

Seminole Trails Camp Instructions/Information

Individual Camp: June 28 thru July 2

Individual Camp is for a single athlete or a group of less than five. Instruction, supervision and transportation will be completely provided by our staff. Cost includes lodging, meals and transportation. Teams need special permission from Coach Braman to attend during this week.

Team Camp: July 9 thru July 13

Team Camp is for five campers or more from the same group. Coach is free for five campers or more and two free coaches for ten campers or more. Additional coaches can come for \$200 each.

Coaches must provide transportation for their group and can partake in as much or as little of the camp lectures and activities as they wish. There is an option for an additional day if needed (contact Coach Braman).

Coaches submit applications as a group and be sure to fill one out yourselves.

***We have a coach that brings a school bus and will sell seats for local transportation for a nominal fee—let me know your needs within 2 weeks of the start of camp*

Camp Location: Seminole Oaks (850-222-0674)

700 North Woodward Ave; Tallahassee, Fla. 32304

This is a new camp location for us (no longer at Osceola Hall). Be sure to go to www.mapquest.com for directions.

Check-In and Check-Out Times:

Check-in on the first day of camp is 1pm to 3pm. Arrangements can be made for earlier check-in in most cases.

Check-out is from 11am to Noon on the last day of camp. We need to adhere to these times as much as possible. Contact Coach Braman for special considerations.

Payments

Check or Money Order only. To hold their spot campers can mail in a \$100 deposit and then send in the remainder by June 15th, or amount can be paid in full.

*Unfortunately we cannot accept credit cards and are **not** working with active.com this year.*

What to Bring:

- 1) Bring a copy of your **Insurance card** with you to check-in (coaches can mail them in advance if you want)*
- 2) Linens for an extra-long twin bed (questions to Seminole Oaks:850-222-0674)*
- 3) Running Shoes (recommend 2 pair)*
- 4) Athletic/Activity shoe (not your good running shoes)*
- 5) Bathing suit + Beach towel*
- 6) Basic toiletries*
- 7) About \$ 30 in spending money*