

2013 Senior Retreat- CAMP EAGLE

WHAT TO EXPECT

- In order to keep to the planned schedule, we need all senior students to be **dropped off** no later than **6:15 am** on THURSDAY morning, **May 9th**
- We are set to depart no later than 7:00 AM
- Breakfast will be served before leaving SACHS
- We are scheduled to return to St. Anthony by **5:30 PM FRIDAY , May 10th**
- *Please have your bags/bedding labeled with your name/info before the retreat to avoid lost/missing items*

What should you bring? (Applies to adults and students)

*Sleeping bag and Pillow *Toiletries (soap, towel, wash cloth, shower shoes)

*Shorts and T-Shirts (Comfortable and cool clothing) for the day and Jeans or sweats for the evening

*Tennis Shoes *River shoes and bathing suits if you plan on swimming- the river is always inviting!
(Modest swimsuits for girls- if not appropriate they will be asked to wear a t-shirt over their swimsuit)

*Sunscreen *Frisbee *Camera *Flash light *Excitement and Humor!

* If you take medication and need to have it administered at a specific time, please notify Ms. Cortez

* Everything you need will be provided for you and you do not have to take money however, there is a retreat gift shop and a coffee house that will be opened to you should you wish to purchase any items.

What **NOT** to bring?

We would like to encourage everyone to leave their jewelry, pocket knives, and cell phones at home (**No reception at the camp**). We would also request that students leave their iPods home, however we understand that the bus trip is long and the students may bring their music players for the bus ride. This is okay with the understanding that they are to put them away upon arrival to the camp. SACHS and Camp Eagle **are not responsible** for lost, stolen or broken items.

Retreat Activities Include:

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| Soccer | Basketball | Volleyball | Fishing |
| Swimming | Hiking | Canoeing | Horseshoes |
| Archery | Camp Fires | Zip Line | Climbing Rock Wall |
| Leap of Faith | Rappel | Waterfront | |

And **MUCH** more...

PLEASE DO NOT FORGET TO FILL OUT AND RETURN ALL YOUR FORMS.