

EXTREME GRACE

Extreme Grace 2016: Training Camp will be held in Zika-free Jumonville, PA and is packed with new events that aren't for the faint of heart. The competition will be intense as class competes against class AND against the staff for prizes and bragging rights.

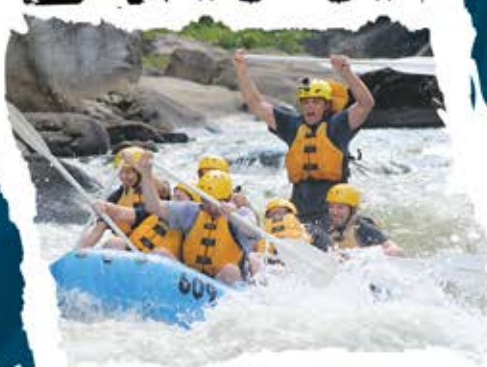
We will meet at the Grace Prep parking lot at 7 AM on Tuesday, August 30th, then travel by commercial buses to Jumonville in Hopwood, PA. We will return to Grace Prep between 8-9 PM on Thursday, September 3rd. Please **COMPLETE & RETURN** the Ohiopyle Trading Post Waiver to Grace Prep (848 Science Park Rd, State College, PA 16803) **BY AUGUST 14th or earlier**. Bring extra cash for spending money, lunch as we travel there, and dinner as we travel back.

Aug. 30 - Sep. 1 2016

Grace Prep High School

TRIP INCLUDES

2 Nights Lodging
5 Meals
Transportation
Rafting the Lower Yough



WHAT YOU NEED TO BRING

- Casual, appropriate clothes
- Shoes with a heel strap (for rafting)
- Appropriate swimsuit (girls- one piece or tankini, guys- regular swim trunks)
- Beach towel
- Sweatshirt
- Pajamas
- Personal hygiene items
- Bath Towel
- Bed linens or a sleeping bag
- Reuseable water bottle
- Wristwatch
- Extra Cash (\$30 should do it)
- Personal medications (in original bottle)
- Pillow
- Bible (not electronic) / Notebook / Pen
- Sunscreen, bug spray
- Snacks for your teachers- (optional, but highly recommended)

TRAINING CAMP



GRACE
PREP FOR LIFE

If you have questions give our office a call. (814) 867-1177
We are staying at Jumonville, Hopwood, PA. (800) 463-7688
We are rafting with Ohiopyle Trading Post on Thursday. (888) 644-6795