:30-8:15	Breakfast - Breakfast - Scrambled Eggs, Bacon, Sausages, Bacon, Breakfast Potatoes, Fresh Baked Assorted Mini-Danish, Fruit Salad, Cold Cereal & Milk, Drinks: Orange juice & water station. hot tea & coffee for adults.	Creekside Restaurant
8:15-8:30	Clean up breakfast, brush teeth, get ready for lacrosse/day, etc.	
8:30	Meet outside for Lax Session to Walk to Fields	With Counselors; Front of Lodge
8:45-12:00	Lax Session 7	BV Fields
8:45-11:00	Coaches' Choice Lacrosse & Meet with your coach for Player Reviews	BV Fields
11:00-11:30	Girls vs. Boys game	BV Fields
11:30-12:00	Fastest Shot FINALS	BV Fields
12:00-12:15	Walk back to Lodge	
12:15-1:00	Meet with your coach for Player Reviews (if you didn't do at fields); Pack up / clean room, Return Key	Cathedral Room or Outside Patio
1:00-1:30	Closing Ceremonies/Awards	Cathedral Room
1:30-2:00	Camp Checkout: Bus Departs for Palo Alto (Subway Pickup for Lunch for bus riders)	Front of Lodge
5:30 PM	Expected Bus Arrival in San Leandro	Walmart in San Leandro
6:30 PM	Expected Bus Arrival at Palo Alto HS	Palo Alto HS